



Greater Central Illinois 7th Annual Recovery Conference

Recovery Is Real

- DATE:** Thursday, May 29, 2008 **TIME:** 8:00 am – 3:00 pm
- LOCATION:** Wildlife Prairie State Park, Hanna City, IL (just outside of Peoria)
- FEES:** **REGISTRATION:** **\$8.00 person** (used to offset conference expenses)
- T-SHIRTS:** \$10.00 per shirt **(Optional)**

The deadline for completed registration forms and money is May 1, 2008. There can be no guarantee of conference admission if registration is not completed by this date. Mail forms and money to: Recovery Conference, ATTN: Kathie Ogden, 901 Southwind Road, Springfield, IL 62703. No confirmation will be sent. You will only be contacted if seating is no longer available, and your check will be returned to you.

REFUNDS: **No refunds will be granted. Attendee substitutions made upon request on or before May 23rd.**

CONFERENCE HIGHLIGHTS:

Keynote Address – Bryce Goff, Director of Recovery and Resilience for the Illinois Collaborative for Access and Choice, will offer this year's Keynote Address, "Recovery Is Real".

Topics – This year's topics are designed to show that recovery is a reality, not a myth. See enclosed pages related to Workshop Titles and Speakers.

A Gourmet Box Lunch will be served this and can be enjoyed outside or inside. Park Naturalists will be available if you have any questions about the Park or its animals. Attendees will have enough time to tour the Park if they wish to do so.

A limited number of accommodations are available for overnight stays. Please call the Park at the following number to see if any are available: 309-676-0998 ext. 97013.

Conference Agenda

<u>TIME</u>	<u>EVENT</u>	<u>SPEAKER(S)/ MODERATOR(S)</u>
8:00 am – 9:10 am	Registration / Continental Breakfast / Walk in the Park	
9:10 am – 9:40 am	Keynote Speaker	Bryce Goff
9:40 am – 10:00 am	Transition Time	
10:00 am – 11:30 am	Session A	
	#1 <u>Victim to Survivor</u> Join Tom in his story of hope and survival on a journey to hope and recovery.	Tom Troe Jenessa Woodcock
	#2 <u>Recovery Stories Roundtable</u> Consumers tell their stories of recovery in roundtable format.	Sue Keller Tracy Moehle
	#3 <u>Individual Placement and Support Roundtable</u> This group of persons will share how re-entering the work force through this program has aided in their recovery.	Joe Croegaert Trish Glenn
	#4 <u>Permanent Supported Housing Roundtable</u> Panelists will share personal stories of successfully integrating into the community through supportive housing programs.	Brenda Hampton Ruth Hibberd-Anderson
	#5 <u>Music Therapy</u> Along with the use of music, a discussion will be held of various meditation and breathing techniques that prove invaluable when addressing stress management issues.	Paul Adams Jane Lindsey
11:30 am – 1:15 pm	Lunch / Park Naturalists / Walk in the Park	
1:15 pm – 2:45 pm	Session B	
	#6 <u>Permanent Supported Housing Roundtable</u>	See #4
	#7 <u>Individual Placement and Support Roundtable</u>	See #3
	#8 <u>Recovery Stories Roundtable</u>	See #2
	#9 <u>Spiritual Health and Habits</u> AJ will share how her spirituality has significantly impacted her mental health and wellness. There will be time for questions, followed by some practical and fun ways to establish your own spiritual habits.	AJ French Joel Abramowitz
	#10 <u>Rated E For Everyone, "The Family Story"</u> Darlene McGary will share her experience with a child and an adolescent in recovery. Penny Weedon will focus on the role of the family in meeting the needs of children and adolescents with mental health challenges.	Darlene McGary Penny Weedon
2:45 pm – 3:00 pm	Evaluations and Closing	
3:00 pm	Adjourn	

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Workshop Descriptions/Bios**

Keynote: Bryce Goff

Bryce Goff serves as the Director of Recovery and Resilience for the Illinois Mental Health Collaborative for Access and Choice. He holds a Master's Degree in Church Leadership and is a Certified Recovery Support Specialist. Bryce Goff helps people learn to use personal recovery experiences to support others and to help shape a mental health system where "The Expectation is Recovery!"

#1 Victim to Survivor

Join Tom in his story of hope and survival on a journey from victim to survivor, and his experience as he recovers as a person with Bipolar, Depression, and Post-Traumatic Stress disorders. **Speaker:** Tom is from Peoria and is a consumer, speaker, author, and advocate for those with mental disorders and survivors of violent crime. **Moderator:** Jennessa Woodcock

#2 & 8 Recovery Stories Roundtable

Recovery can be real for everyone! Your recovery is your very own personal journey, made a perfect fit for you by making your own choices along the way. Hear different recovery stories and ask questions of consumers who have done just that -customized their journey to make recovery their own special crossing over to wellness. **Speakers:** TBA **Moderators:** Sue Keller and Tracy Moehle

#3 & 7 Individual Placement and Support Roundtable

Consumer Panelists will discuss how Recovery was made Real by gaining employment through the Individual Placement and Support (IPS) Program, formerly identified as the Evidence Based Supported Employment Program. Consumer Panelists from Peoria, Rock Island, Danville, Decatur, and Springfield will share their employment stories. **Speakers:** TBA **Moderators:** Joe Croegaert and Trish Glenn.

