



Region 5 Metro East Network 14th Annual Consumer Conference

Today's Challenges – Tomorrow's Triumphs

Cost: FREE

Date and Time: Friday, August 6, 2010, 8:00am - 3:00 pm

Location: Southwestern Illinois College (SWIC), Belleville
Campus, 2500 Carlyle Avenue, Belleville, Illinois
SWIC CAMPUS is a METRO LINK STOP!

The deadline for receipt of completed registration forms is Friday, July 23, 2010. Please mail registration forms to: Region 5 Metro East office, ATTN: Cindy Mayhew, 4500 College Avenue, Alton, IL 62002, fax them to (618) 474-3967 or e-mail information to Cindy.Mayhew@illinois.gov. If you email please make sure you send all of the information required on the registration form. Registration confirmations will not be sent. You will only be contacted if seating is *no longer* available. The earlier you register, the better chance you have of getting in your 1st choice workshops due to limited seating in our workshop rooms.

CONFERENCE HIGHLIGHTS

Keynote Presenter: Antonio Lambert

At age 17, Antonio Lambert was carrying the scars of nine bullets and was sentenced to 22 years in prison. A life of severe depression and substance abuse had taken their toll. Now, he has emerged as a respected community leader and national speaker. "I once thought prison was where I was supposed to be," he says. "But I was wrong." Antonio, a Certified Peer Specialist in North Carolina, is a member of an ACT (Assertive Community Treatment) team for a mental health agency, Envisions Of Life, LLC. He is also an Advanced WRAP Facilitator as well as a Peer Instructor for the National Association of Peer Specialists (NAPS). Antonio, a rising inspirational speaker, has a reputation of "wowing" his audience. He will be in Illinois not only for our conference, but also for two national conferences being held in the Chicago area in 2010. He is presenting at the National ACT conference in June and is one of the keynotes for the NAPS conference in late August. He will share his turnaround and the reward of his life today. He prefers to look at it as a 180° turnaround, not 360° because he never wants to go back to the way it was.

Other Highlights: Wellness Workshops; Recovery Stories; Resource Tables & Consumer Art Show.

Lunch: A lunch buffet will be served. If you have special dietary needs or need a vegetarian entrée, please note them under "Special Accommodations" on your registration form.

Sponsored by:

Metro East Consumer Leadership Council
Madison County Mental Health Board
St. Clair County Mental Health Board
State of Illinois – Division of Mental Health

Conference Agenda

<u>Time</u>		<u>Speakers</u>
8:00 – 9:00 am	Registration	
9:00 – 9:30 am	Welcomes and Introductions of Honored Guests	
9:30 - 10:30 am	Keynote Address: <i>The Reward</i>	Antonio Lambert
10:30 - 10:45 am	Break	
10:45 am – 12:00 pm	Session A	
#1	Spirituality: Opening Doors to Meaning & Purpose	Nanette Larson
#2	Word Power: What We Say to Ourselves and Others Matters	Rhonda Keck
#3	Creative Techniques in Painting to Enhance Well-being	Rosemary L. Barnes Pratt
#4	Family Systems: Mental Illness & Addictions Impact on Families	Mike Conley
#5	Recovery Roundtable: Choosing the Path That Is Right for You!	Peer Panel
#6	Recovery In Action	Malkia Maisha Newman Amy Yashinsky
12:00 – 1:00 pm	Lunch & Awards Ceremony	
1:15 - 2:30 pm	Session B	
#7	Finding Support in the Faith Community	AJ French
#8	Doctor, Doctor -Give Me The News!	Sheila Kraft
#9	Sharing Your Recovery Story through Theatre	Jeremy P. Lincicum
#10	Can I Work and Keep My Benefits?	Mary A. Rottmann
#11	Mental Health and Justice Focus Group	Dr. Anderson Freeman Antonio Lambert Anita Overturf
#12	Self-Advocacy – Pathway to Empowerment	Dan Wilson Patrick Hayes
2:30 – 3:00 pm	Wrap Up & Raffle Prizes Giveaway	

**Please see next 2 pages for workshop descriptions and speaker biographies.
You must pick your 1st and 2nd choices for both Session A & B
and mark them on your registration form.**

