



# Hope is Unlimited

2017 IDHS, DMH Regions 3 and 4  
Annual Recovery Conference



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**Date and Time:** Wednesday September 13, 2017 from 8:00 am until 3:00 pm

**Location:** Five Points Washington, 360 N. Wilmor Road, Washington, IL 61571

**Fees:**        **Registration Fee:**                    \$12.00 per person

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

The deadline for receipt of completed registration forms and money is **Friday, September 8, 2017**. There is no guarantee of conference admission if registration is not received by this date. Please go to **Registration Form** at bottom of this conference outline to read instructions on how to register and 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 8, 2017**.

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## **CONFERENCE HIGHLIGHTS**

**Keynote Address** – **Highlighting Hope in the Heart of Illinois** – Gather and enjoy a panel of four individuals pinpointing key services that meant the most to them. Get a look from those who know best, those in recovery, as to the services they want more of within publically funded mental health centers. The panel will also offer compelling accounts full of hope about the services that impacted their recovery in monumental ways.

**Workshops** – The workshops are designed to help attendees learn about the Bursting Bubbles Book: A Navigational Tool to Manage Your Emotions, empowering the force of hope, preparing for your CRSS application and exam, building hope through emotional intelligence, awakening the artist within, 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 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.

# Hope is Unlimited Conference Agenda

<u>Time</u>		<u>Speaker(s)</u>
8:00 am – 9:00 am	<b><u>Registration</u></b>	
9:00 am – 10:20 am	<b><u>Keynote Address:</u></b> Highlighting Hope in the Heart of Illinois	Leslie White, Pam Perry, Mark Freeman, James Macrander
10:20 am – 10:40 am	<b><u>Transition Time</u></b>	
10:40 am – 12:00 pm	<b><u>Session A</u></b>	
<b>#1</b>	Bursting Bubbles Hope in a Handbook	Dianna Castleberry
<b>#2</b>	The Empowering Force of Hope	Shirley J. Davis
<b>#3</b>	Preparing for the CRSS Certified Recovery Support Specialist Application and Exam	John G. Holley April Littleton
<b>#4</b>	Recovery Stories Roundtable	Angela Willis, Christine Overton, Jacob Collins, Autumn DeKoster, Michelle Lawson
12:00 pm – 1:30 pm	<b><u>Lunch</u></b>	
1:30 pm – 3:00 pm	<b><u>Session B</u></b>	
<b>#5</b>	Awaken the Artist Within	Irene O’Neil
<b>#6</b>	Using Work as My Therapy	TBD
<b>#7</b>	Recovery Stories Roundtable	Pam Myo, Julius Watson, Hanna Schumann, Airyanna Jason
<b>#8</b>	Building Hope through Emotional Intelligence	Barbara Thompson
3:00 pm	<b><u>Adjourn</u></b>	

Please see next two pages for workshop descriptions.

## WORKSHOP/PANEL DESCRIPTIONS

**Keynote: Highlighting Hope in the Heart of Illinois** – Gather and enjoy a panel of four individuals pinpointing key services that meant the most to them. Get a look from those who know best, those in recovery, as to the services they want more of within publically funded mental health centers. The panel will also offer compelling accounts full of hope about the services that impacted their recovery in monumental ways. **Panelists: Leslie White, Pam Perry, Mark Freeman, James Macrander. Moderator: Jay Alexander.**

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

#### Session A (AM) Choices

- 1) **Bursting Bubbles Hope in a Handbook** – Dianna will uncover the Bursting Bubbles Book and go into detail ways the book is a navigational tool to help you manage emotions that you can take anywhere with you. Dianna will also share how their organization Bursting Bubbles has been growing and some of the projects occurring within central Illinois. **Presenter: Dianna Castleberry. Moderator: Tracy Hopkins**
  
- 2) **The Empowering Force of Hope** - Using the definition of hope, “a feeling of expectation and desire for a thing to happen” and the State of Illinois motto “the expectation is recovery,” Shirley will offer some ways hope can be a positive force for change in a person’s life. **Panelist: Shirley J. Davis. Moderator: Aimee Unakis**
  
- 3) **Preparing for the CRSS Certified Recovery Support Specialist Application and Exam** - Ever considered obtaining your CRSS credential and working in mental health? This breakout will focus on the requirements to obtain the CRSS credential, how to fill out the Illinois Certification Board application and how to prepare you for the exam. **Presenters: John G. Holley and April Littleton. Moderator: Katie Crockett**
  
