

REGISTRATION Part 1 of 2
Deadline to Register: Sep. 24, 2008

Print only. Submit reservation with lunch fee by mail only

Name _____

Address _____

(Where you can be contacted about the next event)

City/State/Zip _____

Phone _____

EMAIL _____

Affiliation or Agency _____

(U) PLEASE CHECK WHAT APPLIES TO YOU

- Conference speaker, panelist, booth presenter
- Conference Planning Group/ Volunteer
- Peer Specialist / C.R.S.S.
- I'm Family of Mental Health Service User/ Consumer
- MD Psychologist
- Other (specify) _____
- Do not notify me of the next event

(U) CEUs available for a \$5 fee at the door for:

- LCSW LCPC IAODAPCA (applied for) CRSS

(U) LUNCH RESERVATIONS \$5/person

- I will attend lunch " YES " NO
- Vegetarian lunch preferred " YES " NO

(U) LUNCH FEE \$5/ person by check/money order made out to **Independence Center** or cash is accepted at the door only with advanced registration. Send lunch fee with registration form to

DMH Region 2 Office/ Registrar
Elgin Mental Health Center
750 S. State St, Rehab. Bldg. #235,
Elgin, IL 60123

(U) Special Accommodations/ Arrangements:

- ASL Interpreter Needed: YES NO
- I'd like my cost of lunch covered with a scholarship. YES NO

Other arrangements I need _____

CONFERENCE SCHEDULE

- 9:00 - 9:30 Registration and Continental Breakfast Opening of the Booths**
- 9:30 - 9:45 Welcome**
 : Mary E Jensen, CRSS
 : Dan Wasmer, MSW
 : Bob Vyverberg, PhD
Acknowledgments
Evaluations
- 9:45 - 11:00 Inside Outside**
George Badillo: Becoming
Coercion Free
- 11:00 - 11:15 Break**
- 11:15 - 12:00 Recovery Stories Panel**
- 12:00 - 12:45 Lunch -**
- 12:45 - 1:45 Break Out Sessions I**
- 1:45 - 2:00 Break**
- 2:00 - 3:00 Break Out Sessions II**
- 3:00 - 3:15 Closing**

Booths/Demonstration Space

- Recovery International
- Art Exhibit
- Get your CRSS "Help Clinic"
- Medical Causes of Mental Problems
- What a Difference a Friend Makes
- C.R.A.F.T.S. of McHenry County
- Network of Care web access to information for recovery.
- Linden Oaks Hospital
- Art Sale
- GROW, Inc.
- More art!
- Artists welcome!

and more!

7th Annual Conference
Wellness For Mental Health and
Substance Use Recovery



Believe in Yourself:
Getting Beyond the Four Walls

October 15, 2008
9:00am - 3:30pm

The Centre of Elgin
100 Symphony Way
Elgin, IL 60123

State of Illinois
Rod R. Blagojevich, Governor

Department of Human Services
Carol L. Adams, Ph.D., Secretary

DMH Region 2 Office,
 750 S. State St, Rehab 235
 Elgin, IL 60123-7692
 Registration by USPO Only



RECOVERY and BEYOND

This mental health wellness and recovery event is for everyone interested in recovery from mental illnesses or from dual diagnoses of mental illnesses with substance use disorders. We ourselves, our families and friends, mental health service providers, and supporters from our local communities come together to promote and help achieve, lifelong wellness for mental health and substance use recovery.

Our aim in partnership is to inflame hope, promote wellness, speak up for ourselves, nurture personal recovery, experience empowerment, develop leadership, encourage self-determination, and expand support networks.

We accomplish this through whole person initiatives, self-education, peer support, self-development, and innovative clinical and peer delivered services in an environment of partnership, shared learning and decision making.

CONFERENCE PARTNERS

(Partial Listing)

Anonymous Donors

Jonathan Burr Family Trust

Advocates for Mental Illness Education

Association for Individual Development

The Centre of Elgin, Elgin, Illinois

The Conference Planning Committee

Consumer Recovery Actions For Team Support

Ecker Center for Mental Health, Elgin

Hanover Township Mental Health Board

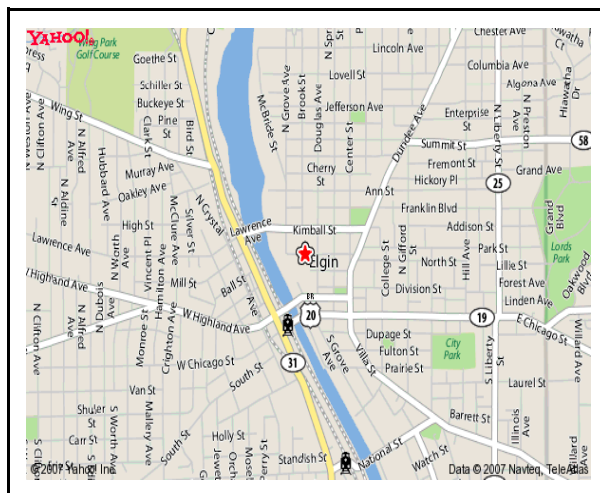
Illinois DHS, Region 2 Division of Mental Health

Independence Center, Waukegan

Lake County Health Dept - Behavioral Health Svcs.

