Presentation to the Illinois Deaf and Hard of Hearing Commission
May 24, 2012

Jordan Litvak
Regional Executive Director
Regions 3 and 4
DHS/Division of Mental Health
McFarland Mental Health Center
901 Southwind Road
Springfield, IL  62703
Phone:   217-786-6866
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Learning Objectives:

- Division of Mental Health – Vision and Mission
- Learn About Recovery Services
- How to Access Services – Office Locator
- What We Mean by Recovery
- Services Offered
- Wellness Recovery Action Plan (WRAP)
- Problem Solving Access Issues
It is the vision of the DMH that all persons with mental illnesses recover, and are able to participate fully in life in the community.
We **ENVISION:**

a **FUTURE** when everyone with a mental illness will **recover,**

a **FUTURE** when mental illness can be **prevented or cured,**

a **FUTURE** when mental illnesses are **detected early,**

a **FUTURE** when everyone with a mental illness **at any stage of life** has access to **effective treatment and supports** – **essentials for living, working, learning,** and **participating fully in the community.**

Division Of Mental Health

Mission

Through collaborative and interdependent relationships with system partners, it is the mission of the DMH, the state mental health authority, to assure the provision of a recovery-oriented, evidence-based, community-focused, value-dedicated and outcome-validated mental health service system, in order to build the resilience and facilitate the recovery of persons with mental illnesses.
Recovery refers to the process in which people are ABLE to Live, Work, Learn and Participate Fully in their communities.

For some individuals, Recovery is the ability to Live a fulfilling and productive life despite a disability.

For others, Recovery implies the reduction or complete remission of symptoms.

Science has shown that Having Hope plays an integral role in an individual's Recovery.

President’s New Freedom Commission, 2003
Recovery Defined

Knowing who we are, and using our strengths to be all we are meant to be.
What Does the Division of Mental Health Do?
DHS / Division of Mental Health
Regions Map
<table>
<thead>
<tr>
<th>Region</th>
<th>Executive Director/Manager</th>
<th>Email</th>
<th>Phone Number</th>
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</thead>
</table>
| Associate Director of Region Services  
Tinley Park | Dan Wasmer, ED | Dan.Wasmer@illinois.gov | 708-614-4002 |
| Region 1 North  
Chicago | Dan Wasmer, ED | Dan.Wasmer@illinois.gov | 773-794-4139 |
| Region 1 Central  
Hines | Gustavo Espinosa, ED | Gustavo.Espinosa@illinois.gov | 708-338-7202 |
| Region 1 South  
Tinley Park | Gustavo Espinosa, Acting ED | Gustavo.Espinosa@illinois.gov | 708-614-4031 |
| Region 2 Northeast  
Elgin | Amparo Lopez, ED | Amparo.Lopez@illinois.gov | 847-742-1040 Ext. 2002 |
| Region 2 Northwest  
Rockford | Amparo Lopez, ED | Amparo.Lopez@illinois.gov | 815/987-7910 |
| Region 3 & 4  
Springfield | Jordan Litvak, ED | Jordan.litvak@illinois.gov | 217-786-6866 |
| Region 5  
Alton and Choate | Jim Novelli, ED | Jim.Novelli@illinois.gov | 618-833-5161 ext. 2321 and 618-474-3812 |
| Children & Adolescents  
Chicago | Lisa Betz  
Constance Williams  
Asst. Deputy Clinical Directors | Lisa.J.Betz@illinois.gov Contance.Y.Williams@illinois.gov | 773-794-4847 |
| Forensic  
Chicago | Anderson Freeman | Anderson.Freeman@illinois.gov | 312/814-1318 |
Who are Our Partners in Mental Health Recovery?

- Consumers
- Community Mental Health Agencies
- Primary Care Professionals
- DHS Sister Agencies, DASA, DRS
- Advocacy Organizations
- Employers
- The Communities in which we live
- DMH Recovery Support Specialists
DHS Office Locator

DHS: Illinois Department of Human Services
Illinois Department of Human Services

DHS can help you and your family meet your basic needs. We offer a range of services to help you become healthy and self-sufficient. See our "for Customers" section for details.

If you are - or want to be - a DHS partner, provider, contractor, or vendor, you can find the information and resources you need under "for Providers."

Learn about our mission, organization, and programs in "about DHS."
Read the General DHS Agency Brochure.

