

RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on July 27th, 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 "Evolving Substance Use and Mental Health 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 smartphone. Registration is not required. Instructions on how to join are below under the heading "How to Join."

ABOUT THIS MONTH'S CALL

DATE: July 27th, 2023

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

TOPIC: Expanding Horizons: Evolving Substance Use and Mental Health Recovery

OBJECTIVES:

- Recognize the history of the recovery community in substance use and mental health
- Identify various pathways to recovery in substance use and mental health
- Explain the value of various sources of recovery support

MEETING TITLE: Recovery & Empowerment Statewide Call

PANELISTS: Tom Troe, Kim Sriner

COMMUNITY SPEAKER: Jes Banner

HANDOUTS:

The following materials for the 7/27/23 call are attached:

- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- 2023 Statewide Call Flyer
- PowerPoint Slides (PDF)

HOW TO JOIN:

PHONE	COMPUTER	WEBEX PHONE APP
Dial 1-312-535-8110. Enter Access Code: 2467 949 6899, then #. Enter Password: 7828 3943, then #.	Click on this link to open the WebEx site for the call. If prompted, enter your name & email address. Click "Join Meeting." Meeting #: 2467 949 6899 Password: statewide	On your smartphone, tap this link to open the WebEx site. If prompted, download the WebEx Meetings app. Enter your name & email address. Click 'Allow,' then 'Join.' Meeting #: 2467 949 6899 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.



2023 Recovery & Empowerment Statewide Call Evaluation

Title: Expanding Horizons - Evolving Substance Use and Mental Health Recovery

Date: July 27, 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 you "very much" agree, "somewhat" agree, "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.
2. The presentation was respectful of the diverse experiences of participants.
3. The education and support provided will help me cope better with challenges.
4. The education and support provided will help me find my own ideas for staying well or improving my life.
5. The education and support provided will help me to be involved in or take charge of my own mental health and wellness.
6. Overall, I was satisfied with the call.
7. I would recommend these statewide calls to others.

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 111 N. Sixth Street, Pekin, IL 61554

Program Name: Recovery & Empowerment Statewide Call
 Title: Expanding Horizons - Evolving Substance Use and Mental Health Recovery
 Location: Teleconference
 Instructors: Tom Troe, Kim Sriner

Program Number: 16341
 Date: July 27, 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 OR
 mail to DHS/DMH 111 N. Sixth 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.)

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 th	Recovery in Today's Crisis Services	2460 256 0278
Mar 23 rd	Tools for Wellness and Recovery	2456 549 1311
May 25 th	Cultural Differences in Mental Health, Wellness, & Recovery	2453 692 8428
Jul 27 th	Evolving Substance Use and Mental Health Recovery	2467 949 6899
Sep 28 th	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.