#4 & 6 Permanent Supported Housing Roundtable

Consumers who have experienced living in permanent supportive housing will share with the audience how the experience of living in their own home with as much or as little support they felt was needed contributed to their recovery. Staff of community mental health centers will share why they feel that permanent supportive housing is a pathway to consumer recovery and what steps had to be taken to make the services successful. The audience will be encouraged to ask questions and share their experiences in securing safe and supportive housing. **Speakers:** Kathy Bourne-Heritage Behavioral Health, Mike Nance-Heritage Behavioral Health, Dana Wilkerson-MHCCI, Consumer not yet named – MHCCI, Thom Pollock-Crosspoint, and Consumer-Crosspoint. **Moderators:** Brenda Hampton and Ruth Hibberd-Anderson.

#5 Music Therapy

Paul Adams has been composing music and building musical instruments for over 25 years. He currently has 7 internationally selling albums, and works as a producer for ex Ray Charles arranger David Hoffman. He utilized this experience along with his many years working in the mental Health field to conduct workshops on utilizing music for specific illness issues such as Anxiety/Stress Management and Hospice Care. He also enjoys talking about how we need to learn to mold specific types of music for specific illnesses. **Speaker:** Paul Adams. **Moderator:** Jane Lindsey.

#9 Spiritual Health and Habits

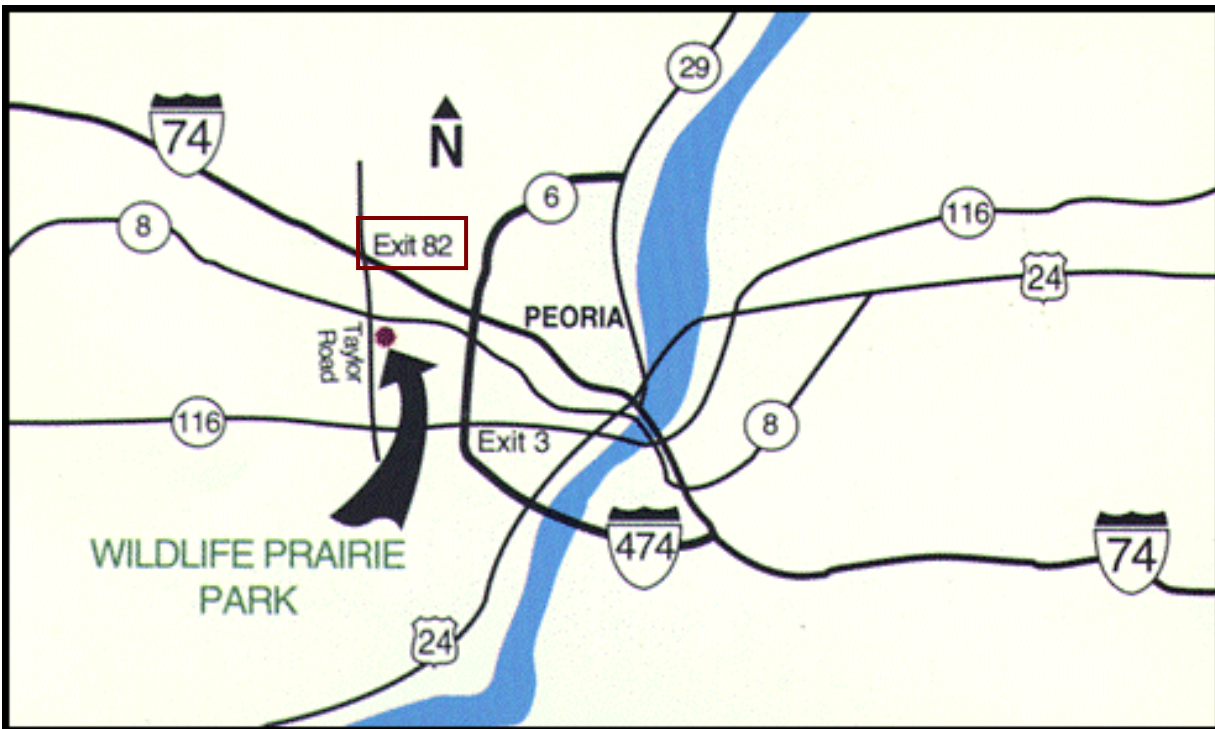
AJ French will share how her spirituality has significantly impacted her mental health and wellness. There will be time for questions, followed by some practical and fun ways to establish your own spiritual habits. **Speaker:** AJ French is a Certified Recovery Support Specialist, a WRAP Recovery Educator, and a NAMI "In Our Own Voice" Presenter. **Moderator:** Joel Abramowitz.

#10 Rated E For Everyone, "The Family Story"

Darlene McGary is the Region 4 Family Consumer Specialist for the State of Illinois Dept of Mental Health Child and Adolescent Division. Darlene represents the children and adolescents and their families. Penny Weedon is the Family Consumer Specialist for Region 3. Penny was the Foster Parent Support Specialist for 8 years in the Rock Island Field office of DCFS. Penny has been a licensed foster parent for over 12 years. **Speakers:** Darlene McGary, and Penny Weedon, Family Consumer Specialists for Regions 3 and 4. **Moderator:** Jane Lindsey.

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Directions to Wildlife Prairie State Park



Hanna City is 15 to 20 minutes west of Peoria, off I-74.

Directions from I-74 East:

Take Exit 82, at the stop sign at end of the ramp, turn right on Kickapoo-Edwards Road and follow it for approximately 3 miles to the Wildlife Prairie State Park entrance.

Directions from I-74 West:

Take Exit 82, at the stop sign at the end of the ramp, turn left on Kickapoo-Edwards Road and follow it for approximately 3 miles to the Wildlife Prairie State Park entrance.

There are signs marking the Park entrance.

There is one stop sign (Route 8) between the interstate and the entrance to the park.

