
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on October 28, 2021, for our last [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 "Spirituality is More Than Religion."

Please note that you don't have to be at an agency or 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: October 28, 2021

TIME: 10:00am - 11:00am

TOPIC: Spirituality is More Than Religion

OBJECTIVES: Participants will: Identify various types of spirituality; define our own spirituality; and explore tools to explore our own meaning and purpose.

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: Tom Troe, Tanya Cooley, and Julie Tull

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 10/28/21 call are attached:
- Spirituality is More than Religion (PowerPoint slides in pdf format, 6-slides-to-a-page)
- Handout: Pie Chart for Spirituality
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- October 28 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



Planting the Seeds of Wellness

Recovery & Empowerment Statewide Call

October 28, 2021

10:00 – 11:00 a.m.

Spirituality is More Than Religion

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

Access Code: 4360050



PLANTING THE SEEDS OF WELLNESS

"Spirituality is More Than Religion"

2021 Recovery & Empowerment Statewide Call
October 28, 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:
January 2022 – Topic to be Determined

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
 - Tom Troe, Recovery Support Specialist
- Community Speaker: Julie Tull



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Objectives

▪ Participants will:

- 1) Identify various types of spirituality
- 2) Define our own spirituality
- 3) Explore tools to explore our own meaning and purpose

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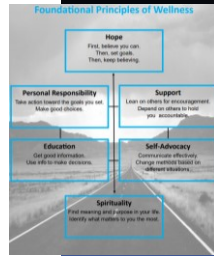
COMMUNITY SPEAKER

- Julie Tull

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Spirituality

- Maintain Wellness
- Feel Better
- Personal
- Make Own Choices
- What Gives Our Life Meaning and Purpose?



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Benefits of Spirituality

- Improved physical and mental health
- Increased goal achievement

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Benefits of Spirituality

- Promotes a positive world view
- Gives purpose and meaning
- Enhances social support
- Provides and encourages forgiveness
- Encourages thankfulness
- Provides hope

Koenig, Harold (2012). *Religion, Spirituality & Health.*

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RELIGIOUS vs SPIRITUAL



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Understanding Spirituality: Meaning and Purpose

- "What matters to us the most?"
- "What keeps us going?"
- "What would we be willing to sacrifice for?"



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Understanding Spirituality: Values and Principles

- The basis of important values and principles
- Guidelines for personal conduct



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Personal Spirituality:
Values and Principles

- What values do we live by?
- What personal guidelines for conduct do we follow?

If it's not Right - don't do it

If it's not True - don't say it.

Simple.

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Understanding Spirituality:
Sense of Community

- Becoming involved with a group of people "of like mind" enriches our lives
 - Clubs
 - Faith communities
 - 12 Step programs
 - Support groups

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Personal Spirituality:
Sense of Community

- Where can we go to express our spirituality?
- How does that place or group help us?

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Understanding Spirituality:
Spiritual Practices

- Spiritual practices may promote wellness and recovery
- Spiritual practices may be a source of comfort and healing



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WHERE WE CAN FIND MORE INFORMATION

- Ridgeway, P., McDiarmid, D., et al. "Pathways to Recovery: A Strengths Recovery Self-Help Workbook," (2002)
- Copeland, M.E., "Mental Health Recovery including WRAP® Curriculum: Facilitator Training Manual," (2001)

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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

NANETTE LARSON

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

Nanette.Larson@illinois.gov



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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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Meaning and Purpose

Values and Principles

Sense of Community

Spiritual Practices



Recovery & Empowerment Statewide Call Evaluation

Title: Spirituality is More than Religion

Date: October 28, 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
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- | | | | | | |
|---|---|---|---|---|---|
| 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: Spirituality is More than Religion

Date: 10-28-21

Location: Teleconference

Time: 10:00 am – 11:00 am

Instructors: Tom Troe, 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.