Expanding Horizons

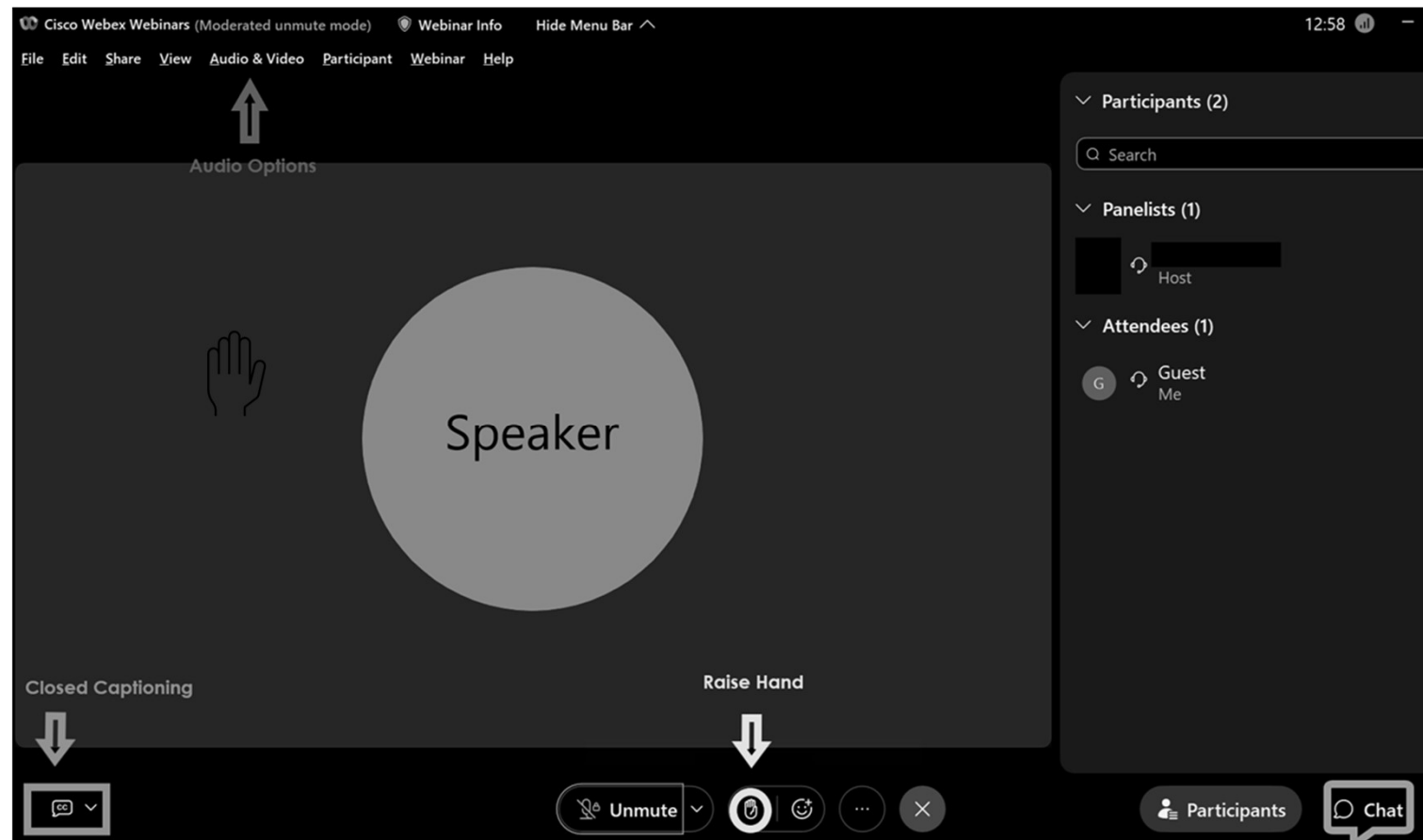
2023 Recovery & Empowerment
Statewide Call Series

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.



welcome

Thank you for joining today's call!

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

Fax: 309-346-2542

Email: DHS.DMHRRecoveryServices@illinois.gov

Next Call

September 28th, 2023

The Role of Social Media in Wellness and Recovery

Email Your Feedback:

christina.ancira@Illinois.gov

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



Meet the Presenters



Illinois Department of Human Services

- **Division of Mental Health**

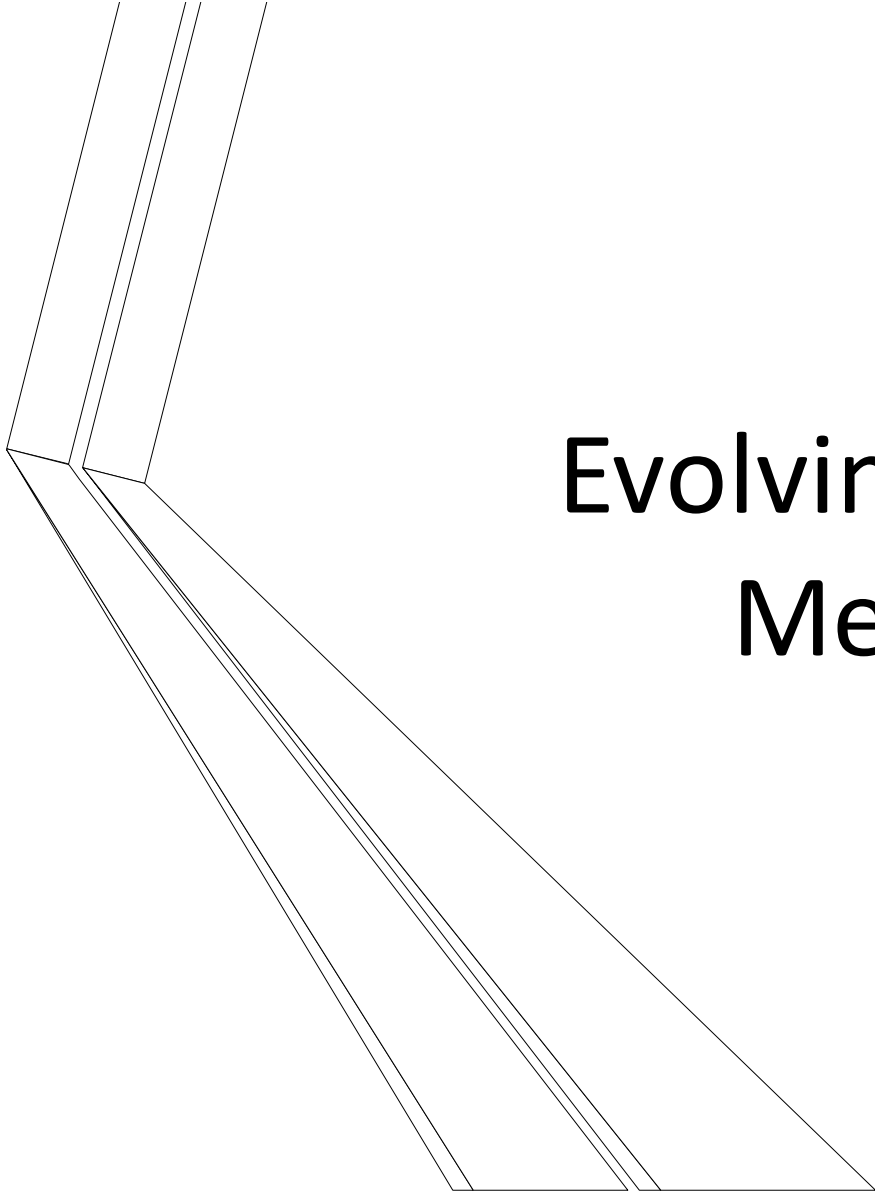
- Tom Troe, Recovery Support Specialist

- **Substance Use Prevention & Recovery**

- Kim Sriner, LCPC, CRSS

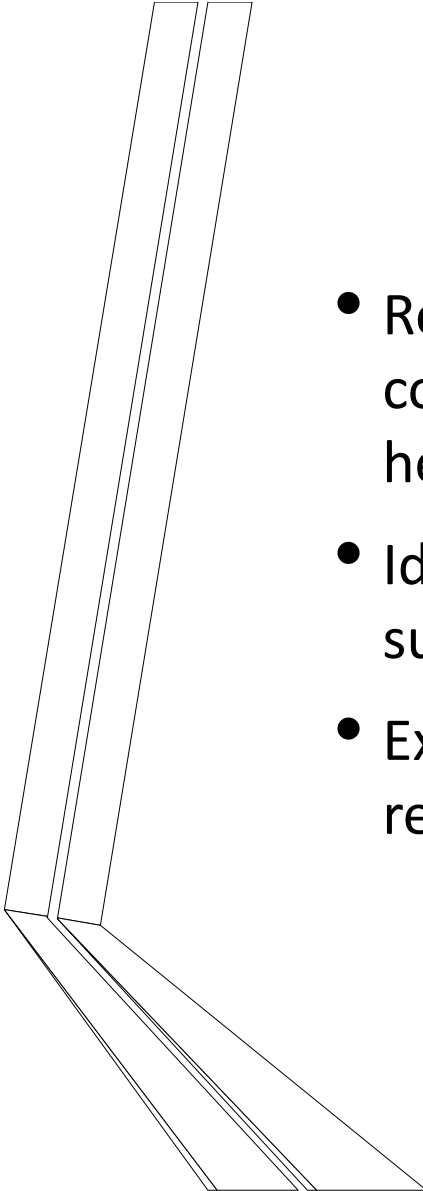
Community Speaker:

