



Roadmap to Recovery

2018 IDHS, DMH Regions 3 and 4 Annual Recovery Conference

Erin's PAVILION
4965 S 2nd Street
Springfield, IL 62703

Date and Time: Wednesday September 12, 2018 from 8:00 am until 3:00 pm

Location: Erin's Pavilion at Southwind Park, 4965 S 2nd Street, Springfield IL 62703

Fees: **Registration Fee:** **\$13.00 per person**

T-Shirts: **\$12.00 per shirt (optional)**

The deadline for receipt of completed registration forms and money is **Friday, September 7, 2018**. There is no guarantee of conference admission if registration is not received by this date. Please go to **Registration Form** at the bottom of this conference outline to read instructions on how to register and for key details. No confirmation will be sent. You will only be contacted if seating is no longer available, and your payment will be returned to you. No refunds will be granted. Substitutions made upon request on or before **Friday, September 7, 2018**.

CONFERENCE HIGHLIGHTS

Keynote Address – **Highlighting Some of the Roads to Recovery in the Heart of Illinois** – Gather and enjoy the presenters of the breakouts provide the audience with a mini version of what individuals will learn in the sessions being offered. The 10 minute presentations will be: Wellness Recovery Action Plan (WRAP®) by Aimee Unakis and Tracy Hopkins, Offering Peer Support Through the Written Word by Shirley Davis, Learning, Laughing and Loving- Embracing the Roadblocks of Life by Annette Wlodarczyk, Hope Through Sharing on Our Road to Recovery by Airyanna Jason and Alyssa Carlson and Trauma and the Workplace by Ellen Auten.

Workshops – The workshops are designed to help attendees learn about **Wellness Recovery Action Plan (WRAP®)** by Aimee Unakis and Tracy Hopkins, Offering Peer Support Through the Written Word by Shirley Davis, Learning, Laughing and Loving- Embracing the Roadblocks of Life by Annette Wlodarczyk, Hope Through Sharing on Our Road to Recovery by Airyanna Jason and Alyssa Carlson, Trauma and the Workplace by Ellen Auten, and Using Work as Therapy. There are also panels with people sharing their stories of recovery.

Breakfast – An assortment of pastries will be available, as well as hot coffee and tea.

Lunch – Nelson's Catering box lunch (your choice of ham, turkey, vegetarian sandwich), chips, cookies, tea, and lemonade.

T-Shirts – T-shirts with the conference logo will be offered in sizes Medium through 4X Large.

Conference Agenda

<u>Time</u>		<u>Speaker(s)</u>
8:00 am – 9:00 am	<u>Registration</u>	
9:00 am – 10:20 am	<u>Keynote Address: Highlighting Some of the Roads to Recovery in the Heart of Illinois</u>	Aimee Unakis Tracy Hopkins Shirley Davis Annette Wlodarczyk Airyanna Jason Alyssa Carlson Ellen Auten
10:20 am – 10:40 am	<u>Transition Time</u>	
10:40 am – 12:00 pm	<u>Session A</u>	
	#1 Wellness Recovery Action Plan (WRAP®)	Aimee Unakis Tracy Hopkins
	#2 Recovery Stories Roundtable	Panel
	#3 Using Work as My Therapy	Panel
	#4 Offering Peer Support through the Written Word	Shirley Davis
12:00 pm – 1:30 pm	<u>Lunch</u>	
1:30 pm – 3:00 pm	<u>Session B</u>	
	#5 Learning, Laughing and Loving Embracing the Roadblocks of Life	Annette Wlodarczyk
	#6 Recovery Stories Roundtable	Panel
	#7 Hope through Sharing on Our Road to Recovery	Airyanna Jason Alyssa Carlson
	#8 Trauma and the Workplace	Ellen Auten
3:00 pm	<u>Adjourn</u>	

WORKSHOP/PANEL DESCRIPTIONS

Title/Description/Presenter(s)/Moderator(s)

Session A (AM) Choices

1) Wellness Recovery Action Plan (WRAP®)

