

Brainstorming Together: Designing Our Program for 2009

Consumer Education and Support
Statewide Call-In:
January 29, 2009

Welcome!

- Happy New Year!
- Thank you for joining today's call!
- Instructions for CEUs for today's call
 - Fax Sign-In Sheets to:
Josephine Brodbeck, FAX (309) 693-5101
- Date and Topic for Next Call-In
 - February 26
 - Topic: "Systems Advocacy"

Objectives for Today's Call

- You will learn what "critical thinking" is
- You will learn about brainstorming as a way to solve problems
- You will have the opportunity to participate in a brainstorming activity

Objectives for Today's Call (Continued)

- You will have the opportunity to give feedback about your experiences with previous Statewide Call-In's
- You will have the opportunity to share with us valuable ideas and suggestions for future Statewide Call-In's

Guidelines for Today's Call

- All Speakers Will Use **Person-First** Language
- All Acronyms Will Be **Spelled Out** and **Defined**
- **Different Kinds of Experiences** Will Be **Heard** and **Validated**

Meet the Presenters

- **Nanette Larson, Director, Recovery Support Services**
- Illinois DHS/Division of Mental Health
- **Rhonda Keck, Recovery Support Specialist**
- Illinois DHS/Division of Mental Health – Region 5
- **Cindy Mayhew, Recovery Support Specialist**
- Illinois DHS/Division of Mental Health – Region 5
- **Eldon Wigget, Recovery Support Specialist**
- Illinois DHS/Division of Mental Health – Region 2

Consumer Education & Support: A Model of Consumer Design

- Consumer Focus Groups
- Consumer **Input** in the **Design**
- Consumer **Involvement** in the **Delivery**
- Consumer **Participation** as an **Outcome**:
Average number of participants per call = 375!

Consumer Education & Support: A Brief Review of Topics Covered

- The Role of the New Mental Health Services in Facilitating Recovery & Resilience
- The Role of Peer Support in the New Mental Health Services
- Changes in Mental Health Services
- Certified Recovery Support Specialist (CRSS)

Consumer Education & Support: A Brief Review of Topics Covered

- Illinois Mental Health Collaborative for Access and Choice
- An Overview of Wellness Recovery Action Planning (WRAP)
- Recovery Strategies for Combined Mental Illness and Substance Use Disorders
- Crisis Plans: Making Choices for Difficult Times

Consumer Education & Support: A Brief Review of Topics Covered

- Transitioning to Independent Living:
Permanent Supportive Housing
- The NEW Consumer & Family Handbook
- Do You Want to Get a Job? – Individual
Placement with Supports
- Shared Decision Making

Today's Goal

- To identify possible topics for the monthly
Consumer Education & Support Statewide
Call-In's for 2009.

Your Part in Making Change Happen: Using Critical Thinking

- Critical thinking is independent thinking
- Thinking for oneself
- Figuring things out for oneself
- Rejecting misinformation
- Valuing good information

How We Will Achieve the Goal: Brainstorming

- **Brainstorming** is a way for us to think critically together
- **Brainstorming** creates new ideas, solves problems, inspires and motivates groups
- **Brainstorming** Is a focused activity

Brainstorming Process

1. Define the goal
2. Brainstorm ideas and suggestions, within an agreed upon time limit
3. Combine ideas into groups
4. List options in priority order
5. Agree upon action steps and timeframe

Your Part in the Brainstorming Activity

- **Today's Goal:** To identify possible topics for the monthly Consumer Education & Support Statewide Call-In's for 2009.
 - **Question 1:** What was most helpful about the call-in's you participated in last year?
 - **Time Limit:** 10:30am – 11:00am

Your Part in the Brainstorming Activity

- **Today's Goal:** To identify possible topics for the monthly Consumer Education & Support Statewide Call-In's for 2009.

– **Question 2:** What new topic would you like to suggest for 2009?

– **Time Limit:** 11:00am – 11:30am

For More Information

- Information on Critical Thinking:
www.criticalthinking.org
- Information on Brainstorming:
www.businessballs.com/brainstorming.htm
- Ask a Recovery Support Specialist
- Call the Warm Line at 1 (866) 359-7953

Guidelines for Brainstorming Exercise

- All Speakers Will Use Person-First Language
- All Acronyms Will Be Spelled Out and Defined
- Diverse Experiences Will Be Heard and Validated
- Keep Your Comments Brief & to the Point, then Pass to the Next Person
- Saying "Thank You" Indicates You Are Finished With Your Comment

Helpful Tips and Pointers

- Feel free to call back in to give feedback a second time
- Rank your suggestions and email or fax them
- Get a group together and discuss topics on your own – if there is no support group or council in your area, start one!
- Capture opportunities to use and practice these skills when you can

Thank You!

- Written Comments, Questions, or Additional Suggestions Can Be Sent To:
 - Nanette Larson, Director of Recovery Support Services, DHS/Division of Mental Health
 - E-mail: Nanette.Larson@Illinois.gov
 - FAX: (309) 693-5101