WORKSHOP DESCRIPTIONS AND SPEAKER BIOGRAPHIES

- #1 **Spirituality: Opening Doors to Meaning & Purpose**
Spirituality is considered a foundational principle of recovery; yet many individuals have a difficult time defining it for themselves or to others. In this session, participants will compare and contrast spirituality and religion, and will understand the benefits of spirituality for an individual's overall health and wellness. By the end of the session, participants will have identified one or more goals for their recovery utilizing their own definition of spirituality.
Nanette V. Larson, BA, CRSS, is the Director of Recovery Support Services for the Illinois DHS/Division of Mental Health. Nanette, a nationally recognized leader in the mental health consumer recovery movement, has a passion for recovery that comes from personal experience.
- #2 **Word Power: What We Say to Ourselves Matters**
If you want to explore strategies that will help you focus on your strengths and leave the negative self-talk behind, then this is the workshop for you. Each step that you learn and practice becomes tools that enhance your self-image and well-being.
Rhonda Keck, MA, CRSS has worked for Illinois' Division of Mental Health for the last six years as a Mental Health Recovery Support Specialist, after working 15 years as Director of Rehabilitative Services at a local community agency.
- #3 **Creative Techniques in Painting to Enhance Well-being**
This workshop will provide participants the chance to work individually, and in groups, to explore materials that enhance one's well-being through creativity. Paint and related media will be utilized to discover new approaches to creative work.
Rosemary L. Barnes Pratt, MA, PLPC, QMHP, is an Art Therapist and Clinician II with Chestnut Health Systems, providing both individual and group art therapy in outpatient PSR and housing settings as well as on inpatient crisis unit.
- #4 **Family Systems: Mental Illness & Addictions Impact on Families**
Participants will be introduced to the family systems theory and how mental illnesses and addictions affect families. Participants will learn about important resources available to help families and how to plan ahead in case of an emergency.
Mike Conley, CSADC, has worked in the mental health and addictions field for over 30 years. He currently serves as the Director of Behavioral Healthcare Services at St. Elizabeth Hospital in Belleville.
- #5 **Recovery Roundtable: Choosing the Path That Is Right for You!**
Don't miss the inspiring stories of a diverse panel of individuals sharing their own unique vision for their futures. Hopes and dreams that may have been overlooked before are now opportunities for unique and creative self-expression and self-care.
Dan Crockett, Katie Ellsworth, Jeanine Haider, Kelly Jones, & Cathy Schultz are peer leaders in the Metro East.
- #6 **Recovery In Action: Community Network Services (CNS) Anti-Stigma Program**
Their message of hope and recovery has reached over 18,000 people since 2005. Join them as they demonstrate how educating others on mental illnesses, opposing stigma, advocating, and telling your story shows your very personal, unique recovery journey.
Malkia Maisha Newman is one of the peer educators that assisted in the development of the award winning CNS Anti-Stigma Program in Michigan.
Amy Yashinsky is the Coordinator of Community Education and supervises the Anti-Stigma Program and Family Psychoeducation Program at CNS.

#7 **Finding Support in the Faith Community**

Join us and discover how to connect and relate with a faith community that is sensitive to those living with mental health conditions. This session is for individuals who want to explore diverse faith communities and those who already participate in faith communities.

AJ French is a Certified Recovery Support Specialist and WRAP Recovery Educator. She presently serves as the volunteer Executive Director for Sacred Creations, a faith-based and peer-operated organization.

#8 **Doctor, Doctor - Give Me The News!**

If you want to build a better relationship with your doctor(s) then this workshop will get you started. Participants will be provided with several effective tools and techniques to help you talk to your doctor and prepare for your visit.

Sheila Kraft became a Certified WRAP Facilitator and an “In Our Own Voice” presenter through National Alliance on Mental Illness (NAMI) last year. Sheila currently teaches WRAP at LINC, Incorporated in Swansea, IL.

#9 **Sharing Your Recovery Story Through Theatre**

Participants will explore how to write their recovery journey and share it with others through a theatrical experience. Excerpts from the presenter’s play “After the Wake” will be performed and followed by a discussion on how to format your story for reader’s theater, storytelling, and other freestyle techniques.