- Jes Banner,
Recovery Navigator at Comwell



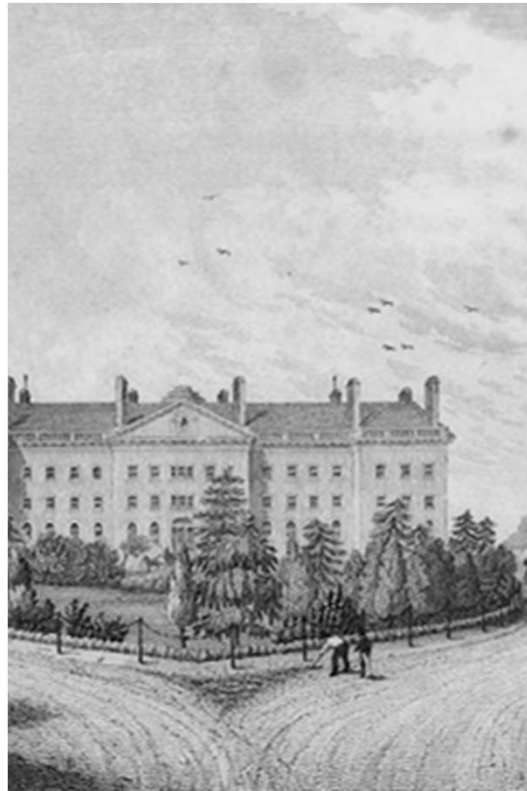
Evolving Substance Use and Mental Health Recovery

Objectives

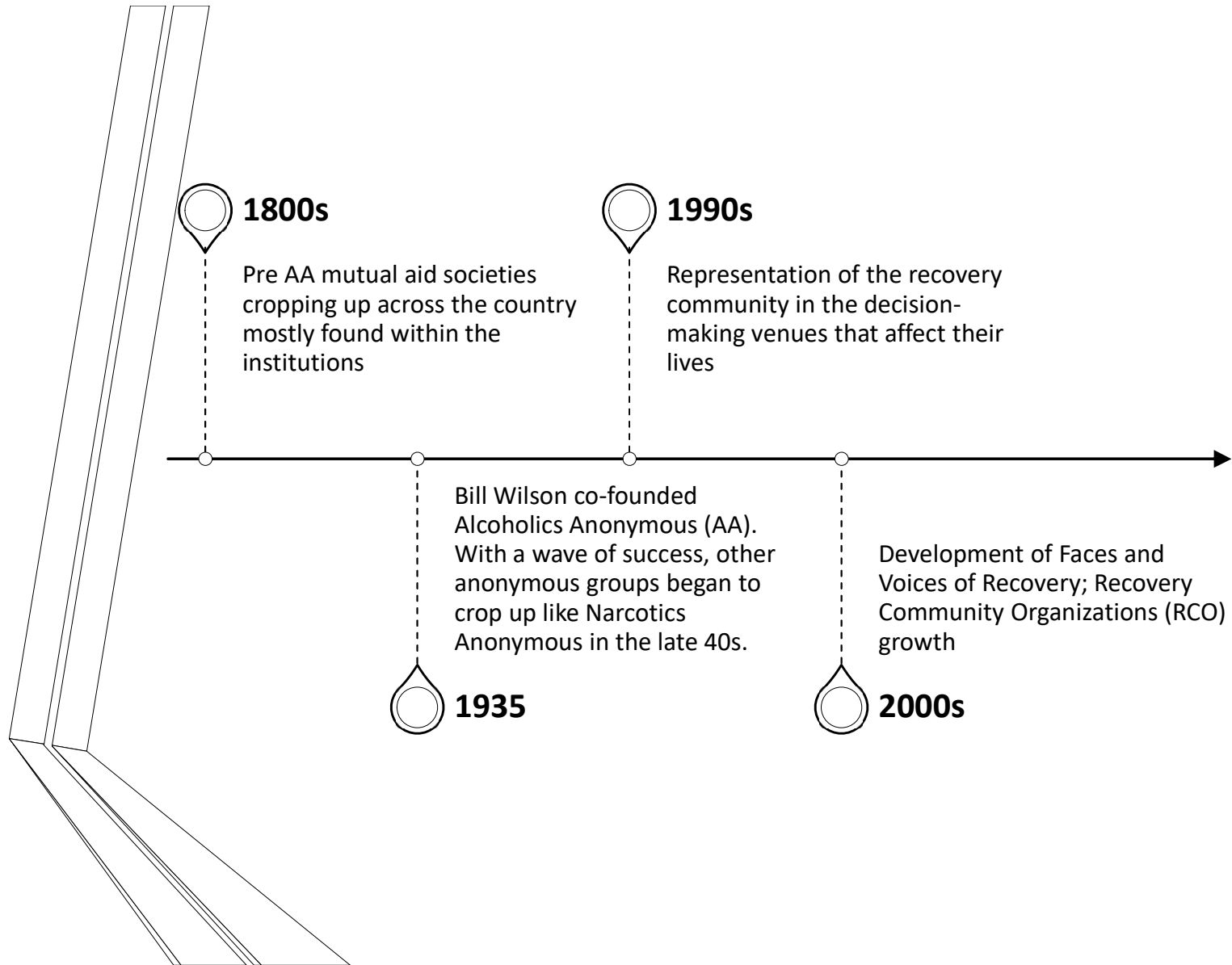
- 
- Recognize the history of the recovery community in substance use and mental health
 - Identify various pathways to recovery in substance use and mental health
 - Explain the value of various sources of recovery support

