

IDHS/DMH Recovery & Empowerment Statewide Calls



Planting the Seeds of Wellness

Recovery & Empowerment Statewide Call

January 28, 2021

10:00 – 11:00 a.m.

*Using Laughter and Other Tools to
Make Ourselves Happy*

Call-In Number: 1-844-867-6167

Access Code: 4360050

RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on January 28, 2021 for our FIRST Recovery & Empowerment Statewide Call for 2021! Our theme this year is "Planting the Seeds of Wellness!" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Using Laughter and Other Tools to Make Ourselves Happy."

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: January 28, 2021

TIME: 10:00am - 11:00am

TOPIC: Using Laughter and Other Tools to Make Ourselves Happy

OBJECTIVES: Participants will: Identify the emotional and medical benefits of laughter; identify the connection between positivity and self-image; and recognize what shapes our perception and perspectives.

DIAL-IN NUMBER: 1-822-867-6167

ACCESS CODE: 4360050

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Rhonda Keck, Christopher Keck, and Penny Turner

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 1/28/21 call are attached:

- Using Laughter and Other Tools to Make Ourselves Happy (PowerPoint slides in pdf document)
- Laughter Journal Worksheet
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- January 28 Flyer

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.



PLANTING THE SEEDS OF WELLNESS

“Using Laughter And Other Tools To Make Ourselves Happy”

2021 Recovery & Empowerment Statewide Call
January 28, 2021 10:00 – 11:00 am
(844) 867-6167
Access code: 4360050

1

Thank you for joining today's call!

Fax CEU Sign-In Sheets within seven days to:
Christal Hamm: 309-346-2542 or
Email: DHS.DMHRRecoveryServices@illinois.gov

Date & Topic for Next Call:
February 25, 2021
Diversity: Together We can Do Great Things

Email Your Feedback:
Cindy.Mayhew@Illinois.gov



2

GUIDELINES FOR TODAY'S CALL



- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated

3

MEET THE PRESENTERS

- Illinois Department of Human Services, Division of Mental Health
 - Rhonda Keck, Recovery Support Specialist
 - Christopher Keck, Recovery Support Specialist
- Community Speaker: Penny Turner, Wellness Coach Peer Specialist



4



Objectives

• Participants will:

- 1) Identify the emotional and medical benefits of laughter
- 2) Identify the connection between positivity and self-image
- 3) Recognize what shapes our perception and perspectives

5



LAUGHTER FUN FACTS

- The study of laughter is called Gelotology.
- Children laugh 300-400 times a day.
- Adults laugh about 20 times per day.
- Primates, dogs and rats laugh too!

6



PHYSICAL BENEFITS OF LAUGHTER

- 10-15 minutes of laughter can burn up to 50 calories
- Lower blood pressure
- Reduces symptoms of stress and anxiety

7

EMOTIONAL BENEFITS OF LAUGHTER

- Improves mood
- Increases socialization
- Produced feel good endorphins



8



THE SOCIAL CONNECTION

▪ Did you know that we are likely to laugh 30 times more when we are around other people? And that is why they say laughter increases human connection.

9

EXPLORING TOOLS FOR HAPPINESS

- Pictures
- Cartoons
- Jokes
- Movies
- YouTube Videos
- Laughter Yoga
- Laughter Journal



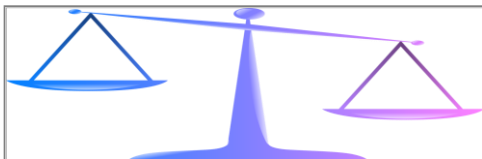
10

PERSPECTIVE

Positive



Negative



11

A POSITIVE OUTLOOK

- Improve your self-worth.
- Identify what makes us happy.
- Cherish the little things.



12



COMMUNITY SPEAKER

- Penny Turner, Wellness Coach Peer Specialist



13

WHERE WE CAN FIND MORE INFORMATION

1. <https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>

2. Ten Things You May Not Know About Laughter; James A Peterson, ACSM's Health & Fitness Journal: 3 / 4 2019-Vol 23-Issue

3. www.laughteryoga.org. Your Happiness Guide; All you need to know about laughter yoga; Dr. Madan Kataria

14



WHERE WE CAN FIND SUPPORT

- **Call the Warm Line**
- 866-359-7953
- Monday – Saturday
8:00 a.m. – 8:00 p.m.
- **Crisis Text Line**
- Text 741-741 when in a crisis.
- Anywhere, anytime. Anonymously.

