
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on March 25, 2021 for our third 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 "Maintaining Wellness through Clear Boundaries."

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: March 25, 2021

TIME: 10:00am - 11:00am

TOPIC: Maintaining Wellness through Clear Boundaries

OBJECTIVES: Participants will: Recognize the benefits of clear boundaries for our wellness; identify our limitations and when we may need to say "no"; and recognize the importance of respecting others' boundaries.

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, and Geri Touchette

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 3/25/21 call are attached:
- Maintaining Wellness through Clear Boundaries (PowerPoint slides in pdf document)
- Handout: How to Create Healthy Boundaries
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- March 25 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

March 25, 2021

10:00 – 11:00 a.m.

*Maintaining Wellness Through
Clear Boundaries*

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

Access Code: 4360050



PLANTING THE SEEDS OF WELLNESS

“Maintaining Wellness Through Clear Boundaries”

2021 Recovery & Empowerment Statewide Call
March 25, 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 days to:
Christal Hamm: 309-346-2542 or
Email: DHS.DMHRecoveryServices@illinois.gov

Date & Topic for Next Call:
April 22, 2021
How Words Influence Our Outcomes

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
 - Cindy Mayhew, Recovery Support Specialist
 - David Iole, Recovery Support
- Community Speaker: Geri Touchette



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▪ Participants will:

- 1) Recognize the benefits of clear boundaries for our wellness
- 2) Identify our limitations and when we may need to say NO
- 3) Recognize the importance of respecting other people’s boundaries

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COMMUNITY SPEAKER

- Geri Touchette

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DEFINITION OF BOUNDARIES

- "A boundary is what's ok and what's not ok."
- A boundary is a dividing line we create between ourselves and anyone else to define how others can and cannot treat us.



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SETTING BOUNDARIES AIDS IN OUR WELLNESS

- Empowering
- Cuts down on resentment
- Lessens stress and overwhelming feelings
- Increases compassion

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HOW WE CAN STAY WELL



- Clearly, calmly, firmly, and respectfully set boundaries
- Recognize we are not responsible for other's reactions
- Be ok with guilt, selfish, embarrassed feelings
- Remind ourselves we have a right to self-care
- If a boundary is crossed, ask for another's help in maintaining that boundary
- Remember that setting boundaries is brave and builds trust

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WHAT GETS IN THE WAY

- Fear
- Insecurity
- Safety
- Outside pressure
- Follow through



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WHAT ARE OUR LIMITATIONS



- Physical
- Emotional
- Spiritual
- Financial
- Intellectual
- Social
- Occupational
- Environmental

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SAYING NO WHEN IT COUNTS

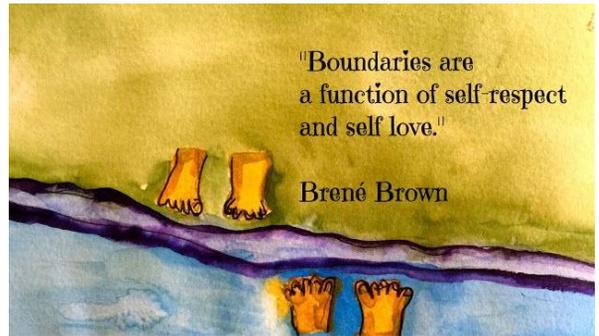
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RESPECTING OTHER'S BOUNDARIES

- Try not to take it personal
- Realize they are taking care of themselves
- Understand others may not be able to meet your needs sometimes when setting their own boundaries
- If you cross a boundary apologize
- Applaud their courage to set a boundary



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WHERE WE CAN FIND MORE INFORMATION

- [Boundaries with Brene Brown – YouTube](#)
- [Setting Boundaries in a Relationship, www.breakthecycle.org](#)
- [How to Create Healthy Boundaries \(attached handout\)](#)
- [Boundaries: Where You End and I Begin, by Anne Katherine](#)

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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, Denise.Lawrence@illinois.gov
- Region 1-Metro Chicago, 312.805.6185
- Kathryn Dittimore, 312.793.1008
- Kathryn.Dittimore@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
- Comments, questions, feedback, suggestions:
 - Email to: DHS.DMHRRecoveryServices@illinois.gov



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How to Create Healthy Boundaries

“An intimate relationship is one in which neither party silences, sacrifices, or betrays the self and each party expresses strength and vulnerability, weakness and competence in a balanced way.” ~Harriet Lerner

Setting boundaries is essential if we want to be both physically and emotionally healthy.

Creating healthy boundaries is empowering. By recognizing the need to set and enforce limits, you protect your self-esteem, maintain self-respect, and enjoy healthy relationships.

Unhealthy boundaries cause emotional pain that can lead to dependency, depression, anxiety, and even stress-induced physical illness. A lack of boundaries is like leaving the door to your home unlocked: anyone, including unwelcome guests, can enter at will. On the other hand, having too rigid boundaries can lead to isolation, like living in a locked-up castle surrounded by a moat. No one can get in, and you can't get out.

What Are Boundaries?

Boundaries are guidelines, rules or limits that a person creates to identify for themselves what are reasonable, safe and permissible ways for other people to behave around them and how they will respond when someone steps outside those limits. (outofthefog.net)

The easiest way to think about a boundary is a property line. We have all seen “No Trespassing” signs, which send a clear message that if you violate that boundary, there will be a consequence. This type of boundary is easy to picture and understand because you can see the sign and the border it protects. Personal boundaries can be harder to define because the lines are invisible, can change, and are unique to each individual.

