
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on September 24, 2020 for our next Recovery & Empowerment Statewide Call for 2020! Our theme this year is "2020 Vision for Ourselves!" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Finding the Positives in Our Challenges!"

While we recognize that agencies may not be joining people in a group for this call, please note that you don't have to be in a group to participate. Individuals are welcome to dial in from a personal phone or from home. Remember to provide the moderator with your name, the agency you are representing (if applicable), and the number of persons listening in from your location.

ABOUT THIS MONTH'S CALL:

DATE: September 24, 2020

TIME: 10:00am - 11:00am

TOPIC: Finding the Positives in Our Challenges

OBJECTIVES: Participants will learn: How to see ourselves beyond our illnesses; how physical illness affects our mental health and vice versa; ways to stay well despite an illness; and the importance of holistic wellness.

DIAL-IN NUMBER: 1-844-867-6167

ACCESS CODE: 4360050

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Rhonda Keck, Tom Troe, and Jenna Lutz

You will be on hold with music until the host opens the conference call. If you have any questions or require additional assistance, please press "0" from your phone during the audio conference.

As a courtesy to others and to improve sound quality, please mute your phone when not speaking.

HANDOUTS:

The following materials for the 9/24/20 call are attached:

- Finding the Positives in Our Challenges (PowerPoint slides in pdf document)
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- 2020 Statewide Call Flyer
- September 24 Flyer
- Questions to think about on wellness

ABOUT RECOVERY & EMPOWERMENT CALLS:

Note: 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 conditions and receiving mental health services, this call is for you! The call contains specific information relative to consumers of mental health services. This call is uniquely and specifically designed to provide education and support for all individuals participating in publicly funded mental health 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.
