

RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on September 28, 2023, for our last Recovery & Empowerment Statewide Call for 2023! Our theme this year is "Expanding Horizons." During the 2023 educational series, we are 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 "The Role of Social Media in Wellness & 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 available, but not required. Instructions on how to join are below under the heading "How to Join."

ABOUT THIS MONTH'S CALL

DATE: September 28th, 2023

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

TOPIC: Expanding Horizons: The Role of Social Media in Wellness & Recovery

OBJECTIVES:

1. Recognize some of the ways social media can provide connection and motivation
2. Identify common mistakes users of social media might make
3. Explain some of the safety features that can be used to protect your information on social media

MEETING TITLE: Recovery & Empowerment Statewide Call

PANELISTS: Christina Ancira, Ricardo Anderson

COMMUNITY SPEAKER: Nicole Feiferis

HANDOUTS:

The following materials for the 9/28/23 call are attached:

- 1) Evaluation Form
- 2) Sign-In Sheet
- 3) CEU Instructions
- 4) 2023 Statewide Call Flyer
- 5) PowerPoint Slides (PDF)
- 6) Handout: Social Media Privacy Checklist
- 7) Handout: Ways to Balance Social Media Usage

HOW TO JOIN:

PHONE	COMPUTER	WEBEX PHONE APP
Dial 1-312-535-8110. Enter Access Code: 2451 262 1269, 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 #: 2451 262 1269 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 #: 2451 262 1269 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 be automatically 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.

Please [click on this link to subscribe or manage your email subscription preferences](#) from the Wellness & Recovery Services team at the Division of Mental Health.

Program Name: Recovery & Empowerment Statewide Call
 Title: Expanding Horizons - The Role of Social Media in Wellness and Recovery
 Location: Teleconference
 Instructors: Christina Ancira

Program Number: 16341
 Date: September 28, 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.)



2023 Recovery & Empowerment Statewide Call Evaluation

Title: Expanding Horizons - The Role of Social Media in Wellness and Recovery

Date: September 28, 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

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.



 **IDHS**
ILLINOIS DEPARTMENT
OF HUMAN SERVICES

Expanding Horizons

2023 Recovery & Empowerment
Statewide Call Series

Using WebEx Features

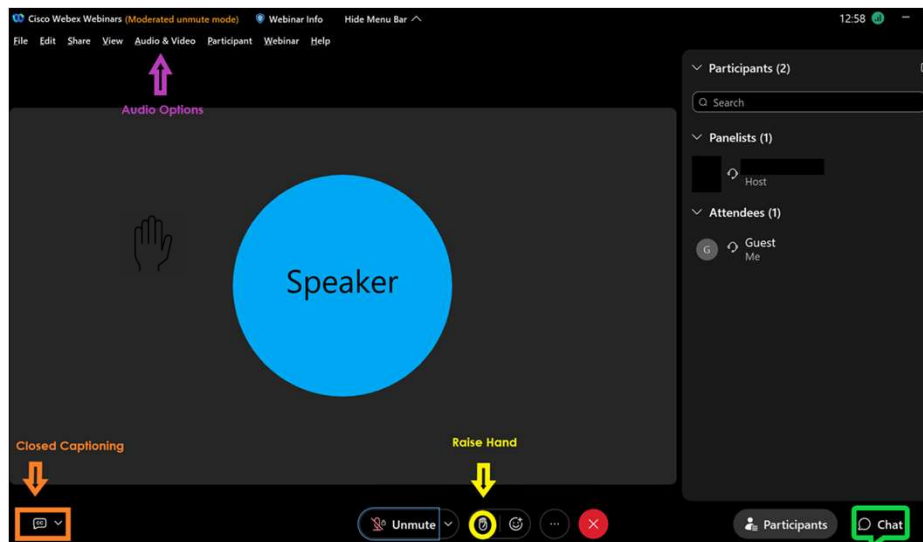
Closed Captioning: CC button, bottom left corner of WebEx window

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

Planning for 2024 Call Series is in progress!

• 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**

- Christina Ancira,
Recovery Support Specialist
- Ricardo Anderson,
Recovery Support Specialist

- **Community Speaker:**

- Nicole Feiferis, Crisis Intervention Specialist
at Metropolitan Family Services

Learning Objectives

- **After this session, participants should be able to:**

- Recognize some of the ways social media can provide connection and motivation
- Identify common mistakes users of social media might make
- Explain some of the safety features that can be used to protect your information on social media





**Community
Speaker**

Nicole Feiferis

**Crisis Intervention Specialist
Metropolitan Family Services**



▶ **The Role of Social Media in Wellness & Recovery**

Learning Objectives

At the conclusion of this module, participants should be able to:

1. Recognize some of the ways social media can provide connection and motivation
2. Identify common mistakes users of social media might make
3. Explain some of the safety features that can be used to protect your information on social media

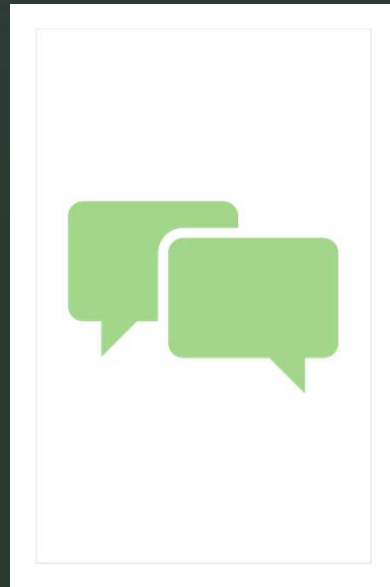
▸ Social Media Overview

- Facebook
- YouTube
- Twitter
- Instagram
- Snapchat
- Tumblr
- TikTok
- WhatsApp
- Pinterest
- WeChat