Jeremy P. Lincicum lost his mother to suicide in 1996. After 10 years of spiraling downward, Jeremy has been able to find strength and healing through writing and theatre and has been helping others through this artistic medium.

#10 **Can I Work and Keep My Benefits?**

This workshop will explain how Supplemental Security Income (SSI) & Social Security Disability Insurance (SSDI) are affected by employment income. A variety of other programs will be discussed that will assist individuals with disabilities, whether or not they are receiving SSI or SSDI benefits.

Mary A. Rottmann, CRSS, has been working as a member of the IPS supported employment Technical Assistance Team for the Illinois Division of Mental Health, and recently accepted the position as Community Work Incentive Coordinator for the Work Incentive Planning and Assistance program.

#11 **Mental Health and Justice Focus Group**

Participants will be briefed on the 2008 Mental Health and Justice Transformation Grant activities in Illinois. Then the floor will be open for solutions and recommendations from consumers and others on improving services. The input received at this workshop will be documented and used for future strategic planning for mental health and justice in Illinois.

Antonio Lambert (keynote), Dr. Anderson Freeman, Director of Forensic Services, DHS/Division of Mental Health, and **Anita Overturf, CRSS**, Mental Health Wellness Specialist

#12 **Self-Advocacy - Pathway to Empowerment**

This workshop will provide information on self-advocacy, such as, defining advocacy, how to advocate effectively and when to advocate. Additionally, the benefits of this skill will be examined.

Dan Wilson & Patrick Hayes are Peer and Family Support Specialists for the Illinois Mental Health Collaborative for Access and Choice.

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GREAT NEWS! SWIC BELLEVILLE CAMPUS IS A METRO LINK STOP!

Directions to
Illinois College
Campus



Southwestern
(SWIC) Belleville

The Belleville Campus is located at the corner of Green Mount Road and Route 161/Carlyle Avenue on the eastern edge of Belleville. The address is 2500 Carlyle Ave. 618-235-2700

There are two entrances to the campus from Green Mount Road and one from Route 161/Carlyle Avenue.

From I -64

Take exit 16, O'Fallon/Shiloh. Turn right onto Green Mount Road. Proceed about 4.5 miles to the intersection of Green Mount Road and Route 161/Carlyle Avenue. The college will be in front of you on the left.

I-255

Exit I-255 at Route 15 East, the Belleville exit. Proceed on Route 15 East to Green Mount Road (Eckert's Orchard Store will be on the left.) Turn left (north) onto Green Mount Road. About one-half mile after the next stoplight, which is the intersection of Route 158/177 and Green Mount Road, turn right into campus.

From I-57

Exit onto I-64 west. Take exit 19A, Route 158/Scott Air Force Base. Proceed south on Route 158 until you reach the T-intersection of Route 158 and Route 161. Turn right on Route 161 and go to the first stoplight. Turn left into the campus.

The conference is held in "Main Complex" building -- it is the largest building on SWIC's Belleville Campus. Participants should enter using either Building Entrance G or Building Entrance H. The South side of the campus is where the parking lots are located. Parking lot M4 would be the best possible place to park.



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Region 5 Metro East Network
14th Annual Consumer Conference
August 6, 2010

Plan to join us for the whole day!

Individual Registration Form

* Name: _____

Address: _____

* Daytime Phone: _____

Email: _____

Agency Affiliation: _____

* Required fields

LUNCH

A lunch buffet with salad, choice of entrée meal, and dessert will be offered.

If you have special dietary needs, including vegetarian, please note them below:

Special Accommodations: _____

 (Food Allergies, etc.)

Workshop Choices

(Choose a 1st and 2nd choice for each session)

Session A is workshops #1-6, Session B is workshops #7-12

Session	<u>1st Choice</u>	<u>2nd Choice</u>
A (AM)	_____	_____
B (PM)	_____	_____

CEUs for CRSS and IAODAPCA Credentials have been applied for.

CEUs: ___ Yes ___ No

License Type: _____ License #: _____

Deadline for registration is **Friday, July 23, 2010**

Please mail to: Region 5 Metro East Network
 Attn: Cindy Mayhew
 4500 College Avenue
 Alton, IL 62002

or Fax to: (618) 474-3967
 or Email to: Cindy.Mayhew@illinois.gov