
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on September 23, 2021, for our next [Recovery & Empowerment Statewide Call](#) for 2021! Our theme this year is "Planting the Seeds of Wellness!" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "We Are the Experts on Ourselves"

While we recognize that agencies may not be joining people in a group for this call, please note that you don't have to be in a group to participate. Individuals are welcome to dial in from a personal phone or from home. Remember to provide the moderator with your name, the agency you are representing (if applicable), and the number of persons listening in from your location.

ABOUT THIS MONTH'S CALL:

DATE: September 23, 2021

TIME: 10:00am - 11:00am

TOPIC: We Are the Experts on Ourselves

OBJECTIVES: Participants will: Define what it means to be the experts on ourselves; distinguish the expertise that each person brings to a meeting or appointment; relate ways we can be empowered with our provider team; discover a tool for putting our expertise into practice.

DIAL-IN NUMBER: 1-844-867-6167

ACCESS CODE: 4360050- enter the code and wait for AT&T to answer.

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Cindy Mayhew, Tanya Cooley, Cheryl Hahn, and Becky Brasfield

You will be on hold with music until the host opens the conference call. If you have any questions or require additional assistance, please press "0" from your phone during the audio conference.

As a courtesy to others and to improve sound quality, please mute your phone when not speaking.

HANDOUTS:

The following materials for the 9/23/21 call are attached:

- We Are the Experts on Ourselves (PowerPoint slides in pdf format, 6-slides-to-a-page)
- Handout: Physical Symptoms and Feelings Tracker
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- September 23 Flyer

ABOUT RECOVERY & EMPOWERMENT CALLS:

Note: These calls have been held monthly since 2007, and were formerly known as "consumer education and support statewide call-ins."

For all persons living with mental health conditions and receiving mental health services, this call is for you! The call contains specific information relative to consumers of mental health services. This call is uniquely and specifically designed to provide education and support for all individuals participating in publicly funded mental health services in Illinois.

ABOUT STAFF PARTICIPATION:

Staff are welcome to listen in as well. However, the primary purpose of the call is to ensure that individuals participating in services have an opportunity to receive information, ask questions, and provide input.

IDHS/DMH Recovery & Empowerment Statewide Calls

2021 PLANTING THE SEEDS OF WELLNESS



***Please mark your calendars now for the
2021 Recovery & Empowerment Statewide Calls***

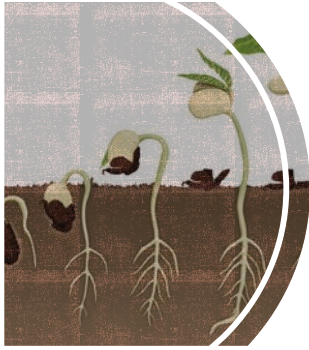
***Calls are held on the 4th Thursday of each month
(except November and December)***

From 10:00 a.m. - 11:00 a.m.

Call-In Number: 1-844-867-6167

Access Code: 4360050

- | | |
|---------------|--|
| January 28: | Using Laughter and Other Tools to Make Ourselves Happy |
| February 25: | Diversity: Together We Can Do Great Things |
| March 25: | Maintaining Wellness Through Clear Boundaries |
| April 22: | How Words Influence Our Outcomes |
| May 27: | The Power of Kindness and Gratitude |
| June 24: | Put Our Lived Experience to Work |
| July 22: | Thriving During Stressful Times |
| August 26: | Linking Our Physical and Mental Health |
| September 23: | We Are the Experts on Ourselves |
| October 28: | Spirituality is More Than Religion |



PLANTING THE SEEDS OF WELLNESS

"We Are The Experts on Ourselves"

2021 Recovery & Empowerment Statewide Call
Sept. 23, 2021 10:00–11:00 am
Call toll-free (844) 867-6167
Access code: 4360050

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Thank you for joining today's call!

Fax CEU Sign-In Sheets within seven days to:
Christal Hamm: 309-346-2542 or
Email: DHS.DMHRRecoveryServices@illinois.gov

Date & Topic for Next Call:
October 28, 2021
Spirituality is More than Religion

Email Your Feedback:
Cindy.Mayhew@Illinois.gov



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GUIDELINES FOR TODAY'S CALL



- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated

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MEET THE PRESENTERS

- Illinois Department of Human Services, Division of Mental Health
 - Tanya Cooley, Recovery Support Specialist
 - Cindy Mayhew, Recovery Support Specialist
- Community Speakers: Cheryl Hahn & Becky Brasfield



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Objectives

▪ Participants will:

- 1) Define what it means to be the experts on ourselves
- 2) Distinguish the expertise that each person brings to a meeting or appointment
- 3) Relate ways we can be empowered with our provider team.
- 4) Discover a tool for putting our expertise into practice