Social Media Connections and Motivation

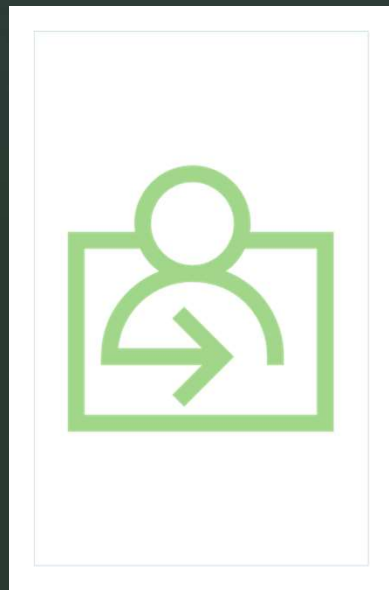
Positive Effects

- Overcoming barriers
 - Transportation
 - Busy schedules
- Strengthening personal networks
 - Growth during the pandemic



Connection and Motivation

- Like- Minded People
- Decrease feeling of isolation
- Explore Interests
- Personal Identity
- Learn Different Perspectives





Social Media: ▼ Common Mistakes

Becoming emotionally dependent on social media

- Checking apps excessively
- Needing to be logged in to feel connected



Common mistakes social media users might make

- Over sharing
- Online (cyber) bullying
- Unintentional hurt
- Becoming obsessive
- Creating false reputations
- Posting inappropriate pics, comments, etc.



Mixing work and social media

- Do you "friend" work teammates on FB, or leave them for LinkedIn?
- Do you talk about work in your personal social media posts?
- Do you post or check-in on social media while on the clock?

Potential Warning Signs of Unhealthy Social Media Behaviors

Engaging in risky behaviors or outrageous photos to gain likes and comments

Noticing that our school- work and relationships are suffering

De-prioritizing self-care (such as exercise, sleep, and/or mindfulness)

**Potential
Warning Signs of
Unhealthy Social
Media Behaviors**
(continued)

Feeling increased anxiety,
depression, and/or loneliness

Spending more time on social
media than with friends and family

Comparing ourselves with others
or frequently feeling jealous

Being trolled or cyberbullied
online

Summary



“Build it, and they will come’ only works in the movies. Social Media is ‘build it, nurture it, engage them and they may come and stay’.”

– [Seth Godin, Founder of Squidoo](#)

▸ References and Resources

- [How Social Media Can Add to Your Well-Being - berkeley.edu](#)
- [Roeder, A \(2020\) Social media use can be positive for mental health and well-being. Harvard T.H. Chan School of Public Health](#)
- [Stabler, C \(2021\) The Effects of Social Media on Mental Health. Penn Medicine Lancaster General Health](#)
- [Tip Sheet on Social Media Use and Mental Health | Youth Engaged 4 Change](#)
- [Burton, N \(2021\) When does sharing become oversharing? - The Verge](#)

References and Resources

- [What Is Cyberbullying? www.StopBullying.gov](http://www.StopBullying.gov) (2021)
- [Powell-Lunder, J \(2019\). The Unintentional Cyberbully. Psychology Today](#)
- [Davenport, S \(2022\). Social media addiction: Recognizing the signs and how to beat it. MedicalNewsToday.com](#)
- [Jefferson, B \(2021\). It's complicated: Social media and well-being during COVID-19 - The Source - Washington University in St. Louis](#)
- [Brown, L \(2022\). The top 10 reasons people live a fake life on social media. www.HackSpirit.com](#)
- [What Are the Pros and Cons of Video Games? Adair, Cam. gamequitters.com](#)

WHERE WE CAN FIND SUPPORT

Call the Warm Line

866-359-7953

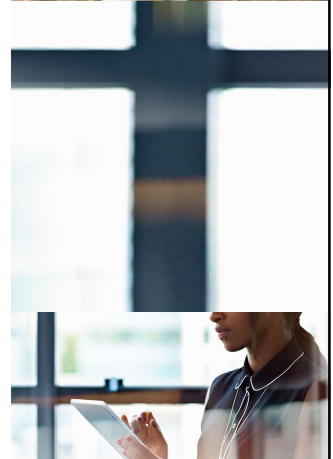
Monday – Saturday
8:00 a.m. – 8:00 p.m.

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



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



 IDHS
ILLINOIS DEPARTMENT
OF HUMAN SERVICES

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Ricardo Anderson
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THANK YOU

Recovery & Empowerment Statewide Calls - 2023



Social Media Privacy Checklist

Put a checkmark next to the statements that are true for you. The more items you check, the more likely your social media accounts are to be safe.

- I personally know everyone on my friend lists.
- When someone tags me in a post, I must approve it before it shows on my page.
- My entire account is set so that only friends can see my posts or pictures, or what posts/videos I have liked.
- Only friends or people I follow can make comments on my posts/pictures.
- When I am logged in to social media it does not show/alert others to my status.
- I do not use my actual name for an account profile name/handle unless it is required.
- My friend lists are set to be private from other people.
- I have my accounts set up to be unlisted on internet search engines such as Google.
- I regularly check my profile by "viewing as public" to see what my page shows to people I do not know.
- I have automatic location sharing turned off on my social media accounts.
- I do not post any personal information that I would not want everyone to know.

Ways to Balance Social Media Usage



1. _____
Set a timer, and stick to it.
2. _____
Only follow accounts that add positive value to your life.
3. _____
Resist the urge to share every post you like.
4. _____
Set aside one 'social media free' day per week.
5. _____
Remember to put the phone down, take a breath, and find something else to do, as needed.

What other ways can you think of to moderate your own social media usage?

