



# The Self-Helper

News and Notes from the Self-Help Center  
A program of Family Service

Spring 2017

## **Meaningful Communication for Meaningful Connection**

On Friday, April 7, approximately 80 participants attended the Self-Help Center's biennial conference, featuring key note speaker Dr. Elaine Shpungin, Founder and Director of Conflict 180 Consulting. The event took place at the Hawthorne Suites in Champaign and featured expert presenters on the topics of communication and connection. In addition, attendees also enjoyed an exhibitors' hall and the presentation of the Mowrer Awards (details about the 2017 Mowrer Award winners are included elsewhere in this newsletter). Dr. Shpungin was a hit! Participants appreciated her warm, humorous approach to the topic of "listening underneath" for turning conflict into restorative connection. Many participants requested that we bring Dr. Shpungin back for a full workshop and plans are underway to do just that. Thank you to all of our wonderful presenters who brought their expertise to our network and to all who attended and made the day very special.

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## **Good News- New Groups!**

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### **Ehlers Danlos Syndrome Support Group (2016 F,L)**

Anyone with a diagnosis of Ehlers Danlos Syndrome is welcome. This group is newly formed and input into the group from anyone interested is desired.

**Call:** Deborah Royce (207) 251-5744

**Email:** [dlr4951@gmail.com](mailto:dlr4951@gmail.com)

**National Website:** <http://www.chronicpainpartners.com/champaign-il/>

Note from Deborah: "The EDS Support group has started to get some traction. There was a great response in attendance on April 1st. For the remainder of the 2017 calendar year we will meet in the classroom at the back of the cafeteria on the basement level of the main hospital building in Urbana. Our meetings go from 1 pm-3 pm and we welcome new members to share the experience and learn more about Ehlers-Danlos Syndrome. Since we are a newer group we especially want people who will help to create a group that offers something for everyone."

### **Men's Caregivers Alzheimer's & Dementia Support Group (2015 F,L)**

This support group meets multiple times weekly to provide support for caregivers, widowers and spouses of those with Alzheimer's/dementia. Tuesdays, 9:00a.m. - 10:15a.m.; Wednesdays, 10:00a.m. - 11:30a.m. Y Community Room, Stephens Family YMCA, 2501 Fields S Dr, Champaign.

**Call:** Phil Hoggatt (217) 840-7219 or Kayla Carleton (217) 239-4955

**Email:** [philh1305@gmail.com](mailto:philh1305@gmail.com) - [kayla@ccymca.net](mailto:kayla@ccymca.net)

**Local Website:** [sf-ymca.net](http://sf-ymca.net)

**National Website:** [www.ymca.net](http://www.ymca.net)

### **Pontiac Support Group (2017 F,L)**

The Pontiac Support Group is for those individuals with an AIDS/HIV diagnosis. The group focuses on supporting these individuals and assisting them in obtaining, sustaining, and succeeding in healthcare. The group will focus on improving an individual's knowledge of health and reading lab results; tracking improvements; increasing understanding of applicable laws and understanding impacts when disclosure of the diagnosis is mandatory. Meetings are restricted to only those individuals with AIDS/HIV so that those newly diagnosed can focus on self-acceptance as well as education. Attendees will be asked to sign a confidentiality agreement. Adherence Counseling and Peer Services will also be offered. Meets 3rd Tuesday, 4:00p.m., meeting location provided upon proof of diagnosis.

**Call:** Darrell Scott (217) 531-5355

**Email:** [dscott@c-uphd.org](mailto:dscott@c-uphd.org)

**Local Website:** <http://www.c-uphd.org/>

### **Puzzled Minds Vermilion County** (2011 F,P/L)

This support group is for both families and professionals. If you are a parent with a child, or a professional that works with children who have an autism spectrum disorder, ADHD, OCD, ODD, or a mood disorder, this group is for you. We bring families and professionals together to brainstorm ideas, share resources, advocate for children and offer support. Additional services offered include workshops, Sensory Santa and other family events. Meets 2nd Thursday, 6:30 p.m., Two Roads Crossing, 1101 E. Winter Ave., Danville.

**Call:** Lori Acree (217) 840-5627 (call or text)

**Email:** [puzzledmindsvermco@gmail.com](mailto:puzzledmindsvermco@gmail.com)

**Local Website:** [www.facebook.com/PuzzledMindsVermilionCounty](http://www.facebook.com/PuzzledMindsVermilionCounty)

### **Young Adult Diabetes Support Group** (2016, F,P/L)

This support group gives the young adult person with diabetes an avenue to share ideas and information on advances in the disease, as well as dealing with the fact that diabetes impacts all areas of one's life. The American Diabetes Association standard of providing ongoing diabetes self-management support is provided in this group. For people 18 years and older. Meets 2nd Tuesday, 5p.m., Carle on Kirby, 1813 W. Kirby Avenue, Champaign.

**Call:** Dori Puracchio, RN, CDE- (217) 383-3490

**Email:** [dori.puracchio@carle.com](mailto:dori.puracchio@carle.com)

**Local Website:** [carle.org/classes/support-groups](http://carle.org/classes/support-groups)

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## Group Updates

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\* Kimberly Harden, LCSW, from the **Carle Cancer Center**, 509 W. University Ave., Urbana, IL 61801 sends word of a new speaker series on the third Wednesday of the month from 5:30PM-6:30PM. Topics announced so far are:

April 19: Social Work Services; May 17: Dr. Perdekamp; June 21: Tai Chi

For more information, connect with Kimberly at [Kimberly.Harden@carle.com](mailto:Kimberly.Harden@carle.com)

\*Sharnell Knapp from **Crisis Nursery** wants to remind you that:

- Parent-Infant Interaction Group: Wednesdays at 10 AM at Crisis Nursery. Come learn and play with your baby! All parents and babes under age 1 are welcome at this playgroup. Childcare for older children through age 6 can be arranged with advance notice. Call Crisis Nursery at 217-337-2731 to register. Group is free.
- Parent-Toddler Interaction Group: Fridays at 10 AM at Crisis Nursery. Have a 2 or 3 year old? Join us for songs, fun and learning at Crisis Nursery! Childcare for other children through age 6 can also be arranged with advance notice. Call Crisis Nursery at 217-337-2731 to register. Group is free.