Linden Oaks at Edward Hospital

Selected NAMI Affiliates of Illinois



DIRECTIONS to CENTRE of ELGIN

Metra From Chicago:

Milwaukee West/ BigTimber Line to Downtown Elgin. Walk 3 blocks.

From the North

Take any roads leading to Rte 31. Take Rte 31 South toward Elgin. Continue through several traffic lights as the road winds by a business district. Watch for a large intersection for Kimball/Lawrence with left turn lanes. Get into the right hand side of the left turn lane. Turn left over the Fox River and slow down to make your first right (N. Grove) or second right (Douglas Ave) and proceed 1 block to Symphony Way. Turn toward the free parking garage and park inside. Follow the signs to registration and parking permit for the car

From the South

Take any roads to Rte 31. Take Rte 31 North approaching So Elgin. Pass through So Elgin and continue north on Rte 31 over Rte 20, winding through neighborhoods until you get to Kimball/Lawrence St Bridge. Get in the right turn lane and cross the bridge. Stay right across the bridge and slow down to make your first right (N. Grove) or second right (Douglas Ave) and proceed 1 block to Symphony Way. Turn toward the free parking garage and park inside. Follow the signs to registration and parking permit for the car.

From Chicago

Travel I-90 W and follow the Rockford signs for about 25 miles. Start noticing exits for Elgin and Rte 31 South after crossing the Fox River. Then follow directions from the north.

From the West

Travel I-90 East and follow the signs for Chicago. Start noticing exits for Elgin and Rte 31 South. (If you cross the Fox River, you've gone too far. Take the next exit and return to Rte 31 South.) Exit Rte 31 South and follow the signs above from the north.

Session I - Themes and Descriptions

- TRANSFORMATION-** "Why Hire Recovery Support Specialists?" A panel including Recovery Support Specialists from the McHenry County Mental Health Board discuss why they hired RSSs, what they do, and why consumers and other Mental Health Boards in the state would benefit.
- FROM PEER SUPPORT STAFF** - "The Role of Creativity in Recovery" Irene O'Neill, CRSS leads a panel including artists, writers, other creatives who share their journeys and their art.
- SHARED DECISION MAKING** - "Who is King? You or the Doctor?" Nanette Larson, BA, CRSS A king has advisors who sit at his right side. Advisors and the king share information, to make the very best decisions. In your life, are you the king or the advisor? Come hear about the Shared Decision Making approach, in which the doctor and the patient bring their expertise together so that the best possible treatment plan may be developed and implemented.
- BEYOND THE FOUR WALLS** - "Living Proof" Panel of people sharing recovery stories about their experiences of recovery from mental health issues, substance use disorders and additional medical conditions showing recovery is possible.
- WHAT'S NEW?** - Danise Habun and Network of Care: Building Your Own Web-Based Wellness" educate yourself to build your own wellness plan. Launching the Hanover Township Mental Health Board's Network of Care resources site.
- Massage by first-come/day-of/pre-registered appointment.

Session II - Themes and Descriptions

- TRANSFORMATION** "Recovery From Within" Stories from Peer Specialist/CRSSs on Transformation from inside an agency and what has changed for client/consumers of that agency."
- FROM PEER SUPPORT STAFF** "New Supports for Wellness" Peer Support Staff from the Illinois Mental Health Collaborative For Access and Choice talk about the services available to persons in recovery such as the new Warm Line, a referral line to find services in your neighborhood, the new handbook for consumers and families of Illinois, and what to do if you have complaints or problems with your treatment.
- SHARED DECISION MAKING** - "Ask the Doctor" The doctor answers questions to build your knowledge about medical conditions, medications, treatment and other issues for health.
- BEYOND THE FOUR WALLS** - IL Certification Board. "Certified Recovery Support Specialist Credential: How Do I Get It? How Do I Keep It?" Question and Answer session about CRSS. Bring your own information and get a free consultation on what steps you could do next.
- WHAT'S NEW?** "The Emergency Department Diversion Grant: New options during a difficult time" Two sites in IL opening to combine Emergency Room Services, Primary Medical Care, and Peer Supported Crisis Services. Come hear about their hopes and dreams for this new grant.
- Massage by first-come/day-of/pre-registered appointment.

REGISTRATION Part 2 of 2

Mark your choices for each session

Registration - Sessions I

Select and mark your 1st, 2nd, 3rd, 4th Choices.

- "Why Hire Recovery Support Specialists?"
- "The Role of Creativity in Recovery"
- "Who is King? You or the Doctor?"
- "Living Proof"
- "Network of Care: Building Your Own Web-based Wellness"
- Massage - (first-come day-of appointments only - check here)

Registration - Sessions II

Select and mark your 1st, 2nd, 3rd, 4th Choices.

- "Recovery From Within: Stories from Peer Specialists on Transformation"
- "New Supports for Wellness"
- "Ask the Doctor: Preparing With Information to Ask Your Own Doctors Questions"
- "Certified Recovery Support Specialist: CRSS - How to Get and How to Keep the Credential"
- "Emergency Department Peer Provided Services and Medical Primary Care Grant"
- Massage - ECC Massage School (first-come day-of appointments only-check here)