

\*\*\*\*\*

## RECOVERY & EMPOWERMENT STATEWIDE CALL

\*\*\*\*\*

Please plan to join on January 23, 2020 for our first Recovery & Empowerment Statewide Call for 2020! Our theme this year is "2020 Vision for Ourselves!" These educational forums place an emphasis on sharing successful tools and strategies for wellness. This month's focus is "Seeing and Appreciating Diversity!"

Individuals are welcome to dial in from a personal phone or from home. However, if dialing in from an agency or other organization, to help reduce the cost, please gather and dial-in together. Remember to provide the moderator with your name, the agency you are representing (if applicable), and the number of persons listening in from your location.

### ABOUT THIS MONTH'S CALL:

DATE: January 23, 2020

TIME: 10:00am - 11:00am

TOPIC: Seeing and Appreciating Diversity

OBJECTIVES: Participants will learn: How to identify what makes up your cultural identity; Three steps to staying open to differences; Ways to get to know a person despite cultural differences; Tools that can help us connect with others.

DIAL-IN NUMBER: 1-844-867-6167 [Note: New number and access code required for 2020]

ACCESS CODE: 4360050

MEETING TITLE: Recovery & Empowerment Statewide Call

SPEAKERS: Cindy Mayhew, Tanya Cooley, and Amy Foster

You will be on hold with music until the host opens the conference call. If you have any questions or require additional assistance, please press "0" from your phone during the audio conference.

As a courtesy to others and to improve sound quality, please mute your phone when not speaking.

**HANDOUTS:**

The following materials for the 1/23/20 call are attached:

- Seeing and Appreciating Diversity  
(PowerPoint slides in pdf document - 6 slides to a page)
- Handout: My Cultural Identity
- Evaluation Form
- Sign-In Sheet
- CEU Instructions
- 2020 Statewide Call Flyer
- Jan. 23 Flyer

**ABOUT RECOVERY & EMPOWERMENT CALLS:**

Note: These calls have been held monthly since 2007, and were formerly known as “consumer education and support statewide call-ins.”

For all persons living with mental health conditions and receiving mental health services, this call is for you! The call contains specific information relative to consumers of mental health services. This call is uniquely and specifically designed to provide education and support for all individuals participating in publicly funded mental health services in Illinois.

**ABOUT STAFF PARTICIPATION:**

Staff are welcome to listen in as well. However, the primary purpose of the call is to ensure that individuals participating in services have an opportunity to receive information, ask questions, and provide input.

\*\*\*\*\*