Join these two Certified Wellness Recovery Action Plan (WRAP®) facilitators as they will present a detailed description of this Evidence Based Program. During this introductory session they will use a demonstration on support as well as provide a mini-WRAP® for the participants to complete. WRAP® can lead a person to a better recovery, be at their best, and become all that they were meant to be. **Presenters: Aimee Unakis/Tracy Hopkins**
Moderator: Paul Chandler

2) Recovery Stories Roundtable

Interactive panel where individuals tell in their own words what recovery is all about! Both thought-provoking and inspirational, these stories allow a glimpse on ways recovery can be real and meaningful. Presentations are followed by a question and answer session with the panelists. **Panelists: Lisa Milby, Stephanie Mann, Ricky Rogers and Pam Myo**
Moderator: Matt Smith

3) Using Work as My Therapy

Join Joe Croegaert from the Division of Mental Health and multiple Individual Placement and Support (IPS) participants as they share their Recovery Stories and the role that employment has played in their Recovery Pathway. Learn how the supports of the IPS program and integration of their mental health services assisted them in their journey on a Recovery Pathway and how the process worked for them. **Panelists: To be announced.**
Moderator: Joe Croegaert

4) Offering Peer Support Through the Written Word

Shirley will present different ways to use writing to help not only one's self, but others. She will talk about poetry, blogging and writing short stories as a way to exercise creative muscles to reframe your world using the power of writing. She will explain how she used writing in her own life to offer peer support, and how empowering this truly can be. There will be time during the presentation for attendees to write an outline of their story. Shirley will encourage attendees to continue to explore this wonderful avenue of healing.

Presenter: Shirley Davis Moderator: Terry Cassidy

Title/Description/Presenter(s)/Moderator(s)

Session B (PM) Choices

5) Learning, Laughing and Loving- Embracing the Roadblocks of Life

This session begins with a mindfulness exercise, and moves to the sharing of some of Annette's story and how trauma, losses, mental health and substance use shaped who she is today. You will learn how she used the Foundational Principles of Wellness to forgive and unlearning unhealthy coping. See how the ability and learning to laugh at one's self can lead to resiliency. You will learn how love without expectations is possible.

Presenters: Annette Wlodarczyk Moderator: Mark Freeman

6) Recovery Stories Roundtable

Interactive panel where individuals tell in their own words what recovery is all about! Both thought-provoking and inspirational these stories allow a glimpse on ways recovery can be real and meaningful. Presentations are followed by a question and answer session with the panelists. **Panelists: Tonya Watkins-Brown, Lydia Purtscher, Pam Perry and Monica Hall**

Moderator: Tanya Cooley and Barbara Kendall

7) Hope Through Sharing on Our Road to Recovery

Join these two Recovery Support Specialists as they discuss how they use their story of recovery in their roles to assist others in their search for healthy supports and coping skills. This interactive presentation will begin with an ice breaker where others will use questions to get to know their neighbors. Attendees will also be given a hands-on task of making a list of their supporters, narrowing the list it down to the top 5 and making a card for them. Then individuals will get a chance to draw a picture of how someone has supported them.

Presenters: Airyanna Jason and Alyssa Carlson Moderator: Ed Murphy

8) Trauma and the Workplace

The focus of this session will be to assist individuals in understanding how to identify trauma, whether it is with themselves, their peers or co-workers. It will also focus on how to work towards healing and the part employment plays. This module is geared toward all people in the workplace including managers, supervisors, coworkers and employees.

Presenter: Ellen Auten Moderator: John Holly



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Registration and T-Shirt Order Form

Registration - \$13.00 per person, including lunch

PLEASE PRINT

Name: _____

Address: _____

Daytime Phone: _____

Email: _____

Agency Affiliation: _____

Special Accommodations: _____

CEUs – for CRSS Only - Free

CEUs: (circle one) Yes No

License Type: _____

License #: _____

T-Shirts – # of each size at \$12.00 each

<u>Size</u>	<u>#</u>	<u>Size</u>	<u>#</u>
Med	_____	2XL	_____
Large	_____	3XL	_____
XL	_____	4XL	_____

T-Shirt Purchase is **OPTIONAL**.

