
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on June 25, 2015 for our next Recovery & Empowerment Statewide Call for 2015! Our theme this year is "Sharing the Power in 2015!" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "The Power of Me Well"!

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: June 25, 2015

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

TOPIC: The Power of "Me Well"!

OBJECTIVES: Participants will learn: the importance of self-care in the recovery process; wellness tools that can be used by anyone; the importance of being loyal to ourselves, through self-direction and choice, in order to maintain personal wellness; and the value of spirituality and health in recovery.

DIAL-IN NUMBER 1-866-233-3845

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

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Pat Lindquist, Pam Reed

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 6/25/15 Call are attached:

- The Power of "Me Well"!
- (PowerPoint slides in pdf document - 6 slides to a page)
- Handouts (2): Self-Care & Make a Commitment to Yourself
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- 2015 Statewide Call 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.