DHS Office Locator
Office Type: All
County: All

DHS Help Line
• 1-800-843-6154
• 1-800-447-6404 TTY

www.dhs.state.il.us
DHS: Office Locator
Illinois Department of Human Services
Michelle R.B. Saddler, Secretary

Office Locator
Search for a DHS Office or Service Provider by selecting your county, and, for Cook County, your ZIP Code:

1. Select an Office Type:  
   Mental Health

2. Select your County:
   Sangamon

3. and your ZIP Code:
   for Cook County

Find Offices

DHS Offices and Service Providers for Sangamon County

A. Division of Mental Health - Region Four
   Mental Health
   901 Southwind Dr
   Springfield, IL 62703
   Phone: (217) 786-6866
   TTY: None
   No direct services provided at this location. Administrative office only.
   Show Map | Directions: To this Office | From this Office

B. MHC of Central Illinois/Sangamon-Menard Mental Health
   Mental Health
   710 N 8th St
   Springfield, IL 62702
   Phone: (217) 525-1064
   TTY: None
   Fax: (217) 525-9047
   Afterhour Crisis Number: (217) 525-1789
   Show Map | Directions: To this Office | From this Office

C. SIU Community Support Network
   Mental Health
   801 N Rutledge St, PO Box 19230
   Springfield, IL 62702
   Phone: (217) 545-6251
   TTY: None
   Fax: (217) 545-2275
   Afterhour Crisis Number: (217) 545-5880

http://www.dhs.state.il.us/page.aspx?module=12&officetype=6&county=Sangamon
Value of the Community MH Center (DMH Support)

- Mental Health Assessment
- Evaluation
- Crisis Services
- Teaching How Instead of Doing For (Recovery Model)
- Housing Support
- Groups
- Counseling
- Community Support or Recovery Specialist Services
- Psychiatry - Medication
- Linkage, Case management to other supports
What is a Recovery Support Specialist?

They function as an ear for the consumer and the consumer voice to the Illinois DHS Division of Mental Health. They are involved heavily in consumer advocacy education and support, as well as substantial staff and community education.
# DMH Recovery Support Specialists

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Title</th>
<th>Street Address</th>
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<th>Zip</th>
<th>Phone</th>
<th>Cell</th>
<th>Email</th>
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<tbody>
<tr>
<td>Larson</td>
<td>Nanette</td>
<td>Director</td>
<td>5407 N. University St.</td>
<td>Peoria</td>
<td>61614</td>
<td>309-693-5228</td>
<td>309-264-3882</td>
<td><a href="mailto:Nanette.Larson@illinois.gov">Nanette.Larson@illinois.gov</a></td>
</tr>
<tr>
<td>Jones</td>
<td>Julie</td>
<td>Associate Director</td>
<td>5407 N. University St.</td>
<td>Peoria</td>
<td>61614</td>
<td>309-693-5192</td>
<td></td>
<td><a href="mailto:Julie.K.Jones@illinois.gov">Julie.K.Jones@illinois.gov</a></td>
</tr>
<tr>
<td>Brodbeck</td>
<td>Josephine</td>
<td>Executive Secretary</td>
<td>5407 N. University St.</td>
<td>Peoria</td>
<td>61614</td>
<td>309-693-5228</td>
<td></td>
<td><a href="mailto:Josephine.Brodbeck@illinois.gov">Josephine.Brodbeck@illinois.gov</a></td>
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<td>Goldrick Virginia Region 1</td>
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<td>Hines Marty Region 1-South</td>
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<td>Lindquist Patricia Region 2-East</td>
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<td>Wigget Eldon Region 2-West</td>
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<td>Troe Tom Region 3</td>
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<td>Hayes Patrick Region 4</td>
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<td>Mayhew Cindy Region 5-Metro East</td>
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<tr>
<td>Keck Rhonda Region 5-Southern</td>
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</tbody>
</table>
Also, there is a small army of Certified (Wellness Recovery Action Plan WRAP) Facilitators assisting consumers in developing their own recovery plans.

WRAP is an evidence-based practice.

What does all this mean?
**Foundational Principles of Wellness**

**HOPE**
Having a vision that includes hopes and dreams. Setting goals, while refraining from negative predictions. Fearing ‘false despair’, not ‘false hope’.

**PERSONAL RESPONSIBILITY**
Relying on oneself, with help from others, while working to control one’s life and one’s symptoms. Making choices which reflect one’s life priorities.

**EDUCATION**
Learning all there is to know about one’s health, wellness, symptoms and treatment, in order to be equipped to make good decisions. Being open to, and seeking out, new information.

**SUPPORT**
Recognizing that recovery is not a journey that anyone walks alone. Drawing on support from friends, family, and healthcare professionals.

**SELF-ADVOCACY**
"Going for it" with courage, persistence, and determination. Expressing oneself clearly and calmly in order to get one’s needs met.

**SPIRITUALITY**
Finding meaning and purpose in one’s life. Gaining a sense of identity, based on one’s own values and beliefs, which may include one’s relationship with the divine or a power greater than oneself.

Hope

Goals can be achieved
Personal Responsibility

Choices you make have the best outcomes
Support

Everyone needs a support network
Education

Knowledge empowers you
Self-Advocacy

Focus on what you want to achieve
Spirituality

Spirituality is an essential part of recovery.
### 1. Foundational Principles of Recovery

Being connected to...

