
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on June 24, 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 "Put Your Lived Experience to Work."

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: June 24, 2021

TIME: 10:00am - 11:00am

TOPIC: Put Your Lived Experience to Work

OBJECTIVES: Participants will: Identify the impact that kindness and gratitude have on our overall health and wellbeing; recognize that kindness and gratitude are skills we can develop; and share simple strategies to incorporate gratitude and kindness into our daily lives.

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: Cindy Mayhew, David Iole, Ricardo Anderson, Sean O'Connor, Mike Tyson, and Roger Wegener

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 6/24/21 call are attached:

- Put Your Lived Experience to Work (PowerPoint slides in pdf document)
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- June 24 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

June 24, 2021

10:00 – 11:00 a.m.

Put Our Lived Experience to Work

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

Access Code: 4360050



PLANTING THE SEEDS OF WELLNESS

“Put Your Lived Experience to Work”

2021 Recovery & Empowerment Statewide Call
June 24, 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 business days to:
Christal Hamm: 309-346-2542 or
Email: DHS.DMHRRecoveryServices@illinois.gov

Date & Topic for Next Call:
July 22, 2021
Thriving During Stressful Times

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 DHS/Division of Mental Health
 - Cindy Mayhew, Recovery Support Specialist
 - David Iole, Recovery Support
- Community Speakers: Ricardo Anderson, Sean O'Connor, Mike Tyson, and Roger Wegener



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Objectives

▪ Participants will:

- 1) Identify with stories of individuals with lived experience and their journey to find meaning and purpose in their work.
- 2) Recognize how we can turn lived experience into meaningful work.
- 3) Explore opportunities to share lived experiences

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COMMUNITY SPEAKER

DR. RICARDO ANDERSON

- Springfield College. Online Adjunct Instructor
- Former Health Home Coordinator/ Case Manager
- CRSS, WRAP Facilitator, and WHAM Instructor

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COMMUNITY SPEAKER

SHAWN O'CONNOR, CRSS

- Full time Recovery Support Specialist, NAMI Dupage
- Attends 12 step fellowships

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COMMUNITY SPEAKER

MIKE TYSON, CPRS

- Take Action Today, Founder and Executive Director
- Caring Counseling Communities, Vice President of Board of Directors
- 21 years of recovery experience following a faith-based pathway

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COMMUNITY SPEAKER

ROGER WEGENER

- President of Depression and Bipolar Support Alliance (DBSA) of Belleville
- Member of Metro East Recovery Conference Planning Committee, Vendor Coordinator
- Photo Voice Coordinator and Presenter
- Stand Up For Mental Health Comedian

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LIVED EXPERIENCE AS A VALUABLE RECOVERY TOOL



- One of the major "recovery tools" that recovery support providers bring to mental health and substance use services is sharing their own recovery story.
- The major reason why the recovery story is such a powerful tool is that it is our own personal story shared the way it happened.
- In your recovery support work, the peers you are supporting can be inspired by hearing the truth, hope, and possibilities implicit in your recovery story.

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CRSS & CPRS AS PATHWAYS TO SHARING LIVED EXPERIENCE



- Certified Recovery Support Specialist (CRSS)
 - Illinois Certification Board
 - Must be in recovery with mental health challenges or co-occurring
- Certified Peer Recovery Specialist (CPRS)
 - Illinois Certification Board
 - Must be in recovery from mental health **OR** substance use challenges or both

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MANY PATHWAYS TO SHARE

- Providing Recovery Support Services (paid or volunteer)
- NAMI (National Alliance on Mental Illness)
- DBSA (Depression Bipolar Support Alliance)
- GROW
- 12 Step Fellowships/SMART Recovery
- Organizations that solicit recovery stories
- Public or Legislative hearings

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FOR MORE INFORMATION

- www.iaodapca.org Illinois Certification Board
- CRSS Orientation Video [DHS \(illinois.gov\)](http://DHS(illinois.gov))
- <http://www.growinamerica.org/> GROW
- www.dbsalliance.org DBSA
- <https://namiillinois.org/> NAMI Illinois
- www.mhai.org Mental Health Association in Illinois
- www.smartrecovery.org SMART Recovery
- www.aa.org Alcoholics Anonymous



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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, 312.805.6185
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

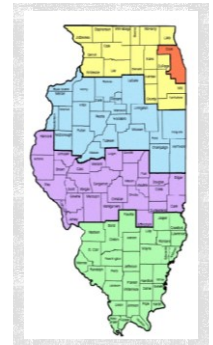
NANETTE LARSON
Deputy Director,
Bureau of Wellness
and Recovery
Services, IDHS/DMH

Nanette.Larson@illinois.gov

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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

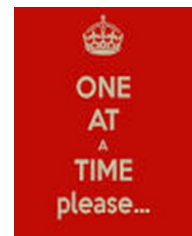
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



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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.DMHRRecoveryServices@illinois.gov
 - Fax: (309) 346-2542
- Sign-in sheets must be received within seven business days after the call to receive CEUS. Sign-in sheets will not be accepted before the call.
- Comments, questions, feedback, suggestions:
 - Email to: DHS.DMHRRecoveryServices@illinois.gov



Program Name: Recovery & Empowerment Statewide Call

Program Number: 15505

Title: Put Your Lived Experience to Work

Date: 6-24-21

Location: Teleconference

Time: 10:00 am – 11:00 am

Instructors: Cindy Mayhew, CRSS and David Iole

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 business days after the call, the sign-in sheet cannot be accepted.)



Recovery & Empowerment Statewide Call Evaluation

Title: Put Your Lived Experience to Work

Date: June 24, 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 the following by checking the appropriate box indicating that you "very much" agree, you "somewhat" agree, you're "undecided", you don't really agree ("not really") or you don't agree at all ("not at all").

Very Much	Somewhat	Undecided	Not Really	Not At All
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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.