

## RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on March 23rd, 2023, for our next Recovery & Empowerment Statewide Call for 2023! Our theme this year is "Expanding Horizons." During the 2023 educational series, we will be exploring a wide variety of recovery pathways, considering some new and innovative things happening around us, and revisiting a few wellness tools that some of us may have been using for years. Each call provides listeners the opportunity to hear directly from, and be inspired by, individuals in recovery. This month's focus is "Tools for Wellness and Recovery."

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, as a new feature this year, you can log in from a home computer or through the WebEx app on a smart phone. Registration is not required. Instructions on how to join are below under the heading "How to Join."

## ABOUT THIS MONTH'S CALL

DATE: March 23rd, 2023

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

TOPIC: Expanding Horizons: Tools for Wellness and Recovery

### OBJECTIVES:

- Recognize the tools that may already be in our wellness toolbox
- Identify new tools for our recovery that we might want to try
- Explain the ways one person's wellness tool may not work for another person

MEETING TITLE: Recovery & Empowerment Statewide Call

PANELISTS: Christina Ancira, Nanette Larson, Tanya Cooley, Tom Troe

COMMUNITY SPEAKER: Angie Thinner

HANDOUTS: The following materials for the 3/23/23 call are attached:

- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- 2023 Statewide Call Flyer

- PowerPoint Slides (PDF)
- Handout: WRAP Traffic Light
- Handout: Household Monthly Budget
- Handout: Resource Link List

HOW TO JOIN:

PHONE	COMPUTER	WEBEX PHONE APP
Dial 1-312-535-8110.  Enter Access Code: 2456 549 1311, then #.  Enter Password: 7828 3943, then #.	Click on <a href="#">this link</a> to open the WebEx site for the call.  If prompted, enter your name & email address.  Click "Join Meeting."  Meeting #: 2456 549 1311 Password: statewide	On your smartphone, tap <a href="#">this link</a> to open the WebEx site.  If prompted, download the WebEx Meetings app. Enter your name & email address. Click 'Allow,' then 'Join.'  Meeting #: 2456 549 1311 Password: statewide

You can call or log in up to 15 minutes early, but the audio may not begin until 10:00 a.m. All callers and participants will automatically be muted upon entry.

TO ASK A QUESTION:

1. If you are calling in from your phone for audio only, you can press star (\*), then "3" to raise your hand. The host will call on you by the area code and first 3 digits of your phone number and notify you when you are unmuted.
2. If you are logging in from a computer or the WebEx app on a smartphone, please use the Raise Hand feature and wait to be unmuted.

ABOUT RECOVERY & EMPOWERMENT CALLS:

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 or substance use challenges, this call is for you! The call is uniquely and specifically designed to provide education and support for individuals participating in publicly funded mental health and/or substance use treatment and recovery 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

## 2023 - Expanding Horizons



Please mark your calendars now for the  
**2023 Recovery & Empowerment Statewide Calls!**

Calls are held on the 4th Thursday of every other month  
(Jan, March, May, July, and September) 10:00 a.m. - 11:00 a.m.

Call-In Number for audio only: 1-312-535-8110

Access Code/Meeting Number: see below    Phone Password: 78283943 #

DATE	TOPIC	ACCESS CODE
Jan 26 <sup>th</sup>	Recovery in Today's Crisis Services	2460 256 0278
Mar 23 <sup>rd</sup>	Tools for Wellness and Recovery	2456 549 1311
May 25 <sup>th</sup>	Cultural Differences in Mental Health, Wellness, & Recovery	2453 692 8428
Jul 27 <sup>th</sup>	Evolving Substance Use and Mental Health Recovery	2467 949 6899
Sep 28 <sup>th</sup>	The Role of Social Media in Wellness and Recovery	2451 262 1269

**NEW for 2023:** You now also have the option to log in & watch with WebEx! An invitation with login instructions will be sent out via Communications Alert email about two months before each call. Registration is optional.

