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

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 23, 2020
Finding Supportive Relationships

Email Your Feedback:
Cindy.Mayhew@Illinois.gov

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

Meet the Presenters
• Illinois Department of Human Services, Division of Mental Health
  • Kathryn Dittemore, Recovery Support Specialist
  • Tanya Cooley, Recovery Support Specialist
  • Community Speaker
  • A.J. French, Gift of Voice

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

2020 VISION FOR OURSELVES
A.J. French
What Keeps Us Up at Night?

Natural Disasters
Conflicts
Inequality

Poverty
Government Accountability
Safety and Security

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

Three Types of Advocacy

• Self advocacy
• Individual advocacy
• Systems advocacy

Education

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

Plan and Negotiate

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

Communication Strategies

• In person
• Phone
• Written
Communication Strategies

**Do:**
- Be direct
- Be assertive
- Connect feelings with behaviors
- Listen
- Talk to the appropriate people
- Prepare ahead of time

**Avoid:**
- Being passive or submissive
- Using aggression
- Using guilt
- Losing our composure
- Using sarcasm, character assassination, or absolutes
- Acronyms and jargon

Advocating as a Group

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

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

Stay Positive; Stay Focused

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

Where We Can Find More Information

Advocacy Toolkit: Skills and Strategies for Effective Self and Peer Advocacy, [www.brainline.org](http://www.brainline.org)

10 Steps to Effective Self-advocacy, [www.disabilityrightsflorida.org](http://www.disabilityrightsflorida.org)

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.
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 Dittemore (312) 793-1008
  Kathryn.Dittemore@Illinois.gov
  Region 1-North and Region 2

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

- Tom Troe (309) 346-2094
  Thomas.Troe@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

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

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

Statewide call evaluation forms
Email to: DHS.DMHRecoveryServices@illinois.gov
Fax: (309) 346-2542

Comments, questions, feedback, suggestions:
Email to: DHS.DMHRecoveryServices@illinois.gov

Nanette Larson, Deputy Director/Ambassador, Wellness & Recovery Services; IDHS/DMH
Email: Nanette.Larson@illinois.gov

thank you!