Where We've Been Way Back When (late 1800s)

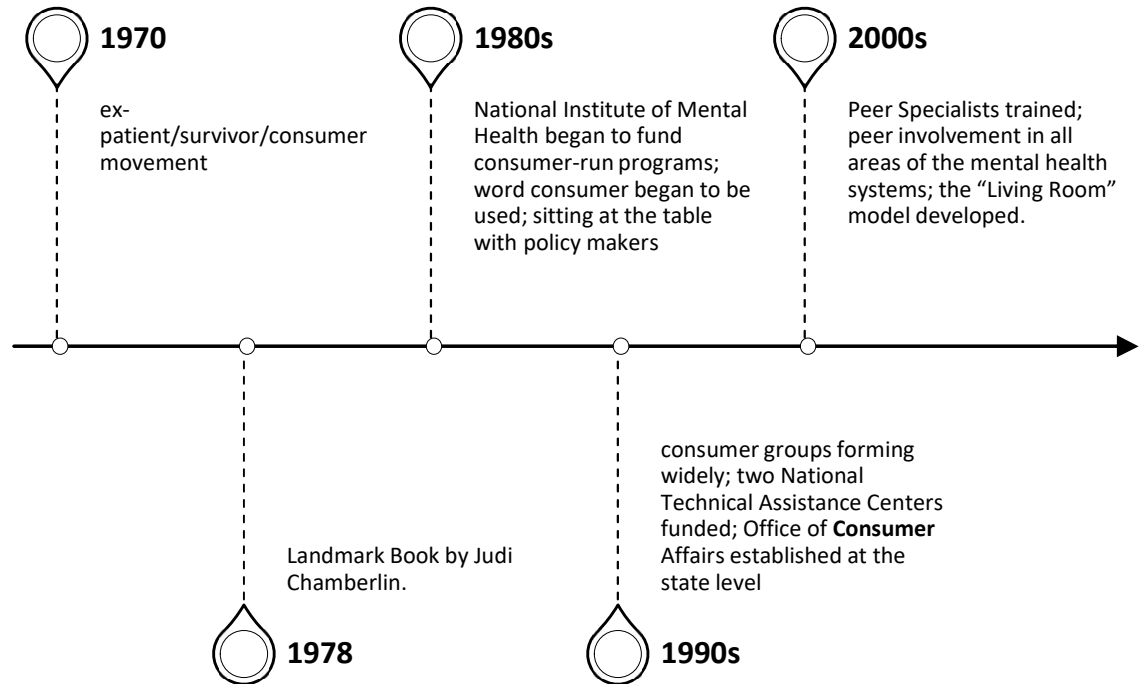
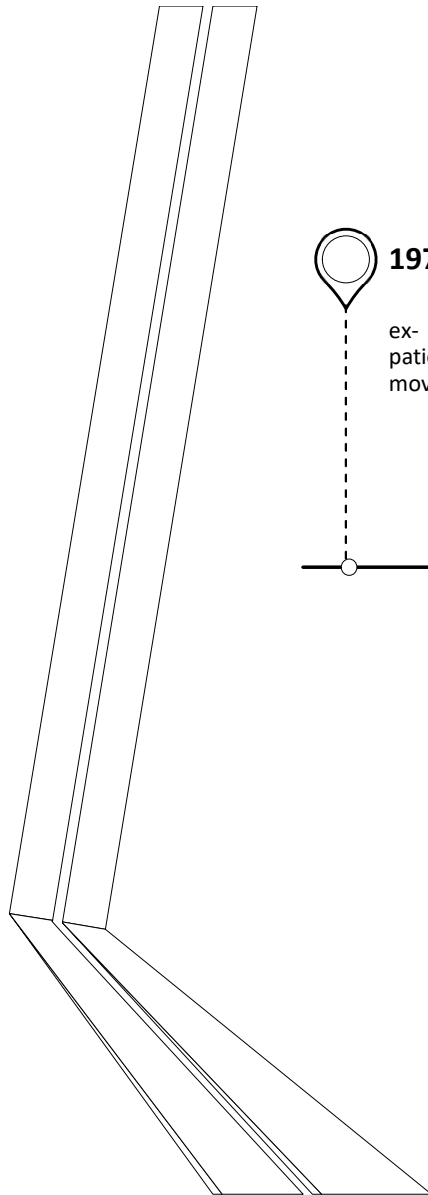
- Insane Asylums
- Inebriate Asylums



