
RECOVERY & EMPOWERMENT STATEWIDE CALL

Please plan to join on May 27, 2021 for our next [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 "The Power of Kindness & Gratitude."

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: May 27, 2021

TIME: 10:00am - 11:00am

TOPIC: The Power of Kindness & Gratitude

OBJECTIVES: Participants will: Identify the impact that kindness and gratitude have on our overall health and wellbeing; recognize that kindness and gratitude are skills we can develop; and share simple strategies to incorporate gratitude and kindness into our daily lives.

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: Kathryn Dittmore, Denise Lawrence, and Madelyn Bell

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 5/27/21 call are attached:

- The Power of Kindness and Gratitude (PowerPoint slides in pdf document)
- Gratitude Handout
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- May 27 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

May 27, 2021

10:00 – 11:00 a.m.

The Power of Kindness and Gratitude

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

Access Code: 4360050



PLANTING THE SEEDS OF WELLNESS

"The Power of Kindness and Gratitude"

2021 Recovery & Empowerment Statewide Call
 May 27, 2021 10:00 –11:00 a.m.
 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 business days to:
 Christal Hamm: 309-346-2542 or
 Email: DHS.DMHRRecoveryServices@illinois.gov

Date & Topic for Next Call:
 June 24, 2021
 Put Our Lived Experience to Work

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

- Kathryn Dittmore, Recovery Support Specialist
- Denise Lawrence, Recovery Support Specialist

Community Speaker

- Madelyn Bell, LCSW, CRSS



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Objectives

Participants will:

- 1) Identify the impact that kindness and gratitude have on our overall health and wellbeing
- 2) Recognize that kindness and gratitude are skills we can develop
- 3) Share simple strategies to incorporate gratitude and kindness into our daily lives

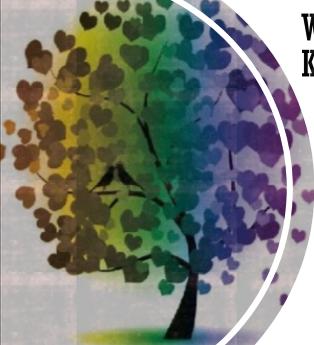
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COMMUNITY SPEAKER

- Madelyn Bell, LCSW, CRSS, WRAP Facilitator

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WHAT DO WE MEAN BY KINDNESS? GRATITUDE?

Gratitude: the practice of waking up in order to see the good all around us.

Kindness: the sincere and voluntary use of one's time, talent, and resources to better the lives of others, one's own life, and the world through genuine acts of love, compassion, generosity, and service.

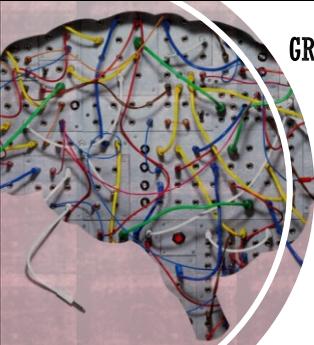
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THE KINDNESS AND GRATITUDE CONNECTION

The more I am grateful, the more my eyes are opened to opportunities for kindness.

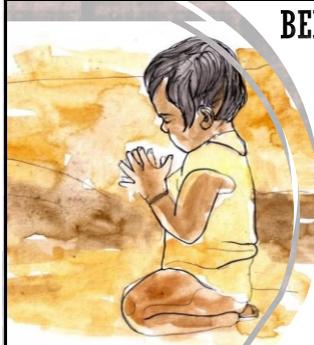
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GRATITUDE AND YOUR BRAIN: OVERCOMING BARRIERS REWIRING NEGATIVITY

- Negativity bias
- Happiness set point

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BENEFITS OF KINDNESS AND GRATITUDE

- Life satisfaction
- Hopefulness
- Relationships
- Immune system
- Blood pressure
- Sleep
- Coping skills
- Enthusiasm
- Productivity
- Happiness and optimism

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UNCOVERING HIDDEN BLESSINGS

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KINDNESS AND GRATITUDE ARE SKILLS WE CAN DEVELOP

- A conscious choice.
- A practice that we need to apply and repeat deliberately and daily.
- Requires practice and mental discipline.

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MAKE THE WORLD A BETTER PLACE

Web of gratitude
Creates a sense of community
Kindness is contagious

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STRATEGIES TO INCORPORATE GRATITUDE AND KINDNESS INTO OUR DAILY LIVES

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PODCASTS:

- *The Science of Happiness*
- *Wonder and Awe*
- *Hidden Brain*

APPS:

- CALM

WEB-BASED PRACTICE:

- *Science based practices for a meaningful life*
<https://ggia.Berkeley.edu>
- *Four Great Gratitude strategies:*
www.greatergood.berkeley.edu
- *5 Ways to Develop Kindness and Generosity:*
www.mindful.org

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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, 312.805.6185
Denise.Lawrence@illinois.gov
• Region 1- Metropolitan Chicago
- Kathryn Dittmore, 312.793.1008
Kathryn.Dittmore@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

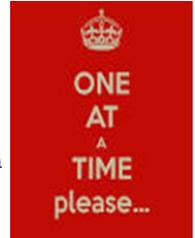
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



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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
- Sign-in sheets must be received within seven business days after the call to receive CEUS. Sign-in sheets will not be accepted before the call.
- Comments, questions, feedback, suggestions:
 - Email to: DHS.DMHRRecoveryServices@illinois.gov



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5 Simple Everyday Ways to Develop KINDNESS & GENEROSITY

1 Pause at the stop sign

When you're at a stop sign, a red light, or when your phone rings, take a moment to wish yourself or another well.

May I be happy and safe.

May I live with ease.

2 Engage the grocery clerk

When you're shopping or standing in line, strike up a conversation. Listen when they talk. Smile gently.

3 Connect with someone in need

Establish the intention to respond with kindness whenever you meet someone on the street who asks for support. Ask them how they are doing. Give some money if you like.

4 Extend to your fellow commuters

Let the act of taking your seat be a cue to practice kindness toward other travelers.

May you be happy.

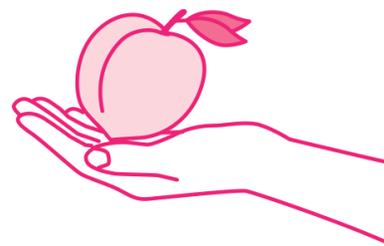
May you be safe.

May you be free from harm.

May you live with ease.

5 Listen for the ping

Use your phone reminders to be mindful and send yourself thoughts of kindness throughout the day.



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.



Recovery & Empowerment Statewide Call Evaluation

Title: The Power of Kindness & Gratitude

Date: May 27, 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 the following by checking the appropriate box indicating that you "very much" agree, you "somewhat" agree, you're "undecided", you don't really agree ("not really") or you don't agree at all ("not 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

Program Name: Recovery & Empowerment Statewide Call
 Title: The Power of Kindness and Gratitude
 Location: Teleconference
 Instructors: Kathryn Dittmore, CRSS and Denise Lawrence, CRSS

Program Number: 15505
 Date: 5-27-21
 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 business days after the call, the sign-in sheet cannot be accepted.)