

2020 VISION FOR OURSELVES



Finding The Positives in Our Challenges

Recovery & Empowerment Statewide Call
 Date: September 24, 2020
 Toll-free Call-in Number: 1-844-867-6167
 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:
 October 22, 2020
 Seeking a Healthy Lifestyle

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
 - Jenna Lutz, Community Speaker:



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Objectives

Participants will learn:

- 1) How to see ourselves beyond our illnesses
- 2) How physical illness affects our mental health and vice versa
- 3) Ways to stay well despite an illness
- 4) The importance of holistic wellness

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Community Speaker

Jenna Lutz



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The Dimensions of Wellness can be Connected

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Self Care

- What Is Self-Care?
- What Are the Benefits of Self-Care?
- How does Self-Care Relate to Whole Health Wellness?
- The Importance of Taking Time To Practice Self-Care

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Emotional Wellness

- Positive self-concept
- Optimism, trust, self-confidence, determination
- From personal care, to housework, to hobbies
- Breaking tasks into simple, doable steps

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Social Wellness

- Developing a sense of connection, belonging, and a well-developed support system
- Connectedness – developed by a social network
- Healing power in loving relationships
- Healing power in knowing that we are not alone


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Social Wellness

- Sense of Connection
- Being Empowered
- Social Networks and Giving Back to the Community
- Overcoming Obstacles to Getting Out Into the Community

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Spiritual Wellness



- Spirituality:
- Important to understand who we are and what we enjoy
- Positive benefits with physical and emotional health

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Physical Wellness



- What do we mean by physical wellness?
- Work towards living a healthier lifestyle:
 - Words of encouragement
 - The Relaxation Response
- Aspects of physical health that we can monitor to improve our physical wellness:
 - sleep patterns
 - blood pressure, blood glucose, and weight
 - nutrition
 - physical activity

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Physical Wellness Continued

Routine medical appointments:



- Eye doctor
- Dentist
- Physical Checkups
- Medical appointments and follow-ups

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Where We Can Find More Information

- “Eight Dimensions of Wellness” or “Whole Health Action Management” (WHAM)
 - www.samsha.com
- Taking Charge of Your Wellbeing
 - www.takingcharge.csh.umn.edu/enhance-yourwellbeing/purpose/spirituality
- Mayo clinic
 - MayoClinic.com

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Where We Can Find Support



Call the Warm Line
866-359-7953
Monday - Friday
8:00 a.m. - 5:00 p.m.



Crisis Text Line
Text 741-741 when in a crisis
Anywhere, Anytime
Anonymously

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DMH Regional Recovery Support Specialists Metropolitan Chicago & Northern Illinois (Regions 1 & 2)

- Kathryn Dittmore (312) 793-1008 Kathryn.Dittmore@Illinois.gov
Region 1-North and Region 2
- Marty Hines (708) 612-4236 Marty.Hines@Illinois.gov
Region 1-South

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DMH Regional Recovery Support Specialists
Central & Southern Illinois (Regions 3, 4, 5)

- Tom Troe (309) 346-2094 Thomas.Troe@illinois.gov
Region 3/Peoria
- Tanya Cooley (217) 786-0043 Tanya.E.Cooley@illinois.gov
Region 4/Springfield
- Cindy Mayhew (618) 474-3813 Cindy.Mayhew@illinois.gov
Region 5/Metro East
- Rhonda Keck (618) 202-6116 Rhonda.Keck@illinois.gov
Region 5/South

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Questions and Comments


- To Ask a Question or Make a Comment, Press Star * Then One (1) On Your Phone
- Question and Comment Period Will Be Used By Individuals Who Use Mental Health Services
- All Speakers Will Use Person-First Language



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Guidelines for Questions and Comments

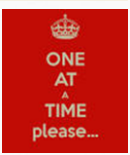
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



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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

Comments, questions, feedback, suggestions:
Email to: DHS.DMHRRecoveryServices@illinois.gov

Nanette Larson, Deputy Director/Ambassador, Wellness & Recovery Services; IDHS/DMH
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