Recovery Movement for Alcohol and Substance Use



Mental Health Recovery Movement



Where Are We Today?

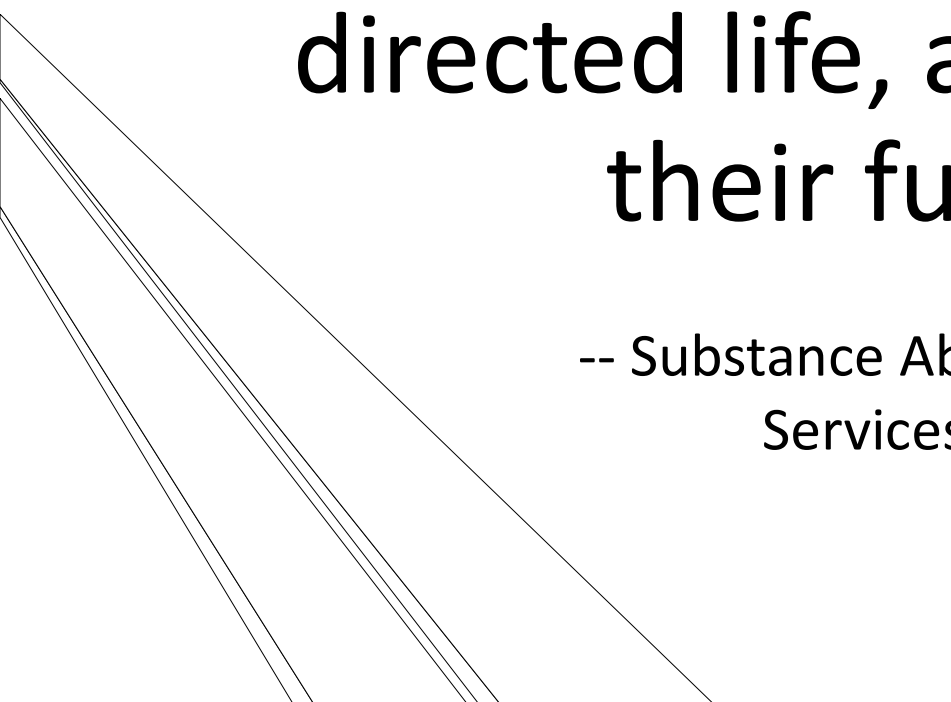
- Coming together with a focus on similarities rather than differences
- Wellness Recovery Action Plan
- Certified Recovery Support Specialist (CRSS)/Certified Peer Recovery Specialist (CPRS)
- Recovery-Oriented Systems of Care
- Recovery Community Organizations
- CRSS/CPRS Trainings



When we
COME TOGETHER,
we OVERCOME
TOGETHER.

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

-- Substance Abuse and Mental Health
Services Administration

A decorative graphic consisting of several parallel lines that slope downwards from the left side of the page towards the bottom center, creating a sense of movement or a stylized shadow.



