

## RECOVERY & EMPOWERMENT STATEWIDE CALL: **RECOVERY IN MOTION!**

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Please plan to join on **January 23, 2014** for our first Recovery & Empowerment Statewide Call of the new year! Our theme this year is "Recovery in Motion." These educational forums place an emphasis on sharing successful tools and strategies for wellness. Additionally, each month we will emphasize different system partners with whom we can join together to strengthen our recovery process. This month's focus is **"Moving On Up!"**

Individuals are welcome to dial in from a personal phone or from home. However, if dialing in from an agency or other organization, to help reduce the cost, please gather and dial-in together. 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 23, 2013

**TIME:** 10:00am - 11:30am [Note: Please dial in no earlier than 9:45am, per audio-conferencing regulations]

**TOPIC:** Moving On Up!

**OBJECTIVES:** Participants will learn: planning tools for moving out on your own; stretching your dollars on a limited budget; importance of accessing supports & resources; ways to maintain positive mental health when living alone or with a roommate; where to find more information.

**DIAL-IN NUMBER:** **1-800-398-9386**

**ACCESS CODE:** **(None Required)**

**MEETING TITLE:** Recovery & Empowerment Statewide Call

**SPEAKERS:** Rhonda Keck, Cindy Mayhew & Clifford "Rusty" Mathis

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 **1/23/14** Call are attached:

- 1) Moving on Up  
(PowerPoint slides in pdf document - 6 slides to a page)
- 2) Plan, Purchase Prepare (handout)
- 3) Eating Better on a Budget (handout)
- 4) Recovery & Wellness Lifestyle: Self-Help Guide
- 5) Evaluation Form
- 6) Sign-In Sheet
- 7) CEU Information

### **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.

This is your opportunity to

- Receive information directly from the Division of Mental Health (DMH)
- Ask your questions directly to the DMH
- Express your thoughts, concerns, comments, and suggestions directly to the DMH

### **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.