Sharnell also adds:

- Crisis Nursery welcomed a new Spanish speaking Family Specialist to our team to facilitate Parent Child Interaction Groups, Parent Support Groups, and home visits. She will be providing services to families with Spanish being their primary language and with children birth through age six. Call Crisis Nursery at 217-337-2731 for more information. All services are free.

For more information, please connect with Sharnell at [sknapp@crisisnursery.net](mailto:sknapp@crisisnursery.net)





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# Announcements and Events

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\***NAMI** presents a special event:

## Passionate Recovery

**Monday, April 17 7-8:30 PM**

Shraddha Shankar is an undergraduate student who has suffered from mental illness for the majority of her life and has survived 13 suicide attempts over the course of her adolescence. She will share her powerful story with the public for the first time where she shares of the struggles she faced growing up with a severe mental disorder and her secret to finally finding recovery.

This event was originally scheduled in November but the room wasn't big enough. Come early for best seats.

Champaign Public Library  
200 W Green St, Champaign

**OPEN TO COMMUNITY**

[champaignnami@aol.com](mailto:champaignnami@aol.com)



\***Crisis Nursery** will host a Darkness to Light Training on Tuesday, April 18<sup>th</sup> from 5:30 to 7:30pm. Since Crisis Nursery works to keep children in Champaign Country safe, we are excited to work with the organization Darkness to Light to make their award-winning training program, Stewards of Children, available to the community. Studies estimate that about 1 in 10 children experience child sexual abuse before they are 18, and this abuse has devastating and long-lasting consequences. Stewards of Children focuses on training adults on the warning signs of sexual abuse and in their responsibility to report these signs. The 2-hour training provides adults with five important steps in preventing and reacting to the reality of child sexual abuse. Though the subject matter is serious, Stewards of Children presents the material in a way that is empowering, not fear-focused or discouraging. Cost is \$10/person to cover the cost of materials. To learn more or register for this training, please contact Katie Adams at 217-337-2731.

\***Crisis Nursery** will host a Community Open House on Sunday, April 30<sup>th</sup> from 1-3pm. The Open House will be to introduce the community to our new space—and give the community the chance to familiarize themselves with our program and services. Everyone is welcome.

\*Chelsey Byers Gerstenecker, **University of Illinois Extension Office**, sends word of two events coming up in May.

May 10 – Healthy Aging Summit

Starting May 15- Life Story Writing Workshop

Please see attachments for more details, or go to [web.extension.illinois.edu/cfiv](http://web.extension.illinois.edu/cfiv).

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# Congratulations to our 2017 Mowrer Award Winners!

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Approximately 130 people attended the luncheon to honor the 2017 Mowrer Award winners, an award that recognizes excellence in support group work. The awards luncheon was held in conjunction with the Self-Help Center's biennial conference that day. Please refer to the attached document to read more about the winners' important work.

1. **Debbie Mitchell- Outstanding Lay-Person Support**, Champaign Epilepsy Support Group. Ms. Mitchell's nomination was submitted by Kimberly Janssen, Community Outreach Coordinator, Epilepsy Foundation of Greater Chicago.
2. **Phil Hoggatt -Outstanding Lay-Person Support**, Men's Caregiver's Alzheimer's & Dementia Support Group. Mr. Hoggatt's nomination was submitted by Mark Johnson, CEO, Stephens Family YMCA in Champaign.
3. **Dori Puracchio- Outstanding New Group**, Young Adult Diabetes Support Group at Carle. Ms. Puracchio's nomination was submitted by Martha Trenkamp, RD, CDE.
4. **Earl Kloppmann- Outstanding Established Group**, in recognition of his work with the many parent support groups for Children's Home + Aid. Mr. Kloppmann's nomination was submitted by Darci Thompson, Regional Coordinator, Parents Care + Share, Children's Home + Aid.
5. **Sara Whalen- Outstanding Professional Support**, Friends and Family Support Group and the Domestic Violence Support Group at Courage Connection. Ms. Whalen's nomination was submitted by Marella McMurray, ICDVP, Program Manager, Courage Connection.
6. **Peter H. Dyck - Outstanding Professional Lifetime Achievement**, in recognition of his work with the Survivors of Suicide Loss Support Group at Presence Covenant Medical Center. Mr. Dyck's nomination was submitted by Marilyn K. Ryan, MS, LCSW, at Parkland College.

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## Send us your news!

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We love to hear from group leaders and participants. Do you have a success story to share? Does your group have an upcoming event or anniversary? Would you like us to develop a workshop on a specific topic? Are you available as a workshop presenter? Please contact us with comments and questions, ideas for future articles or news you'd like to share about your group.

Contact SHC Coordinator Lorelea Liss by phone at (217) 352-0099, ext. 144, or e-mail: [lliss@familyservicecc.org](mailto:lliss@familyservicecc.org)

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Website: [selfhelp.famservcc.org](http://selfhelp.famservcc.org)

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