
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on April 22, 2021 for our next [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 "How Words Influence Our Outcomes."

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: April 22, 2021

TIME: 10:00am - 11:00am

TOPIC: How Words Influence Our Outcomes

OBJECTIVES: Participants will: Recognize ways to focus on changing negative self-talk to positive self-talk; identify how words affect the way we live, work, and enjoy life; identify the connection between humor and our perception in life.

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

ACCESS CODE: 4360050- enter the code and wait for AT&T to answer

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Rhonda Keck, Tom Troe, and Amanda Butler

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 4/22/21 call are attached:

- How Words Influence Our Outcomes (PowerPoint slides in pdf document)
- Handout: 28 Days of Gratitude Challenge
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- April 22 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.

IDHS/DMH Recovery & Empowerment Statewide Calls



Planting the Seeds of Wellness

Recovery & Empowerment Statewide Call

April 22, 2021

10:00 – 11:00 a.m.

How Words Influence Our Outcomes

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

Access Code: 4360050



PLANTING THE SEEDS OF WELLNESS

“How Words Influence Our Outcomes”

2021 Recovery & Empowerment Statewide Call
April 22, 2021 10:00–11:00 am
Call toll-free (844) 867-6167
Access code: 4360050

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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:
May 27, 2021
The Power of Kindness and Gratitude

Email Your Feedback:
Cindy.Mayhew@Illinois.gov



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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

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MEET THE PRESENTERS

- Illinois Department of Human Services, Division of Mental Health
 - Rhonda Keck, Recovery Support Specialist
 - Tom Troe, Recovery Support Specialist
- Community Speaker: Amanda Butler



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Objectives

▪ Participants will:

- 1) Recognize ways to focus on changing negative self-talk to positive self-talk.
- 2) Identify how words affect the way we live, work, and enjoy life.
- 3) Identify the connection between humor and our perception on life.

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COMMUNITY SPEAKER

- Amanda Butler
- Egyptian Health Department

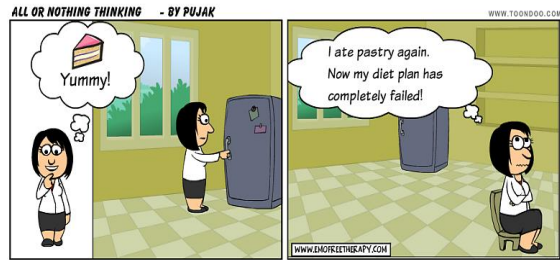
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TYPES OF THINKING

- All-or-nothing thinking
- Should statements
- Over-generalizing

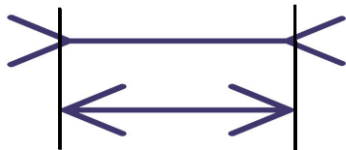


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JUMPING TO NEGATIVE CONCLUSIONS



Mueller-Lyer[®] illusion

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TYPES OF THINKING

- Minimizing and Magnification
- Personalization and Blame



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BUILDING A HEALTHY SELF-IMAGE

- Focus on Our Strengths
- Build Awareness
- Healthy Self Talk vs Unhealthy Self Talk



- What was the negative self-talk?
- What was the positive self-talk?
- Why did the negative win ?
- What could Tom change in his self-talk to leave the chocolate ?

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BUILDING A HEALTHY SELF-IMAGE

- Undoing what we have learned to do!
- Opening the door to new ways of thinking!
- Increase one's self-value!



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❖ Are you tired of carrying around all that negative baggage?

❖ Why are you carry the baggage with you any way?



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REPEAT/PRACTICE/UNTIL IT BECOMES AUTOMATIC

- Exercise
- Gratitude List
- Affirmations



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GRATITUDE COMES BACK TO US 10X



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WHERE WE CAN FIND MORE INFORMATION

- Psych Central
 - <https://psychcentral.com>
- Psychology Today
 - <https://www.psychologytoday.com>
- Very Well Mind. May 2020
 - <https://www.verywellmind.com>

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WHERE WE CAN FIND SUPPORT

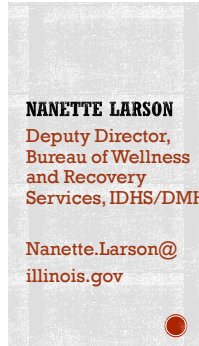
- **Call the Warm Line**
 - 866-359-7953
 - Monday – Saturday
8:00 a.m. – 8:00 p.m.
- **Crisis Text Line**
 - Text 741-741 when in a crisis.
 - Anywhere, anytime. Anonymously.



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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



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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



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GUIDELINES FOR QUESTIONS AND COMMENTS

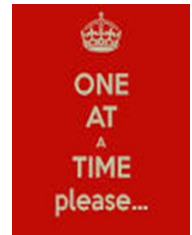
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



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GUIDELINES CONTINUED

- Limit to One Comment or Question per Person, then Pass to the Next Person
- Reduce or Eliminate Any Background Noise So Your Question or Comment Can Be Heard
- Saying "Thank You" Indicates You Are Finished With Your Question



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



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THE GORGEOUS MINDSET EFFECT

FREE PRINTABLE



28 DAYS OF GRATITUDE CHALLENGE

EXPRESS GRATITUDE FOR...

SUN	MON	TUES	WED	THURS	FRI	SAT
SOMETHING YOU LIKE ABOUT YOURSELF	A CHALLENGE YOU'VE OVERCOME	A PERSONAL TALENT YOU POSSESS	SOMETHING YOU CREATED	YOUR GREATEST ACCOMPLISHMENT	SOMETHING YOU OFTEN TAKE FOR GRANTED	YOUR BEST PERSONALITY TRAIT
SOMETHING BEAUTIFUL YOU SAW TODAY	YOUR SPOUSE OR SIGNIFICANT OTHER	SOMETHING YOU ARE LOOKING FORWARD TO	YOUR HEALTH AND WELL-BEING	SOMEONE WHO INSPIRES YOU	SOMETHING YOU USE EVERYDAY	FAMILY AND FRIENDS
SOMETHING YOU LIKE ABOUT YOUR JOB	A LESSON FROM A MISTAKE YOU MADE	SOMETHING THAT SOMEONE GAVE YOU	SOMETHING THAT MADE YOU SMILE TODAY	A COWORKER WHO MAKES WORK LIFE BETTER	A BOOK THAT INSPIRED YOU	YOUR PAST EXPERIENCES
SOMETHING THAT PUTS A SMILE ON YOUR FACE	YOUR COMMUNITY AND NEIGHBORS	SOMETHING YOU LIKE ABOUT YOUR HOME	SOMETHING AWESOME ABOUT YOUR AGE	POSITIVE PEOPLE IN YOUR LIFE	THE CHANCE OF A NEW DAY	THE LITTLE THINGS THAT MAKE LIFE GREAT

Program Name: Recovery & Empowerment Statewide Call
 Title: How Words Influence Our Outcomes
 Location: Teleconference
 Instructors: Tom Troe, CRSS & Rhonda Keck, CRSS

Program Number: 15505
 Date: April 22, 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.)



Recovery & Empowerment Statewide Call Evaluation

Title: How Words Influence Our Outcomes

Date: April 22, 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

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.