Community Speaker

Jes Banner

Recovery Navigator

ComWell Behavioral Health Services

Common
Pathways



Cognitive Behavior Therapy

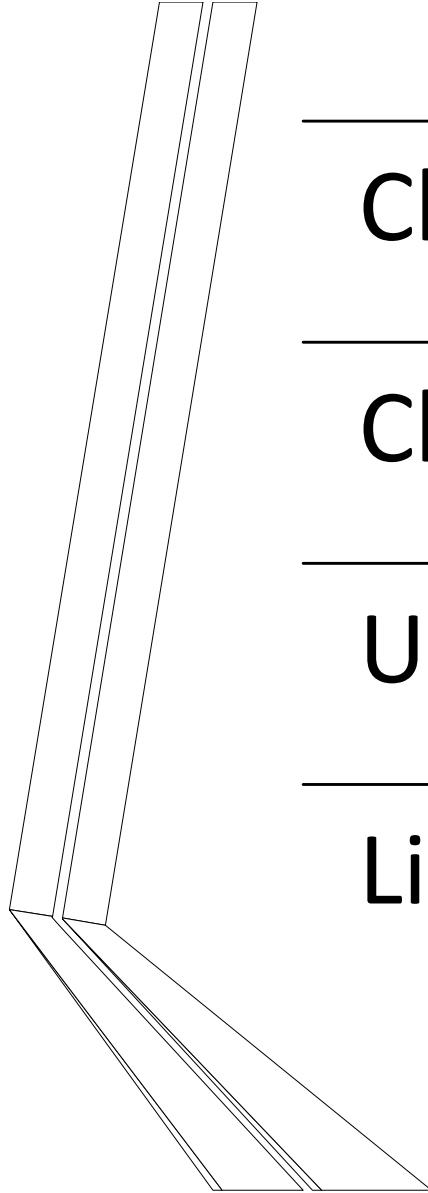
Inpatient treatment

Gamblers Anonymous

Rest/fluids

Diet/exercise

Harm
Reduction



Clean syringe access

Choosing wellness tools

Using safer options

Limiting amounts



Medications

Narcan

Medication Assisted Recovery (MAR)

Mental health medications

Nicotine Replacement Therapy

What are
the benefits
of support?



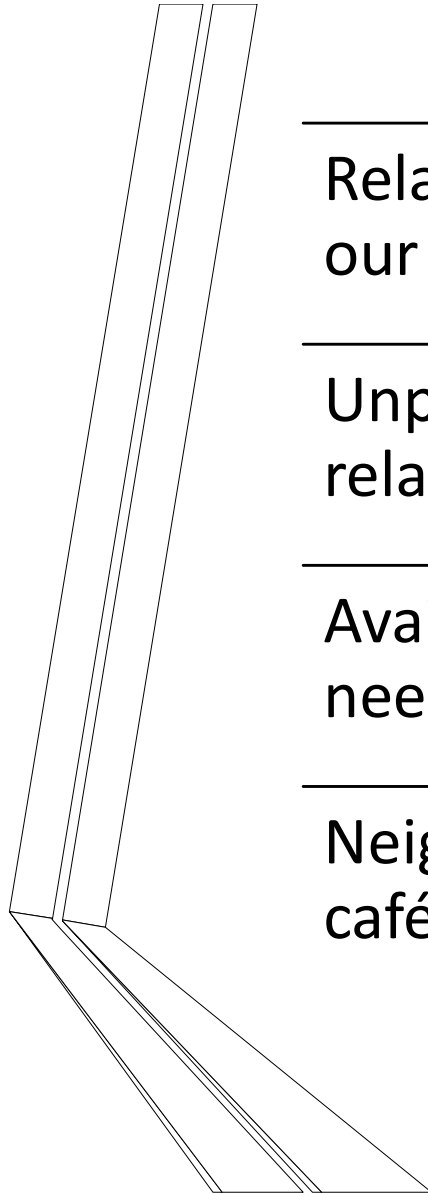
- Realizing you aren't alone
- Being able to see others resilience strengthens your own
- Offers encouragement and hope
- Feeling less lonely, isolated, or judged
- Staying motivated
- Learn better coping strategies



Professional or formal supports

- Organizations that provide help or a service to the family or individual
- Usually involve some form of payment for services
- Often involve an illness, diagnosis, or meet a specific need

