

## "FROM STORIES TO STRATEGIES"

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### DEVELOPING CREATIVITY IN RECOVERY

Consumer Education and Support

Statewide Call-In: July 28, 2011

DIAL-IN NUMBER: 1-800-619-6614

PASSCODE: "Recovery"

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## Welcome!

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- ☺ Thank you for joining today's call!
- ☺ Instructions for CEU's for today's call
  - ☺ Fax Sign-In Sheets within seven days, to:  
Josephine Brodbeck, FAX (309) 693-5101
- ☺ Next Call-In: August 25th, 2011 – Developing Financial and Occupational Wellness
- ☺ Email Your Feedback:  
[ILEmpowerment@valueoptions.com](mailto:ILEmpowerment@valueoptions.com)

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## Guidelines for Today's Call

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- ☺ 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

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- ☺ **IL DHS/Division of Mental Health**
  - ☺ Julie Jones, B.S., C.R.S.S.
  - ☺ Pat Hayes, B.S., C.R.S.S.
  - ☺ Christine Elvidge, C.R.S.S.
- ☺ **Personal Story & Strategies: Community Speaker**
  - ☺ Irene O'Neill, C.R.S.S.
    - ☺ PSR Counselor - DuPage County Health Department
    - ☺ The Awakenings Project, Secretary

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## Objectives for Today's Call

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### Participants will learn:

- ☺ Different views of creativity in recovery
- ☺ Examples of ways to find creativity in recovery
- ☺ Ways creativity can be supportive in recovery
- ☺ Where to find more information

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## SAMSHA 10x10 Wellness Campaign: July Wellness Dimension – Spirituality

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- ☺ July Wellness Dimension – Spirituality
- ☺ **How does spirituality relate to creativity in recovery?**
  - ☺ Hiking in nature
  - ☺ Meditation
  - ☺ Journaling
  - ☺ Music
  - ☺ And more...
  - ☺ Do you have your own ideas?

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## Creativity in Recovery – Dictionary Definition

### ☺ Dictionary.com definition:

- ☺ **Creative** - characterized by originality of thought; having or showing imagination
- ☺ **Creativity**- the ability to take traditional ideas, rules, patterns, relationships and to create meaningful new ideas, forms, methods, interpretations. Creativity is characterized by originality, progressiveness, or imagination:

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## Creativity in Recovery – Presenter Definitions

- ☺ **Irene** - A creative recovery is a healing process and your own healing is the greatest message of hope for others.
- ☺ **Christine** - Being outrageously you. Making a lasting imprint by what you create. Your form of creation can bring healing to yourself, others or both.
- ☺ **Pat** - Creativity can be creative talents such as writing, dance, art, music but it can also be creative ideas. When I was isolated, it was being creative on how to spend my days, where to go and what to do.
- ☺ **Julie** - Creativity helps restore my self-esteem, recognize my talents and gifts, helps me heal my shame and work towards meaningful dreams and goals.


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## Presenters Discuss Differences in Our Definitions

- ☺ **Julie** – creativity means restoration – the return to balance after illness or injury
- ☺ **Pat** - creativity is talents but also ideas that helped his recovery
- ☺ **Christine** – creativity in recovery is unique to every person
- ☺ **Irene** - creativity in recovery is healing

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## Presenters Discuss Similarities in Our Definitions

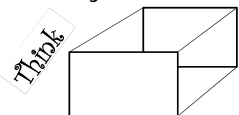
- ☺ Anyone can be creative – just like recovery, creativity is possible for everyone.
- ☺ You can either pay a “Certified Creativity Coach,” or do stretching exercises with your own 
- ☺ Creativity - anything you have a passion for
- ☺ What helps you may not help someone else

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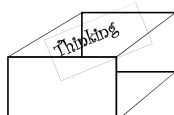
## Personal Story & Strategies: Community Speaker

☺ Irene O’Neill  
 ☺ Community Speaker

It was once very “hip” to say:



but now that’s:



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## What’s your *passion*? Don’t know? Find out!

- ☺ Is it: biking, baking, movies, hiking, music, gardening, yoga, writing, acting, singing, making jam, playing an instrument, photography, bird watching, woodworking, stargazing, artmaking, sleeping, relaxing, peer counseling, journaling, focusing, walking, playing with a pet, communing with nature, eating ice cream ... anything, from the sublime to the ridiculous, if you are passionate about it – that’s all that matters. **Seek and find your passion.**

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## What's your *passion*? Don't know? Find out!

- ☺ **How about martial arts, yoga, or dancing?**
  - ☺ Express feelings & emotions in a physical way
- ☺ **How about art, painting, or music?**
  - ☺ Condense a whole set of experiences into something you can see, hear, feel
- ☺ **Sharing talents with others**
  - ☺ Give hope to others and bring healing to others
  - ☺ Appreciation of art and creativity
  - ☺ Visiting an art museum or watching a play

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## What's your *passion*? Don't know? Find out!