15

DMH REGIONAL RECOVERY SUPPORT SPECIALISTS

- Denise Lawrence,
Denise.Lawrence@illinois.gov
▪ Region 1-Metropolitan Chicago
- Kathryn Dittmore, 312.793.1008
Kathryn.dittmore@illinois.gov
▪ Region 2 – Northern Illinois
- Tom Troe, 309.264.0291
Thomas.troe@illinois.gov
▪ Region 3 – Peoria

NANETTE LARSON
Deputy Director,
Bureau of Wellness
and Recovery
Services, IDHS/DMH

Nanette.Larson@illinois.gov

16

DMH REGIONAL RECOVERY SUPPORT SPECIALISTS CONTINUED

- Tanya Cooley, 217.785.0043
tanya.e.cooley@illinois.gov
▪ Region 4 - Springfield
- Cindy Mayhew, 618.474.3813
cindy.mayhew@illinois.gov
▪ Region 5-Metro East
- Rhonda Keck, 618.697.4652
Rhonda.keck@illinois.gov
▪ Region 5 –South



- Statewide call evaluation forms
- Email to: DHS.DMHRecoveryServices@illinois.gov
- Fax: (309) 346-2542
- Comments, questions, feedback, suggestions:
- Email to: DHS.DMHRecoveryServices@illinois.gov

17



18



Recovery & Empowerment Statewide Call Evaluation

Title: Using Laughter and Other Tools to Make Ourselves Happy

Date: January 28, 2021

Thank you for participating in the Recovery & Empowerment Statewide Call. We would appreciate you completing the following brief evaluation to let us know about your experience as a participant.

Please rate (circle) the following on a scale of "5" to "1", with "5" indicating that you very much agree and "1" that you don't agree at all.

	Very Much	Somewhat	Undecided	Not Really	Not At All
1. The educational content was relevant to my situation.	5	4	3	2	1
2. The presentation was respectful of the diverse experiences of participants.	5	4	3	2	1
3. The education and support provided will help me cope better with challenges.	5	4	3	2	1
4. The education and support provided will help me find my own ideas for staying well or improving my life.	5	4	3	2	1
5. The education and support provided will help me to be involved in or take charge of my own mental health and wellness.	5	4	3	2	1
6. Overall, I was satisfied with the call.	5	4	3	2	1
7. I would recommend these statewide calls to others.	5	4	3	2	1

COMMENTS:

For Comments or Questions: email DHS.DMHRRecoveryServices@illinois.gov
 Submit Evaluation to: Fax: Christal Hamm at (309) 346-2542 OR email at DHS.DMHRRecoveryServices@illinois.gov OR mail to 200 S. 2nd Street, Suite 20, Pekin, IL 61554

Program Name: Recovery & Empowerment Statewide Call
 Title: Using Laughter and Other Tools to Make Ourselves Happy
 Location: Teleconference
 Instructors: Rhonda Keck, CRSS and Christopher Keck, CRSS

Program Number: _____
 Date: January 28, 2021
 Time: 10:00 am – 11:00 am
 CEUs Available: 1.0 hour

Name (Please Print) If we cannot read your name, your certificate will be wrong or not sent. <u>Please print legibly!</u>	I have my CRSS (yes/no)	I'm working toward my CRSS (yes/no)	I have another credential or license (please list)

RETURN COMPLETED CERTIFICATES TO (Print Name): _____ Phone: () _____
 RETURN COMPLETED CERTIFICATES TO: (Address): _____

 RETURN COMPLETED CERTIFICATES TO: (Email): _____

AFTER THE CALL, please submit the form:
 Fax: Christal Hamm at (309) 346-2542 OR email at
DHS.DMHRRecoveryServices@illinois.gov OR mail to DHS/DMH 200 S. 2nd Street, Suite 20, Pekin, IL 61554

(Sign-In Sheets received before the Call will not be accepted. If a person's name is not on the sign-in sheet, the name cannot be read and a phone number is not offered on this form, a certificate will not be issued. If the sign-in sheet is not received within 7 days after the call, the sign-in sheet cannot be accepted.)

CEU Instructions for Recovery & Empowerment

Statewide Calls

1. Allow anyone who attends to sign in and receive a Certificate if they so choose.
2. Print your name. If a name is not legible, no certificate will be issued.
3. Include the name and address where to send the certificate(s); be sure it is legible.
4. Your name must be on the sign-in sheet. If a person's name is not on the sign-in sheet, the person cannot be issued a certificate.
5. Send your sign-in sheet by email, FAX or postal mail after the call. Information for where to send the sign-in sheet is included on the form.
6. Sign-in sheets must be received within 7 business days after the call. If the sign-in sheet is not received within 7 business days after the call, the sign-in sheet cannot be accepted.
7. Expect to receive your CEU Certificate within 30 days.