

2020 VISION FOR OURSELVES



Recognizing Our Voices Matter

Recovery & Empowerment Statewide Call
 Date: March 26, 2020
 Toll-free Call-in Number: 1-844-867-6167
 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.DMHRRecoveryServices@illinois.gov

Date & Topic for Next Call:
 April 23, 2020
 Finding Supportive Relationships



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 Dittimore, Recovery Support Specialist
 - Tanya Cooley, Recovery Support Specialist
- **Community Speaker**
 - A.J. French, Gift of Voice



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Objectives

Participants will learn::




- 1) The definition of systems-advocacy and self-advocacy
- 2) How to educate ourselves on what we need and effectively communicate our needs
- 3) Ways to advocate for others as a group

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2020 VISION FOR OURSELVES

A.J. French



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What Keeps Us Up at Night?




Natural Disasters	Poverty
Conflicts	Government Accountability
Inequality	Safety and Security

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First Take Care of Ourselves

- Believe we can
- Honor our body's needs
- Build social networks
- Limit things that drain energy
- Avoid traumatic experiences
- Find help when needed



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Three Types of Advocacy



- Self advocacy
- Individual advocacy
- Systems advocacy

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Education

- Research your position and the situation.
- Read
- Gather statistics
- Talk to experts
- Survey others for opinions
- Research all relevant available resources



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Plan and Negotiate

- Positive goals and ideas
- Negotiate
- Strategy development
- Influencers/Alliances
- Messaging



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Communication Strategies



- In person
- Phone
- Written

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Communication Strategies

<p>Do:</p> <ul style="list-style-type: none"> • Be direct • Be assertive • Connect feelings with behaviors • Listen • Talk to the appropriate people • Prepare ahead of time 	<p>Avoid:</p> <ul style="list-style-type: none"> • Being passive or submissive • Using aggression • Using guilt • Losing our composure • Using sarcasm, character assassination, or absolutes • Acronyms and jargon
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Advocating as a Group

- Helps people take power
- Is continuous
- Is an investment
- Alters the relations of power



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Keeping Members Involved

- Make it easy
- Create a sense of purpose and ownership
- Define clear and specific goals
- Achievable in a reasonable time period
- Will improve peoples lives



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Stay Positive; Stay Focused



- Keep in touch
- Celebrate accomplishments
- Give credit where credit is due
- Thank people publicly
- Compromise where necessary
- Be persistent

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Where We Can Find More Information

Advocacy Toolkit: Skills and Strategies for Effective Self and Peer Advocacy, www.brainline.org

10 Steps to Effective Self-advocacy, www.disabilityrightsflorida.org

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Where We Can Find Support



Call the Warm Line
866-359-7953
Mon-Fri, 8am-5pm



Crisis Text Line
Text 741-741 when in a crisis.
Anywhere, anytime.
Anonymously.

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DMH Regional Recovery Support Specialists –
Metropolitan Chicago & Northern Illinois
(Regions 1 & 2)

- Marty Hines (708) 612-4236
Marty.Hines@Illinois.gov
Region 1-South
- Kathryn Dittmore (312) 793-1008
Kathryn.Dittmore@Illinois.gov
Region 1-North and Region 2

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DMH Regional Recovery Support Specialists
– Central & Southern Illinois (Regions 3, 4, 5)

- Tom Troc (309) 346-2094 Thomas.Troc@illinois.gov
Region 3/Peoria
- Tanya Cooley (217) 786-0043 Tanya.E.Cooley@illinois.gov
Region 4/Springfield
- Cindy Mayhew (618) 474-3813 Cindy.Mayhew@illinois.gov
Region 5/Metro East
- Rhonda Keck (618) 202-6116 Rhonda.Keck@illinois.gov
Region 5/South

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Questions and Comments

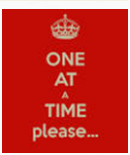
- Question and Comment Period Will Be Used By Individuals Who Use Mental Health or Substance Use Services
- All Speakers Will Use Person-First Language
- Diverse Experiences Will Be Heard and Validated
- Questions and Comments Will Be Relevant to Today's Topic



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Questions and Comments 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

Nanette Larson, Deputy Director/Ambassador, Wellness & Recovery Services; IDHS/DMH
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