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COMMUNITY SPEAKER

- Cheryl Hahn, CRSS, WRAP Facilitator

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COMMUNITY SPEAKER

- Becky Brasfield, CRSS, WRAP Facilitator

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LIVED EXPERIENCE AS LIVED EXPERTISE

- What helps and hinders us
- What challenges we have faced and overcome
- What we want and need for today and in the future

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EXPERTISE THROUGH WRAP



- Wellness Tools
- Daily routine
- Stressors
- When we feel bad or awful
- What we need in a crisis
- What will get us feeling better

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BEING AN EXPERT WITH OUR DOCTORS

- Record and share the signs and symptoms we are experiencing
- Keep track of side effects of treatment like medications
- Share ideas of how you can and do take care of yourself
- Ask for alternative treatment that might be available
- Be clear on your plan and what you are willing to do or not do

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Daily Mood Chart

	Happy	Sad	Mad	Tired	Excited	Anxious	Other	Note
6 AM - 8 AM								
8 AM - 10 AM								
10 AM - 12 PM								
12 PM - 2 PM								
2 PM - 4 PM								
4 PM - 6 PM								
6 PM - 8 PM								
8 PM - 10 PM								
10 PM - 12 AM								
12 AM - 2 AM								

DAILY CHARTING

- Hour by hour
- Day by day
- Can address mood or things like
 - Food Intake
 - Sleep
 - Physical activity level
 - Pain
 - Hearing voices
 - Side Effects
- Self-awareness helps in deciding with doctor if treatment is working

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ROLE PLAY: BEING AN EXPERT IN YOUR CARE



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- We want our lives to be self-determined and self-directed
- Finding our own direction can be hard for others to accept
- Important to decide the direction and communicate that effectively




ASSERTING OURSELVES WITH FAMILY & FRIENDS



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TIPS FOR GETTING TO KNOW OURSELVES

- Listen to ourselves
- Decide what resonates from other's input
- Educate ourselves
- Discuss issues in depth
- Write out our thoughts and feelings to get clarity
- Peer counseling
- Role play


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WHERE WE CAN FIND MORE INFORMATION



Being the Expert on Yourself, Mary Ellen Copeland, <https://www.wellnessrecoveryactionplan.com/being-the-expert-on-yourself/>

9 Reasons Why You Should Be Selfish, Cammy Pedrojah, www.thelist.com

5 Ways to Make Your Doctor Your Partner, Dr. Leana S. Wen, M.D., <https://www.nextavenue.org/5-ways-make-your-doctor-your-partner/>




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WHERE WE CAN FIND SUPPORT

- **Call the Warm Line**
- 866-359-7953
- Monday – Saturday
8:00 a.m. – 8:00 p.m.
- **Crisis Text Line**
- Text 741-741 when in a crisis.
- Anywhere, anytime. Anonymously.



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DMH REGIONAL RECOVERY SUPPORT SPECIALISTS

- Denise Lawrence, 312.805.6185
Denise.Lawrence@illinois.gov
• Region 1 - Metropolitan Chicago
- Tom Troe, 309.264.0291
Thomas.Troe@illinois.gov
• Region 3 – Peoria
- Tanya Cooley, 217.785.0043
tanya_e.cooley@illinois.gov
• Region 4 - Springfield
- Cindy Mayhew, 618.474.3813
cindy.mayhew@illinois.gov
• Region 5-Metro East

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NANETTE LARSON

Deputy Director,
Bureau of Wellness
and Recovery
Services, IDHS/DMH

Nanette.Larson@illinois.gov



GUIDELINES FOR QUESTIONS AND COMMENTS

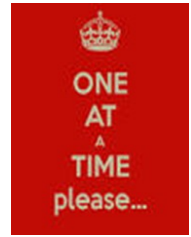
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



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GUIDELINES CONTINUED

- Limit to One Comment or Question per Person, then Pass to the Next Person
- Reduce or Eliminate Any Background Noise So Your Question or Comment Can Be Heard
- Saying "Thank You" Indicates You Are Finished With Your Question



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Statewide call evaluation forms

- Email to: DHS.DMHRRecoveryServices@illinois.gov
- Fax: (309) 346-2542

Sign-in sheets must be received within seven business days after the call to receive CEUS. Sign-in sheets will not be accepted before the call.

Comments, questions, feedback, suggestions:

- Email to: DHS.DMHRRecoveryServices@illinois.gov



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PHYSICAL SYMPTOMS AND FEELINGS TRACKER

Your mental and physical health are strongly linked and stress can affect symptoms related to any chronic conditions that you may be living with. This worksheet will help you to track your physical symptoms as well as emotions and situations you experience each day. Seeing these things side by side may help you to notice patterns and find triggers to avoid in the future.