Lunch

Box lunch from Nelson's Catering (your choice of ham, turkey, or vegetarian), chips, cookie, tea and lemonade. Circle one sandwich choice below:

Ham Turkey Vegetarian

Fees: Deadline for pre-registration is September 7

Registration (\$13.00 per person) \$ _____

T-Shirt(s) (# ordered x \$12.00) \$ _____

Total Due \$ _____

Workshop Choices (Choose a 1st and 2nd choice for each session)

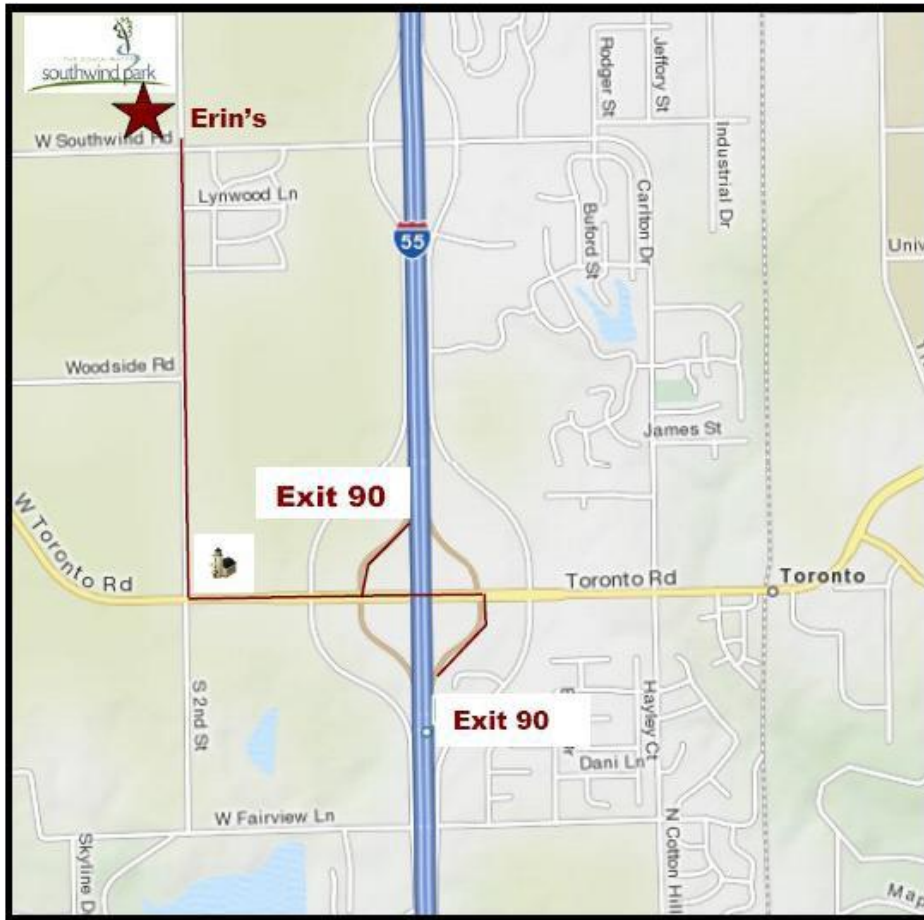
<u>Session</u>	<u>1st Choice</u>	<u>2nd Choice</u>
A (AM)		
B (PM)		

Please make checks payable to: Locust Street Resource Center

Please mail to: Recovery Conference
ATTN: Tom Troe
Region 3 IDHS/Division of Mental Health
200 S. Second St. Suite 20
Pekin IL 61554

PAYMENT MUST ACCOMPANY THIS ORDER FORM!

Directions to Erin's Pavilion at Southwind Park 4965 S 2nd Street, Springfield IL 62703



From the **North** on Interstate 55:

Take **Exit 90**. At the Stop Light, **turn right** onto Toronto Road. Follow to **2nd Street** and **turn right** at the church and follow to Erin's.

From the **South** on Interstate 55:

Take **Exit 90**. At the Stop Light, **turn left** onto Toronto Road. Follow to **2nd Street** and **turn right** at the church and follow to Erin's.