Program Name: Recovery & Empowerment Statewide Call  
 Title: Expanding Horizons - Tools for Wellness & Recovery  
 Location: Teleconference  
 Instructors: xx

Program Number: 16341  
 Date: March 23, 2023  
 Time: 10:00 am – 11:00 am  
 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](mailto:DHS.DMHRRecoveryServices@illinois.gov) OR  
 mail to DHS/DMH 200 S. Second Street, 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.)



# 2023 Recovery & Empowerment Statewide Call Evaluation

Title: Expanding Horizons - Tools for Wellness and Recovery

Date: March 23, 2023

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:

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



# Expanding Horizons

2023 Recovery & Empowerment Statewide Call Series

March 25th: Tools for Wellness and Recovery

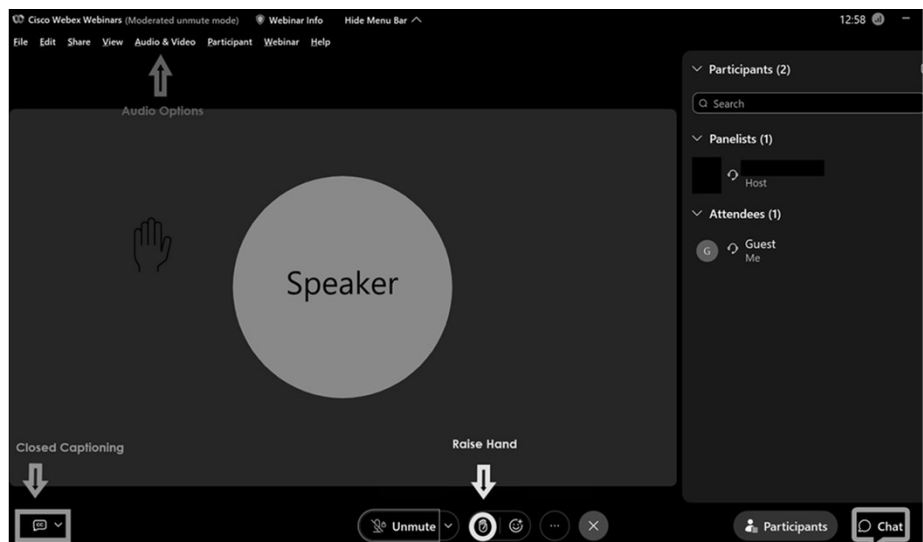
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## Using WebEx Features

**Closed Captioning:** CC button, bottom left corner of WebEx window

**Raise Hand:**  
Press \*3,  
or click the  
hand button at  
the bottom  
of the WebEx  
window.

**Chat Box:**  
At the bottom  
right corner of  
the Webex  
window.



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welcome

Thank you for joining today's call!

Submit CEU Sign-In Sheets within 7 business days to Crystal Hamm

**Fax:** 309-346-2542

**Email:** [DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov)

### **Next Call**

- May 25th, 2023 - Cultural Differences in Mental Health, Wellness, & Recovery
- Email Your Feedback:  
[christina.ancira@Illinois.gov](mailto:christina.ancira@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**
  - Christina Ancira, Recovery Support Specialist
  - XXXX, Recovery Support Specialist
- **Community Speaker:**
  - Angie Thinnes, Team Leader, Thresholds –New Freedom Center

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## Learning Objectives

- **After this session, participants should be able to:**
  - Recognize the tools that may already be in our wellness toolbox
  - Identify new tools for our recovery that we might want to try
  - Explain the ways one person's wellness tool may not work for another person



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# Community speaker

Angie Thinnas  
CRSS  
Team Leader  
Thresholds – New Freedom Center

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## Overview of Today's Topics

- Creativity 
- Support Systems 
- Laughter 
- Financial Wellness 
- WRAP 

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# Creativity

- Why use creativity as a wellness tool?
  - Can be healing
  - Helps us deal with challenges
  - Creates meaning and purpose
  - Promotes spiritual growth
- Doesn't have to be something new
- It's the process, not the product!