Hope, Personal Responsibility, Support, Education, Self Advocacy, Spirituality

### 2. Wellness Toolbox

A list of simple, safe coping and wellness strategies I can use any time to help me to stay well, or to help me feel better when I am not well

### 3. Action Plans

<table>
<thead>
<tr>
<th>Daily Maintenance Plan</th>
<th>Triggers</th>
<th>Early Warning Signs</th>
<th>Things Breaking Down</th>
<th>Crisis Planning</th>
<th>Post-Crisis Planning</th>
</tr>
</thead>
<tbody>
<tr>
<td>A description of me <em>at my best</em>, which helps me stay focused on a vision for my wellness every day</td>
<td>A list of events and circumstances that can compromise my wellness, <em>IF</em> I do not respond to them</td>
<td>A list of internal signs (thoughts, feelings, sensations) that I am having difficulty; only I know they are happening</td>
<td>A list of signs that I am having difficulty, which others begin to notice, <em>but</em> I can still take action on my own behalf</td>
<td>A plan I develop when I am well to be used at a time when someone else needs to step in and take over</td>
<td>Steps I will take after a crisis has ended, to help ensure a smooth recovery and return to wellness</td>
</tr>
<tr>
<td>The things I do EVERY DAY to help me <em>stay the best I can be for today</em></td>
<td>Identify Signs</td>
<td>Identify Signs</td>
<td>Identify Signs</td>
<td>Identify Signs</td>
<td>Identify Signs</td>
</tr>
</tbody>
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### 4. Recovery Topics

- Self-Esteem
- Trauma Recovery
- Work-Related Issues
- Peer Support
- Suicide Prevention
- Motivation
- Lifestyle/Living Space/Enhancing Your Life
- Changing Negative Thoughts To Positive

Based on the work of Mary Ellen Copeland [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

Nanette V. Larson, BA, CRSS; Director, Recovery Support Services, DHS/Division of Mental Health; Senior Recovery Educator, Copeland Center

Mail: 5407 N. University St., Peoria, IL 61614  
Phone: 309-693-5228  
Fax: 309-693-5101

Collaborative effort between consumers, Mental Health professionals, and medical professionals.

Resilience

means the personal and community qualities that enable us to rebound from adversity, trauma, tragedy, threats, or other stresses – and to go on with life with a since of mastery, competence, and hope.

We now understand from research that resilience is fostered by a positive childhood and includes positive individual traits, such as optimism, good problem-solving skills, and treatments.

Closely knit communities and neighborhoods are also resilient, providing support for their members.

President’s New Freedom Commission, 2003
Permanent Supportive Housing refers to a unit (a studio, efficiency or one bedroom apartment or a two-person, two-bedroom shared apartment or in a small house with no more than two bedrooms) where the consumer resides and holds the lease agreement in accordance to tenant/landlord law. Permanent Supportive Housing may either be in existing rental units in a community or in new units of housing specifically developed as PSH.
Then there’s Employment Support

70% of Consumers of Mental Health Services Want to Work

What is being done?
Individual Placement and Support (IPS)

Evidence-Based Supported Employment - (EBSE)
as defined by the Federal Substance Abuse & Mental Health Services Administration - (SAMHSA)

Working toward RECOVERY!
Why Do You Work…

- Increased income?
- Structure in your day?
- Time outside of your home?
- Socialize with other people?
- Increased self-esteem?
- Learn new things?
- Be helpful to other people?
- Develop a career?
Seven IPS Principles

- Zero Exclusion
- Consumer Job Preferences are important
- Rapid Job Search
- Competitive Employment is the Goal
- Integration of Mental Health Services and Vocational Services is Important
- Unlimited Follow Along Support
- Benefits Counseling
Consumer and Family Handbook

Illinois Department of Human Services/
Division of Mental Health

Consumer and Family Handbook
Fourth Edition
October 2011

“The Expectation is Recovery!”

Produced by the:

ILLINOIS MENTAL HEALTH COLLABORATIVE
FOR ACCESS AND CHOICE

http://www.illinoismentalhealthcollaborative.com/consumers/consumer_handbook.htm
“Mental Wellness Recovery—
A Journey Through the Healing Arts”
Consumer Family Forum 2012

The Region 2 West Consumer Family Forum is proud to announce the 13th annual Mental Health Recovery Conference
Klehmb Arboretum, 2715 S. Main St., Rockford
June 27th, 2012
9:30 a.m. — 3:00 p.m.

Art Exhibit and Sale
Musical Performances
Poetry Performances
Zentangles Seminar
Door Prizes
Drum Circle
The Stars of Light

Outdoor presentations will be a new part of the conference this year in addition to our main indoor agenda. Exciting Key Presenters are in the works.
Keep the date open—Hope to see you there!

