
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on July 26, 2018 for our next [Recovery & Empowerment Statewide Call](#) for 2018! Our theme this year is "[Discovering Wellness Within!](#)" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Opening Up to Who We Are!"

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: July 26, 2018

TIME: 10:00am - 11:00am

TOPIC: Opening Up to Who We Are

OBJECTIVES: Participants will learn: How to see ourselves as more than our mental illnesses, while still managing their challenges; How to deal with criticism we may receive from family, friends and co-workers around our mental illnesses; How to connect with the wider disabilities group; How to practice self-respect and respect for others; and How to understand each other.

DIAL-IN NUMBER: (800) 553-0273

ACCESS CODE: (None Required)

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Pat Lindquist, Mark Klocek and Kaleigh Peery

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 7/26/18 call are attached:

- Opening Up to Who We Are
(PowerPoint slides in pdf document - 6 slides to a page)
- Handout: Journaling Prompts
- Evaluation Form
- Sign-In Sheet
- CEU Information
- 2018 Statewide Call Flyer w correct phone number

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.
