

RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on January 25, 2024, for our first Recovery & Empowerment Statewide Call for 2024! Our theme this year is "**Embracing Different Recovery Roads.**" During the 2024 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 "*Navigating Recovery in the Digital Age.*"

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: January 25, 2024

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

TOPIC: **Embracing Different Recovery Roads:**

"Navigating Recovery in the Digital Age"

OBJECTIVES:

1. Recognize the possible benefits of using technology in recovery
2. Identify examples of apps and online programs that can assist with recovery
3. Explain ways to determine what technology may best support our recovery

MEETING TITLE: Recovery & Empowerment Statewide Call

PANELISTS: Ricardo Anderson, Christina Ancira COMMUNITY SPEAKER:
Thomas Cruz

HANDOUTS:

The following materials for the 1/25/2024 call are attached:

- 1) Evaluation Form
- 2) Sign-In Sheet
- 3) CEU Instructions
- 4) 2024 Statewide Call Flyer
- 5) PowerPoint Slides (PDF)
- 6) Handout: Technology Resource Sheet

HOW TO JOIN:

PHONE	COMPUTER	WEBEX PHONE APP
Dial 1-312-535-8110. Enter Access Code: 2632 555 5830, then #. Enter Password: 78283943 then #.	Click on this link to open the WebEx site for the call. If prompted, enter your name & email address. Click "Join Meeting." Meeting #: 2632 555 5830 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 #: 2632 555 5830 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.



2024 Recovery & Empowerment Statewide Call Evaluation

Title: Embracing Different Recovery Roads – Navigating Recovery in the Digital Age

Date: January 25, 2024

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: Embracing Different Recovery Roads: Navigating Recovery in the Digital Age
 Location: Teleconference
 Instructors: Ricardo Anderson

Program Number: xxxx
 Date: January 25, 2024
 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.)

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/DMH Recovery & Empowerment Statewide Calls

2024 – Embracing Different Recovery Roads



**Please mark your calendars now for the
2024 Recovery & Empowerment Statewide Calls!**

Calls are held on Thursdays from 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	Meeting Number
Jan 25 th	Navigating Recovery in the Digital Age	2632 555 5830
Mar 21 st	Exploring Our Whole Health	2634 064 1443
May 30 th	Destination Recovery: Journey Unknown	2631 392 3279
Jul 25 th	Locating Our Resilience	2632 543 4099
Sep 26 th	Mapping Our Own Way: Self-Advocacy and Boundaries	2634 062 5813

Continuing for 2024: You now 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.

Navigating Recovery in the Digital Age

Technology Resource Sheet

Mobile Apps for your Smartphone

Scan any of these codes with your phone to download the app.

Suicide Prevention Apps:

Virtual Hope Box



SAMHSA Suicide Safe



Suicide Safety Plan



Addiction Recovery Apps:

We Connect



NOMO



Recovery Path



Links to Articles and Reviews

Article: “Speaking of Psychology: Digital therapeutics and mental health apps, with Vaile Wright, PhD” (APA, June 2023)

<https://www.apa.org/news/podcasts/speaking-of-psychology/digital-therapeutics>

Article: “Best Online Peer Counseling” (MacPherson, June 2023)

<https://www.verywellmind.com/best-online-peer-counseling-6951613>

Reviews: The 12 Best Apps to Use in Recovery (Pinnacle Treatment Centers)

<https://pinnacletreatment.com/blog/recovery-apps/>

Reviews: Best Addiction Recovery Apps of 2023 (ChoosingTherapy.com)