- 4) **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 followed by question and answer session with the panelists. **Panelists: Angela Willis, Christine Overton, Jacob Collins, Autumn DeKoster, Michelle Lawson  
Moderator: Annette Wlodarczyk**

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

### Session B (PM) Choices

- 5) **Awaken the Artist Within** - The Awakenings Project is not an agency and they are not therapists. The Awakenings Project is a non for profit formed by artists that have mental illnesses and all the members are artists in recovery. Learn how the awakenings project helped Irene in her recovery. The breakout will be extremely interactive with hands on art project, Q and A, and discussion. There will also be showing of YouTube videos and more discussion afterwards. **Presenter: Irene O'Neil. Moderator: Paul Chandler**
  
- 6) **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**
  
- 7) **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 followed by question and answer session with the panelists.  
**Panelists: Pam Myo, Julius Watson, Hanna Schumann, Airyanna Jason. Moderator: Neal Post**
  
- 8) **Building Hope through Emotional Intelligence** - Breakout will begin with introduction and definition of Emotional Intelligence (EI) using YouTube videos as well as a role play. Barbara will incorporate tools from Wellness Recovery Action Plan (WRAP) and Dialectical Behavioral Therapy (DBT) to help identify positive methods used for improving emotional intelligence. **Presenter: Barbara Thompson. Moderator: Tamara Childress**



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IDHS DMH Regions 3 and 4 Annual Recovery Conference  
September 13, 2017**



**FIVE POINTS  
WASHINGTON**

**Registration and T-Shirt Order Form**

**Registration - \$12.00 per person, including lunch**

**PLEASE PRINT**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Agency Affiliation: \_\_\_\_\_

Special Accommodations: \_\_\_\_\_

(Interpreter, Allergies, Vegetarian, etc.)

**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 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 8**

Registration (\$12.00 per person)                      \$ \_\_\_\_\_

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

**Total Due**                      \$ \_\_\_\_\_

**Workshop Choices** (Choose a 1<sup>st</sup> and 2<sup>nd</sup> choice for each session)

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

**Please make checks payable to: Locust Street Resource Center**

**Please mail to:**                      Recovery Conference  
 ATTN: Jeanette Pierson  
 901 Southwind Road, Admin Building  
 Springfield, IL 62703

**PAYMENT MUST ACCOMPANY THIS ORDER FORM!**

**FOR CONFERENCE STAFF USE ONLY** → Reg #: \_\_\_\_\_ Cash or Check    Check # \_\_\_\_\_ From: \_\_\_\_\_ (if different)

**Five Points Washington  
360 N. Wilmor Rd.  
Washington, IL 61571**

**If coming from the North on I-55:**

Take I-55 S toward St. Louis. Take Exit 187 (US-24) towards Chenoa/El Paso, keep left to take the US-24 W ramp. Turn left onto US-24 W/E 3100 North Rd. Turn left onto County Road 1200 E/US-24-BR. Enter next roundabout and take 2nd exit onto Peoria St./US-24-BR W. Turn right onto N. Wilmor Rd. Five Points will be on the left.

**If coming from the South on I-55:**

Take I-55 N toward Chicago. Take I-155 N at Exit 127 toward Peoria. Take Exit 28 (Broadway Rd.). Keep right at the fork. Turn left onto Washington Rd. which becomes S. Main St. Enter next roundabout and take the 4th exit onto Peoria St/US-24-BR W. Turn right onto N. Wilmor Rd. Five Points will be on the left.

**If coming from the East on I-74:**

Take I-74 W towards Peoria. Take Exit 112 (IL-117) toward Goodfield, keep right to take the Eureka ramp. Turn right onto S. Eureka St./IL-117. Turn left onto E. Peoria St./US-150. Turn right onto Perry St. Turn left onto 3rd Ave. Turn right onto Deemack Rd/CR-6. Turn left onto Eureka Rd./US-24-BR. Enter next roundabout and take 2nd exit onto Peoria St./US-24-BR W. Turn right onto N. Wilmor Rd. Five Points will be on the left.

**If coming from the West on I-74:**

Take I-74 E towards Peoria. Merge at Exit 89 (US-150 E). Stay straight to go onto US-24 E. Merge onto US-24-BR S/McClugage Rd. toward US-24-Bus/IL-8. Turn left onto US-24-BR E/IL-8 E/Washington Rd. Turn left onto N. Wilmor Rd. Five Points will be on the left.