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## Creativity: Just a few ideas:

It doesn't matter whether anyone else thinks it's creative or not...

Jewelry making	Singing/ songwriting	Playing an instrument	Sculpting
Coloring books	Journaling/ writing	Baking/ Cooking	Gardening
Acting	Photography	Decorating your home/room	Drama therapy

if you're passionate about it, it can be creative!

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## Creativity: Sharing with others

- Give hope and bring healing to others
- Enjoy the social connection of sharing your creative work, or letting a friend share their work with you
- Volunteer, or submit creative projects to contests



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## Creativity: Try brainstorming!

- Google can be your friend!
- Go somewhere new
- Imagine you are someone else
- “Traditional” brainstorming
- “Failure” is not really failing – mistakes can be beautiful!
- Keep an open mind

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## Support Systems: Formal and Natural

- Formal
  - Usually a paid professional
  - Usually more hierarchical
- Natural
  - Usually more mutual
  - Can be family, but doesn't have to be
  - Free public resources
- And some supports can be a little of both!



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## Support Systems: Giving can be good for us!



- Giving support can be healing, rewarding, and empowering
- Also helps us to grow our own support networks



- Focus on basic listening skills
  - Listen to hear, not reply
  - Body language
  - Reflecting

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## Financial Wellness Tools



### Budgeting

- Paper or electronic
- Daily, weekly, monthly, yearly expenses
- Helps us take control of stress
- What motivates your spending?
- Set realistic financial goals

### Eating Well on a Budget

1. Plan meals & stick to your list
2. Don't shop when hungry
3. Buy generic, less processed food
4. Stock up on sales; buy in bulk
5. Buy cheaper cuts of meat or replace it with other proteins
6. Buy fruits & veggies frozen or in-season, if fresh
7. Pack your lunch



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## Financial Wellness Tools (continued)

### Knowledge is Power!



- Places to learn more:
  - Work Incentives Coordinators
  - [Illinois Disability Benefits 101](#)
  - Centers for Independent Living
  - Local libraries or banks
  - Senior Centers
  - Community Mental Health Centers
  - Living Rooms/Drop-In Centers

### Lowering Your Risk

- Avoid borrowing money, especially from payday or rent-to-own stores
- Avoid credit cards
- Don't ignore financial stressors
- Limit on-line shopping
- Limit gambling



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# Wellness Recovery Action Plan



## Five Key Concepts – What do they mean to **you**?

- **Hope:** belief that we can get well, stay well, & fulfill our dreams
- **Personal Responsibility:** steps we take for personal wellness
- **Education:** Learning helps us make healthy decisions
- **Self-Advocacy:** Reaching out and expressing our needs
- **Support:** Receiving and giving support helps us feel better

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Me Well	<b>Daily Plan:</b> A description of how we feel when we feel well. It also includes a list of things we need to do for ourselves every day to keep feeling well. If we don't do these things, we may compromise our wellness.
○	<b>Stressors &amp; Action Plan:</b> Events or circumstances that may compromise our wellness if we don't respond to them. The Action Plan is a list of things we can do to help us feel better when we experience stressors.
○	<b>Early Warning Signs &amp; Action Plan:</b> Subtle signs of change indicating we may need to take further action. Can only be measured by the person experiencing them. Action Plan to feel better.
○	<b>When Things are Breaking Down &amp; Action Plan:</b> We feel even worse but are still able to take some action on our own behalf. We need an immediate Action Plan to prevent a crisis.
○	<b>Crisis Plan:</b> Despite our best planning and assertive actions on our own behalf, we may find ourselves in a situation where others will need to take responsibility for our care. Share this plan with supporters.
○	<b>Post Crisis Plan:</b> This part of the plan constantly changes as we heal. Our Action Plan for daily activities may also change.