<https://www.choosingtherapy.com/addiction-recovery-apps/>



Embracing Different Recovery Roads

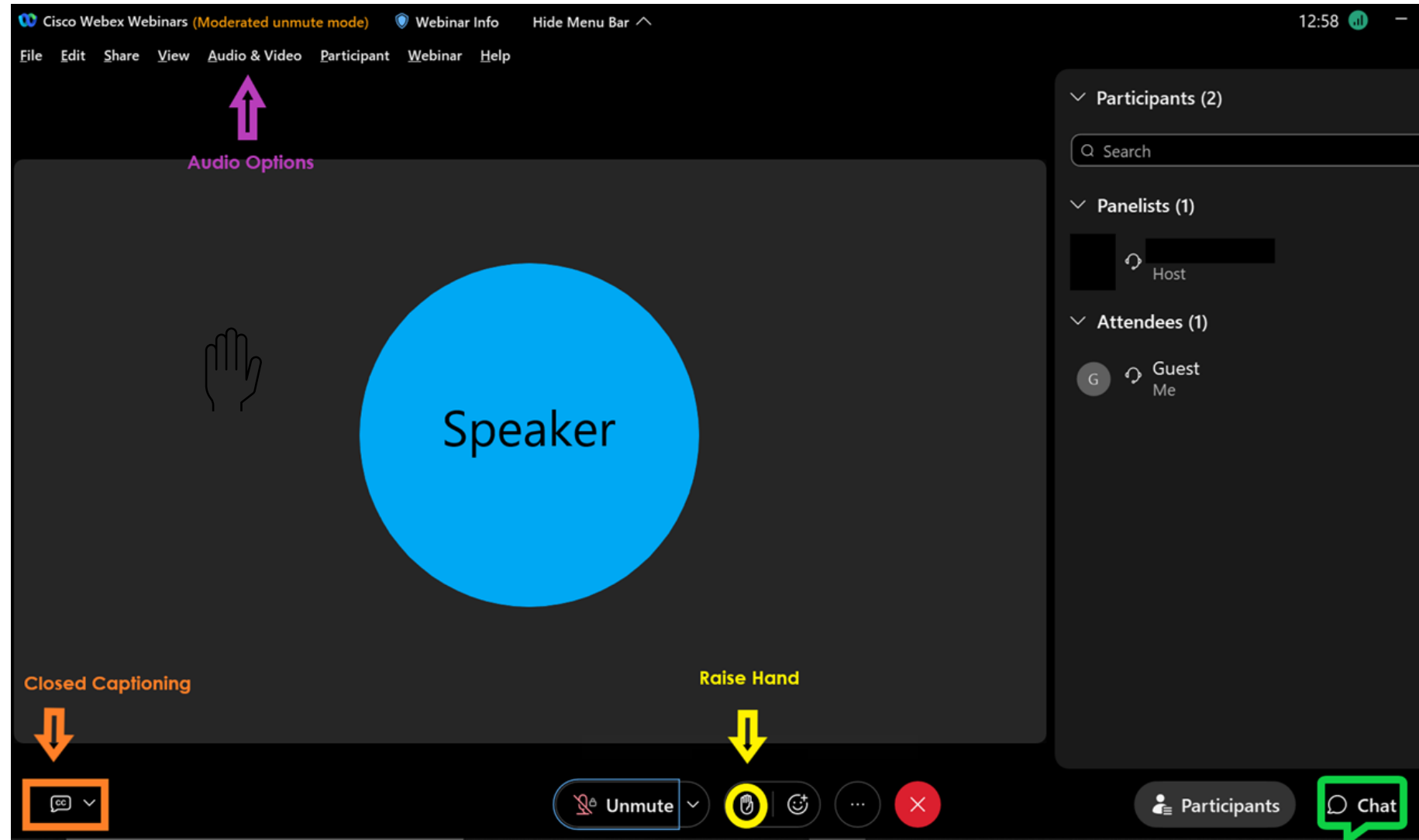
2024 Recovery & Empowerment Statewide Call Series

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

March 28th - Exploring Our Whole Health

- Email Your Feedback:

ricardo.anderson@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**
 - *Ricardo Anderson,*
Recovery Support Specialist
 - *Christina Ancira,*
Recovery Support Specialist
- **Community Speaker:**
 - *Thomas Cruz,*
Engagement Specialist

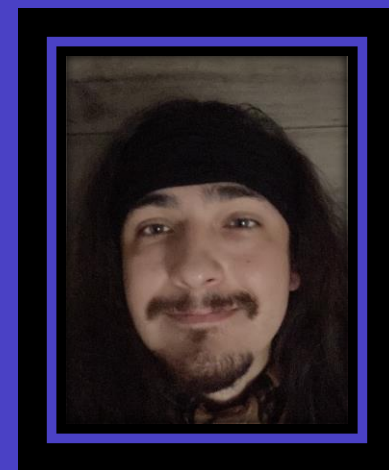
Learning Objectives

- **After this session, participants should be able to:**
 - Recognize some potential benefits of using technology in recovery
 - Identify examples of apps and online programs that can assist with recovery
 - Explain ways to determine what technology may best support our recovery





Community Speaker



Thomas Cruz

- Engagement Specialist
Heritage Behavioral Health
- Board Member
NAMI IL Alliance of
Peer Professionals (NIAPP)



Navigating Recovery in the Digital Age

Learning Objectives

- Recognize some potential benefits of using technology in recovery
- Identify examples of apps and online programs that can assist with recovery
- Explain ways to determine what technology may best support our recovery

Potential Benefits of Using Technology in Recovery

- Getting Connected with Peers
- Finding New Ideas
- Fostering Self-Care
- Challenging Boredom

Apps for SU Recovery

- We Connect
- Sober Tool
- NOMO
- I am Sober
- rTribe

Apps for Suicide Prevention

- Virtual Hope Box
- SAMHSA Suicide Safe (SAFE-T)
- Suicide Safety Plan

**Examples of Apps That Can
Assist With Recovery**


Examples of Other Online Supports That Can Assist With Recovery

Online Peer Support

- Peer Collective
- Sesh
- Sanvello
- Circles
- Monument
- HeyPeers
- Supportiv
- Mindful Care
- Togetherall
- The Tribe
- Pay What You Can
- TalkLife
- Marigold Health

Telehealth & Online Therapy

- pMD Telehealth
- Chiron Health
- Cerebral
- Modern Health



Digital Therapeutics

Digital Therapeutics (DTx) are evidence-based therapeutic interventions driven by software to prevent, manage, or treat a medical disorder or disease.

Examples of DTx for MH/SU:

- Sleepio
- reSET
- EndeavorRx
- Vorvida

Determining the Best Technology to Fit Our Own Recovery Path

- Online reviews
- Write down pros and cons
- Look for free trials or ‘demos’
- Talk with others who have relevant experience

Summary

- Potential benefits of technology as part of recovery
- Examples of specific apps and programs available
- Tips on how to pick one that works best for us

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](https://www.988lifeline.org)

Crisis Text Line

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



DMH - WELLNESS & RECOVERY SERVICES

Nanette Larson

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

Nanette.Larson
@illinois.gov

- **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

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THANK YOU

Recovery & Empowerment Statewide Calls - 2024