	PHYSICAL SYMPTOMS OF MY HEALTH CONDITION	EMOTIONS I FELT AND WHY I FELT THAT WAY
SUN		
MON		
TUES		
WED		
THUR		
FRI		
SAT		

ARE THERE PATTERNS OF PHYSICAL SYMPTOMS WHEN YOU FEEL A CERTAIN WAY OR ARE IN A CERTAIN SITUATION? Example: I have digestive issues after each stressful argument with my partner.

1. _____
2. _____
3. _____

WHAT CAN YOU DO TO TRY AND CHANGE THE FEELINGS OR SITUATIONS THAT CREATE YOUR PHYSICAL SYMPTOMS? Example: Instead of continuing to argue with my partner, I will step outside and call a supportive friend.

1. _____
2. _____
3. _____



Recovery & Empowerment Statewide Call Evaluation

Title: We Are the Experts on Ourselves

Date: September 23, 2021

Thank you for participating in the Recovery & Empowerment Statewide Call. We would appreciate you completing the following brief evaluation to let us know about your experience as a participant.

Please rate the following by checking the appropriate box indicating that you "very much" agree, you "somewhat" agree, you're "undecided", you don't really agree ("not really") or you don't agree at all ("not at all").

Very Much	Somewhat	Undecided	Not Really	Not At All
-----------	----------	-----------	------------	------------

- | | | | | | |
|---|---|---|---|---|---|
| 1. The educational content was relevant to my situation. | 5 | 4 | 3 | 2 | 1 |
| 2. The presentation was respectful of the diverse experiences of participants. | 5 | 4 | 3 | 2 | 1 |
| 3. The education and support provided will help me cope better with challenges. | 5 | 4 | 3 | 2 | 1 |
| 4. The education and support provided will help me find my own ideas for staying well or improving my life. | 5 | 4 | 3 | 2 | 1 |
| 5. The education and support provided will help me to be involved in or take charge of my own mental health and wellness. | 5 | 4 | 3 | 2 | 1 |
| 6. Overall, I was satisfied with the call. | 5 | 4 | 3 | 2 | 1 |
| 7. I would recommend these statewide calls to others. | 5 | 4 | 3 | 2 | 1 |

COMMENTS:

For Comments or Questions: email DHS.DMHRRecoveryServices@illinois.gov
 Submit Evaluation to: Fax: Christal Hamm at (309) 346-2542 OR email at DHS.DMHRRecoveryServices@illinois.gov OR mail to 200 S. 2nd Street, Suite 20, Pekin, IL 61554

Program Name: Recovery & Empowerment Statewide Call

Program Number: 15505

Title: We Are the Experts on Ourselves

Date: 09-23-21

Location: Teleconference

Time: 10:00 am – 11:00 am

Instructors: Cindy Mayhew, CRSS and Tanya Cooley, CRSS

CEUs Available: 1.0 hour

Name (Please Print) If we cannot read your name, your certificate will be wrong or not sent. <u>Please print legibly!</u>	I have my CRSS (yes/no)	I'm working toward my CRSS (yes/no)	I have another credential or license (please list)

RETURN COMPLETED CERTIFICATES TO (Print Name):

Phone:

RETURN COMPLETED CERTIFICATES TO: (Address):

RETURN COMPLETED CERTIFICATES TO: (Email):

AFTER THE CALL, please submit the form:

Fax: Christal Hamm at (309) 346-2542 OR email at

DHS.DMHRRecoveryServices@illinois.gov OR mail to DHS/DMH 200 S. 2nd Street, Suite 20, Pekin, IL 61554

(Sign-In Sheets received before the Call will not be accepted. If a person's name is not on the sign-in sheet, the name cannot be read and a phone number is not offered on this form, a certificate will not be issued. If the sign-in sheet is not received within 7 business days after the call, the sign-in sheet cannot be accepted.)

CEU Instructions for Recovery & Empowerment

Statewide Calls

1. Allow anyone who attends to sign in and receive a Certificate if they so choose.
2. Print your name. If a name is not legible, no certificate will be issued.
3. Include the name and address where to send the certificate(s); be sure it is legible.
4. Your name must be on the sign-in sheet. If a person's name is not on the sign-in sheet, the person cannot be issued a certificate.
5. Send your sign-in sheet by email, FAX or postal mail after the call. Information for where to send the sign-in sheet is included on the form.
6. Sign-in sheets must be received within 7 business days after the call. If the sign-in sheet is not received within 7 business days after the call, the sign-in sheet cannot be accepted.
7. Expect to receive your CEU Certificate within 30 days.