Natural or
informal
supports



Relationships we all have every day in our lives

Unpaid, informal, ordinary relationships

Available to everybody – no diagnosis needed

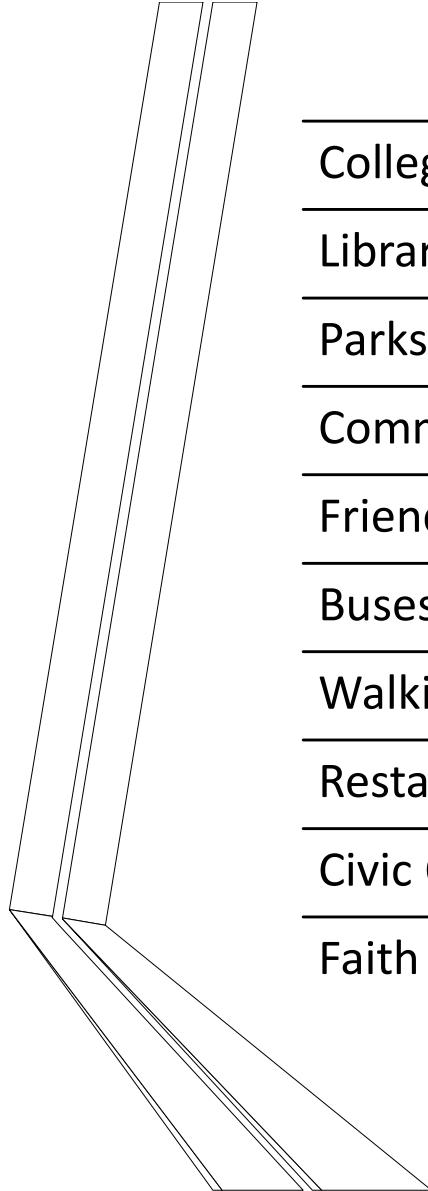
Neighbors, friends, someone in a local café, family members, teachers, etc.

Other Natural Supports

- National Alliance on Mental Illness
- Depression and Bipolar Support Alliance
- 12 Step Programs
- White Bison
- Gamblers Anonymous



Other Natural Supports



Colleges and Universities

Libraries

Parks

Community Events

Friends and Family

Buses and Trains

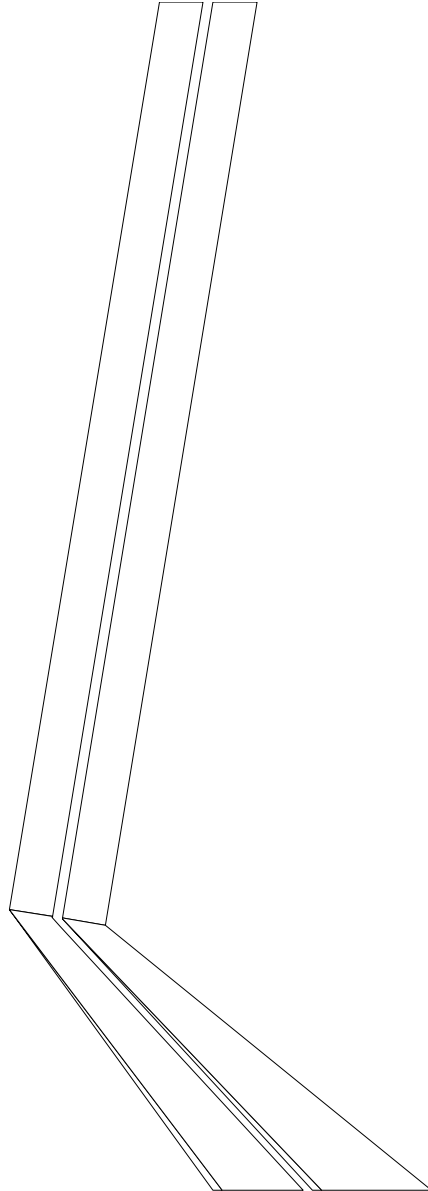
Walking paths

Restaurants

Civic Organizations

Faith Based organizations

**Get
Involved**



ROSC

RCO

**CRSS/CPRS
Competency Trainings**

Naloxone/Narcan

- Illinois Good Samaritan Law
- Access Narcan Illinois



WHERE WE CAN FIND SUPPORT

Call the Warm Line

866-359-7953

Monday – Saturday
8:00 a.m. – 8:00 p.m.

988 – call or text

24/7 crisis counselors
Chat at 988lifeline.org

Crisis Text Line

Text 741-741 when in a crisis.
Anywhere, anytime.
Anonymously.



Nanette Larson

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

Nanette.Larson
@illinois.gov

DMH - WELLNESS & RECOVERY SERVICES

- **Tom Troe**, 309-264-0291
thomas.troe@illinois.gov
- **Tanya Cooley**, 217-785-0043
tanya.e.cooley@illinois.gov
- **Christina Ancira**, 618-614-8446
christina.ancira@illinois.gov

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

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

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 

CEU Instructions

- Statewide call evaluation forms
 - Email to: 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



Tom Troe
thomas.troe
@illinois.gov

Kim Srinier
kimberly.srinier
@illinois.gov



THANK YOU

Recovery & Empowerment Statewide Calls - 2023