- ☺ **How about journaling?**
  - ☺ About your day
  - ☺ Short stories
  - ☺ Songs
  - ☺ Thoughts and/or feelings
  - ☺ Poetry
  - ☺ You can even draw pictures

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## Share Your Talents!

- ☺ **Ideas for sharing your talents!**
  - ☺ Volunteering at a nursing home
    - ☺ Art projects with individuals in nursing home
    - ☺ Singing karaoke at a nursing home
- ☺ **We want to hear your ideas, which may expand our lists and our minds!**

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## Ways That Creativity Can Be Supportive In Recovery

- ☺ **Therapeutic** - it can help emotional well being
- ☺ **A way to express feelings and emotions**
- ☺ **A way to cope with your own challenges**
- ☺ **Can bring healing to yourself or others**
- ☺ **Can bring meaning and purpose to yourself or others**

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## WAYS THAT CREATIVITY CAN BE SUPPORTIVE IN RECOVERY - CONT'D

- ☺ **Give hope to others**
- ☺ **Helps with stress reduction**
- ☺ **Helps you grow spiritually**
- ☺ **Reveals great potential that is within you**
- ☺ **And more...**
- ☺ **How can creativity be supportive in recovery? Do you have your own ideas?**

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## Concluding Thoughts...

- ☺ **The dictionary definition**
  - characterized by originality of thought; having or showing imagination. Taking traditional ideas to create meaningful new ideas
- ☺ **Find your own passion**
- ☺ **What helps you may not help someone else**
- ☺ **Creativity is supportive to recovery**

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## Concluding Thoughts...Creativity

☺ It's the **PROCESS**, not the **PRODUCT**




☺ You can get lost in it.

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## Concluding Thoughts...Nurture Your Creativity

☺ Creativity is the art of connection



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## Presenter Recommendations: Where To Find More Information?

☺ Awakenings Project  
 • website: [www.awakeningsproject.org](http://www.awakeningsproject.org)  
 • Studio: 164 Division, #415, Elgin, IL 60120

☺ Wellness Recovery Action Plan (WRAP) – by Mary Ellen Copeland – read about creative wellness tools

☺ Creative Magazines and Websites – read about creative topics of interest in magazines or websites

☺ Regional DMH Recovery Support Specialists

☺ Illinois Warm Line - 1(866) 359-7953–Select Options 2 then 5

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## DMH Regional Recovery Support Specialists-Chicago/Cook/County Region 1

### DMH Regional Recovery Support Specialists – Region 1 (Chicago/Cook County)

- Virginia Goldrick (773) 794-5680 (north)  
 • [Virginia.Goldrick@illinois.gov](mailto:Virginia.Goldrick@illinois.gov)
- Juan Pablo Rivera (312) 532-0239 (central)  
 • [Juan.Rivera@illinois.gov](mailto:Juan.Rivera@illinois.gov)
- Marty Hines (708) 612-4236 (south)  
 • [Marty.Hines@illinois.gov](mailto:Marty.Hines@illinois.gov)

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## DMH Regional Recovery Support Specialists-Greater Illinois Regions 2,3,4,5

• Eldon Wigget (815) 987-7033 • <a href="mailto:Eldon.Wigget@illinois.gov">Eldon.Wigget@illinois.gov</a>	(Region 2/Rockford)
• Pat Lindquist (847) 742- 1040 x 2302 • <a href="mailto:Patricia.Lindquist@illinois.gov">Patricia.Lindquist@illinois.gov</a>	(Region 2/Elgin)
• Tom Troe (309) 693-5231 • <a href="mailto:Thomas.Troe@illinois.gov">Thomas.Troe@illinois.gov</a>	(Region 3/Peoria)
• Pat Hayes (217) 786-7626 • <a href="mailto:Patrick.Hayes@illinois.gov">Patrick.Hayes@illinois.gov</a>	(Region 4/Springfield)
• Cindy Mayhew (618) 474-3813 • <a href="mailto:Cindy.Mayhew@illinois.gov">Cindy.Mayhew@illinois.gov</a>	(Region 5/Metro East)
• Rhonda Keck (618) 833-5161, x 2515 • <a href="mailto:Rhonda.Keck@illinois.gov">Rhonda.Keck@illinois.gov</a>	(Region 5/South)

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## Guidelines for Questions And Comments

☺ Question and Comment Period Will Be Used By Consumers of Mental Health Services

☺ 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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## Guidelines for Questions And Comments (Continued)

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- ☺ Questions and Comments Will Be Relevant to Today's Topic
- ☺ 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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## THANK YOU!

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- ☺ Statewide call-in evaluation forms
  - ☺ FAX to Josephine Brodbeck (309) 693-5101
- ☺ Comments, questions, feedback, suggestions: [ILEmpowerment@valueoptions.com](mailto:ILEmpowerment@valueoptions.com)
- ☺ Nanette Larson, Director of Recovery Support Services, DHS/Division of Mental Health
  - E-mail: [Nanette.Larson@Illinois.gov](mailto:Nanette.Larson@Illinois.gov)
  - FAX: (309) 693-5101

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