To register please contact Julia.K.Jones@illinois.gov or by phone: 309-693-5192

Additional help is needed with conference planning. Family members, providers, interested citizens are welcome; 80% of the planning team will be individuals that are self-disclosed as having experience with the mental health system. Meetings are held on Thursdays at 2:15 at Singer MHC or by teleconference, 1-877-402-9157, passcode 5179303#. Please contact Patricia.Lindquist@illinois.gov or 847.742.1040 Ext. 2985 or Eldon.Wigert@illinois.gov 815.378.6804 to volunteer some of your valuable time!

Topics and events being planned for the fall: Mental Illness Awareness Week activities (October), Veterans Mental Health (November), Now What—Inpatient Mental Health Treatment (when Singer Closes), and more!
Regions 3 & 4 Recovery Conference Flyer

Save the Date

Regions 3 and 4 Annual Recovery Conference Including the Arts & Crafts “Show and Sell”

“Joy in Balanced Living”


Dear Friends:

As we are in the time of year wishing it were Summer already, consumers of Central Illinois are preparing to bring you our annual Recovery Conference. This year’s theme, “Joy in Balanced Living” will be reflected throughout the conference offerings.

Back by popular demand, The Arts & Crafts “Show and Sell” returns (details to follow). There will also be numerous workshops that will align themselves with the theme, and will feature topics that in most cases people don’t receive every day at an agency.

Please note additional details:

Advanced registration is preferable and strongly encouraged. Conference participation will be limited to 350 persons this year, due to seating availability.

There will be a conference fee to offset meal costs. Advanced T-shirt sales will also be available. T-shirts will also be available at the conference.

We look forward to seeing you in September. Should you have questions regarding the conference, or wish to become part of the planning process, please feel free to call Tom Trues, Region 3 Recovery Support Specialist at 309-693-5231 or Pat Hayes, Region 4 Recovery Support Specialist at 217-786-7028.
2012 Consumer Education & Support Statewide Call-In Dates

"Living Well in 2012!"

Please mark your calendars now for the 2012 Consumer Education & Support Statewide Call-Ins.

 Calls are held on the 4th Thursday of each month (except November and December), from 10:00am-11:30am. Call-In Number: 888-790-6707. Password: "RECOVERY".

January 26: “Living Well through Self Esteem”
February 23: “Living Well through Healthy Alternatives”
March 22: “Living Well through Community Living”
April 26: “Living Well through Fulfilling Relationships”
May 24: “Living Well from Trauma to Triumph”
June 28: “Living Well through Practical Spirituality”
July 26: “Living Well through Self Education”
August 23: “Living Well through Career Building”
September 27: “Living Well through Integrated Healthcare”
October 25: “Living Well through Action Plans for Wellness & Recovery”
November: No Call-In scheduled
December: No Call-In scheduled

http://www.illinoismentalhealthcollaborative.com/consumers/consumer_education.htm
Then there is
The Warm Line: Peer and Family Support by Telephone

The Illinois Mental Health Collaborative for Access and Choice is pleased to announce the Warm Line!

Sometimes what is needed most in difficult times is someone to talk to. The Warm Line is an opportunity in Illinois for persons with mental health challenges and their families to receive support by phone. The warm line is not a crisis hotline, but is a source of support as you recover or help a family member to recover.

Call: 1 (866) 359-7953
TTY: 1 (866) 880-4459

Hours of Operation: Monday through Friday, 8am-5pm except holidays
From the main menu, select option #2 for Consumers and Families. Next, select option #5 for the Warm Line: Peer and Family Support by Phone.
Finding Hope and Living Your Dreams

Recovery Specialists available for Recovery Education presentations at your site.
Medical Importance:
We Live
Twenty-Five Years Less Than Average

- Emergency Diversions
- Integrated Health Care
- Federally Qualified Health Centers
- Value of the Medical Home
Natural Supports

- Transportation
- Community Support Groups
  - Alcoholics Anonymous, Narcotics Anonymous, Depression and Bipolar Support Alliance
  - Emotions Anonymous
  - Local Consumer-Created Groups
  - GROW
  - Community Advocacy
  - Exercise
  - Churches
  - Groceries
  - Junior Colleges

Family                      Friends   Peers  Dining out
Bowling       Theater   YMCA                Museums
Shopping       Sporting Events          Art Galleries                         Antiquing
Community Events      Mini Golf                          Parks  Library Resource Directory
Medical Community
Who is Responsible?

- Consumers
- Mental Health Agencies
- Medical Professionals
- Criminal Justice System
- Employers
- Division of Mental Health
- Advocacy Organizations
- The Communities in which we live
We are all Responsible!