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## Laughter as a Wellness Tool



- Physical benefits of laughing
  - Good for your whole body: heart, lungs, brain, you name it!
- Sources to try:
  - Funny books/comics/movies from the library
  - YouTube or TikTok Videos

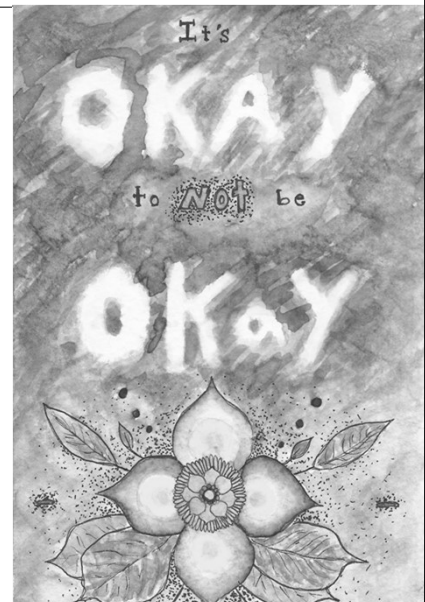


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## Laughter as a Wellness Tool (continued)



- Get added benefits by sharing with others!
- Look out for 'toxic positivity'



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# To each, their own!



- Wellness tools can be flexible!
- One person's stressor could be another person's wellness tool
- Keep an open mind



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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.

### 988 – call or text

24/7 crisis counselors  
Chat at [988lifeline.org](https://988lifeline.org)



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<p><b>Nanette Larson</b></p> <p>Deputy Director, Bureau of Wellness and Recovery Services, IDHS/DMH</p> <p>Nanette.Larson @illinois.gov</p>	<p><b>DMH - WELLNESS &amp; RECOVERY SERVICES</b></p> <ul style="list-style-type: none"> <li>▪ <b>Tom Troe</b>, 309-264-0291 <a href="mailto:thomas.troe@illinois.gov">thomas.troe@illinois.gov</a></li> <li>▪ <b>Tanya Cooley</b>, 217-785-0043 <a href="mailto:tanya.e.cooley@illinois.gov">tanya.e.cooley@illinois.gov</a></li> <li>▪ <b>Christina Ancira</b>, 618-614-8446 <a href="mailto:christina.ancira@illinois.gov">christina.ancira@illinois.gov</a></li> </ul>
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## Guidelines for Questions and Comments

- If you are a staff member, we ask that you email us any questions or comments you might have, so that we can focus our live discussion on hearing from those who are not staff
- Please use person-first language & define acronyms
- Diverse experiences will be heard and validated
- Please keep questions & comments 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

*thank you!*

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## If You Would Like To Speak

Calling from your phone (audio only):

- Press Star (\*) then “3” to raise your hand
- Host will call on you by the area code and first three digits of your phone number

Logged in via computer or WebEx app:

- Use ‘Raise Hand’ button 



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## CEU Instructions

- Statewide call evaluation forms
  - Email to: [DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov)
  - Fax: (309) 346-2542
- Sign-in sheets must be received within 7 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](mailto:DHS.DMHRRecoveryServices@illinois.gov)