Personal boundaries, just like the “No Trespassing” sign, define where you end and others begin and are determined by the amount of physical and emotional space you allow between yourself and others. Personal boundaries help you decide what types of communication, behavior, and interaction are acceptable.

Why is it important to set boundaries?

- To practice self-care and self-respect
- To communicate your needs in a relationship
- To make time and space for positive interactions
- To set limits in a relationship in a way that is healthy

Physical Boundaries

Physical boundaries provide a barrier between you and an intruding force, like a Band-Aid protects a wound from bacteria.

Physical boundaries include your body, sense of personal space, sexual orientation, and privacy. These boundaries are expressed through clothing, shelter, noise tolerance, verbal instruction, and body language.

An example of physical boundary violation: a close talker. Your immediate and automatic reaction is to step back in order to reset your personal space. By doing this, you send a non-verbal message that when this person stands so close you feel an invasion of your personal space. If the person continues to move closer, you might verbally protect your boundary by telling him/her to stop crowding you.

Other examples of physical boundary invasions are:

- Inappropriate touching, such as unwanted sexual advances.
- Looking through others' personal files and emails.
- Not allowing others their personal space. (e.g., barging into your boss's office without knocking)

Emotional and Intellectual Boundaries

These boundaries protect your sense of self-esteem and ability to separate your feelings from others'. When you have weak emotional boundaries, it's like getting caught in the midst of a hurricane with no protection. You expose yourself to being greatly affected by others' words, thoughts, and actions and end up feeling bruised, wounded, and battered.

These include beliefs, behaviors, choices, sense of responsibility, and your ability to be intimate with others.

Examples of emotional and intellectual boundary invasions are:

- Not knowing how to separate your feelings from your partner's and allowing his/her mood to dictate your level of happiness or sadness (a.k.a. codependency).
- Sacrificing your plans, dreams, and goals in order to please others.
- Not taking responsibility for yourself and blaming others for your problems.

Barriers to Boundary Setting

It seems obvious that no one would want his/her boundaries violated. So why do we allow it? Why do we NOT enforce or uphold our boundaries?

- FEAR of rejection and, ultimately, abandonment.
- FEAR of confrontation.
- GUILT.
- We were not taught healthy boundaries.
- Safety Concerns

If you are dealing with someone who is physically dangerous or threatening to you, it may not be safe to attempt to set explicit boundaries with them. If you are in this situation, it can be helpful to work with a counselor, therapist or advocate to create a safety plan and boundary setting may be a part of this.

Assess the current state of your boundaries

HEALTHY BOUNDARIES allow you to:

- Have high self-esteem and self-respect.
- Share personal information gradually, in a mutually sharing and trusting relationship.
- Protect physical and emotional space from intrusion.
- Have an equal partnership where responsibility and power are shared.
- Be assertive. Confidently and truthfully say "yes" or "no" and be okay when others say "no" to you.
- Separate your needs, thoughts, feelings, and desires from others. Recognize that your boundaries and needs are different from others.
- Empower yourself to make healthy choices and take responsibility for yourself.

UNHEALTHY BOUNDARIES are characterized by:

- Sharing too much too soon or, at the other end of the spectrum, closing yourself off and not expressing your need and wants.
- Feeling responsible for others' happiness.
- Inability to say "no" for fear of rejection or abandonment.
- Weak sense of your own identity. You base how you feel about yourself on how others treat you.
- Disempowerment. You allow others to make decisions for you; consequently, you feel powerless and do not take responsibility for your own life.

Tips for Setting Healthy Boundaries

(Modified from the book, *Boundaries: Where You End and I Begin* by Anne Katherine)

When you identify the need to set a boundary, do it clearly, calmly, firmly, respectfully, and in as few words as possible. Do not justify, get angry, or apologize for the boundary you are setting.

You are not responsible for the other person's reaction to the boundary you are setting. You are only responsible for communicating your boundary in a respectful manner. If it upsets them, know it is their problem. Some people, especially those accustomed to controlling, abusing, or manipulating you, might test you. Plan on it, expect it, but remain firm. Remember, your behavior must match the boundaries you are setting. You cannot successfully establish a clear boundary if you send mixed messages by apologizing.

At first, you will probably feel selfish, guilty, or embarrassed when you set a boundary. Do it anyway and remind yourself you have a right to self-care. Setting boundaries takes practice and determination. Don't let anxiety, fear or guilt prevent you from taking care of yourself.

When you feel anger or resentment or find yourself whining or complaining, you probably need to set a boundary. Listen to yourself, determine what you need to do or say, then communicate assertively.

Learning to set healthy boundaries takes time. It is a process. Set them in your own time frame, not when someone else tells you.

Develop a support system of people who respect your right to set boundaries. Eliminate toxic persons from your life—those who want to manipulate, abuse, and control you.



Recovery & Empowerment Statewide Call Evaluation

Title: Maintaining Wellness Through Clear Boundaries

Date: March 25, 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 (circle) the following on a scale of "5" to "1", with "5" indicating that you very much agree and "1" that you don't agree at all.

	Very Much	Somewhat	Undecided	Not Really	Not At All
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.

Program Name: Recovery & Empowerment Statewide Call
 Title: Maintaining Wellness Through Clear Boundaries
 Location: Teleconference
 Instructors: Cindy Mayhew, CRSS & David Iole, CRSS

Program Number: 15505
 Date: March 25, 2021
 Time: 10:00 am – 11:00 am
 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 days after the call, the sign-in sheet cannot be accepted.)