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# THANK YOU

Recovery & Empowerment Statewide Calls - 2023



**Presenter:**  
**Christina Ancira**

**Email:**  
**[christina.ancira@illinois.gov](mailto:christina.ancira@illinois.gov)**



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## Household Monthly Income


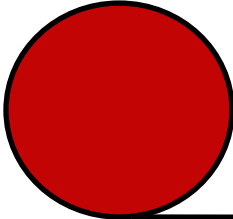
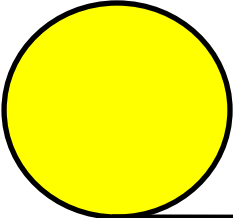
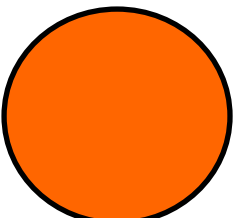
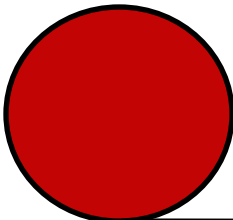
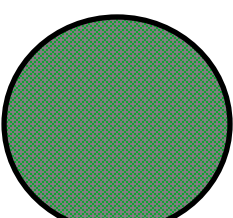
Income Type	Amount
Wages/ Salary	
Self-employment	
Social Security	
Pension/ Retirement	
Rental	
Other	
<b>Total</b>	

## Household Monthly Expenses

Item	Category	Amount
Rent or Mortgage Payment	Housing	
Second Mortgage	Housing	
Property Taxes	Housing	
Property Insurance	Housing	
Homeowners Association Fees	Housing	
Electric	Housing	
Gas	Housing	
Water	Housing	
Sewage	Housing	
Other Utility	Housing	
Cell Phone	Housing	
Home Phone	Housing	
Cable	Housing	
Internet	Housing	
Household Supplies	Housing	
Storage Fees	Housing	
Auto Loan	Transportation	
Auto Insurance	Transportation	
Auto- Gas	Transportation	
Auto- Maintenance	Transportation	
Parking Fees	Transportation	
Public Transportation	Transportation	
Shared Rides	Transportation	
Student Loans	Debt	
Payday Loan	Debt	
Personal Loan	Debt	
Credit Card	Debt	
Other Loan	Debt	
Groceries	Life	
Eating Out / Delivery	Life	
Entertainment (movies, streamed services)	Life	
Concerts/ Sporting Events/ Theater	Life	
Gym Membership	Life	
Charitable Giving/ Tithes	Life	
Personal Items	Life	
Clothing	Life	
Health Care Items/ Medication	Life	
Medical Bills	Life	
Life Insurance	Life	
Child Care	Life	
School Supplies	Life	
School Tuition	Life	
Extracurricular Activities	Life	
<b>Total</b>		

# Wellness Recovery Action Plan (WRAP<sup>®</sup>)

## Traffic Light

	Daily Plan:
	Stressors & Action Plan:
	Early Warning Signs & Action Plan:
	When Things are Breaking Down & Action Plan:
	Crisis Plan:
	Post Crisis Plan:
<b>The goal of Action Plan is to get back to “Me Well.”</b>	

# Recovery & Empowerment Statewide Call- March 2023

## Expanding Horizons: Tools for Wellness and Recovery

### Links to Resources

#### Habitica

Habitica is a free habit and productivity app that treats your real life like a game.  
*(or search Google for: Habitica)*

#### "Healing Trauma Through Drama" – Yes! Magazine

An article about how drama therapy opens the door to healing through performance  
*(or search Google for: healing trauma with drama yes magazine)*

#### The Awakenings Review

The Awakenings Review is one of the nation's leading literary reviews entirely committed to publishing the works of artists, writers, and poets with mental illness.  
*(or search Google for: awakenings literary review)*

#### Illinois Disability Benefits 101

Many people with disabilities fear that if they go to work, they'll lose needed health care and other disability benefits. Disability Benefits 101 (DB101) helps people with disabilities and service providers understand the connections between work and benefits. DB101 will help you make informed choices and show you how you can make work part of your plan.  
*(or search Google for: Illinois disability benefits 101)*

#### FDIC MoneySmart Program

The FDIC's Money Smart financial education program can help people of all ages enhance their financial skills and create positive banking relationships.  
*(or search Google for: FDIC money smart)*

#### Wellness Recovery Action Plan (WRAP)

Wellness Recovery Action Plan (WRAP) is a wellness tool anyone can use to get well, stay well, and make their life more the way they want it to be.  
*(or search Google for: wellness recovery action plan)*