

## 2017 Mowrer Award Nomination Form

Please check nomination category below.

Use a separate form for each nomination you submit.

\_\_\_\_\_ Group Award–New  
(in existence at the local level less than 2 years)

\_\_\_\_\_ Group Award–Established  
(in existence at the local level 2 or more years)

\_\_\_\_\_ Individual Award–Layperson Group Leader

\_\_\_\_\_ Individual Award–Professional Group Leader

Name of **Nominator**: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_

Name of **Nominee**: (Group and/or contact person)

\_\_\_\_\_

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

Phone Number: \_\_\_\_\_

Name of Self-Help/Support Group:

\_\_\_\_\_

1. List the nominee's (individual/group) most important achievements in the area of self-help/mutual aid.
2. How has this individual or group impacted people's lives either within the group or in the larger community?
3. Summarize the qualities which the individual/group demonstrates which stand out as exemplary in their service to the group or community.

For more information, visit:

<http://selfhelp.famservcc.org>

**Return Mowrer Award Nominations  
by Friday, March 3.**

Submissions may be

EMAILED TO: [lliss@familyservicecc.org](mailto:lliss@familyservicecc.org)

MAILED TO: The Self-Help Center at Family Service  
405 S. State Street, Champaign, IL 61820

FAXED TO: 217.352.9512

## SPECIAL THANKS TO...

### Sponsors:

- Champaign County Mental Health Board
- Carle

### Supporters:

- Self-Help Center Advisory Council
- Circle of Friends Adult Day Center
- College of Nursing University of Illinois at Chicago/Urbana Campus
- NAMI (National Alliance on Mental Illness)
- PACE, Inc. Center for Independent Living
- Presence Covenant Medical Center
- University of Illinois Child Development Lab
- WEFT 90.1 FM

*6 CE credits provided by the Continuing Education  
Institute of Illinois in collaboration with the  
Department of Family Medicine, University of  
Illinois at Urbana-Champaign*



Family Service Self-Help Center  
PRESENTS

Meaningful  
**Communication**  
FOR  
Meaningful  
**Connection**

FEATURING: *Elaine Shpungin, Ph.D.,  
Founder and Director of Conflict 180 Consulting*



**Self-Help Center**  
A Program of Family Service  
405 South State Street  
Champaign, IL 61820  
217.352.0099  
[www.selfhelp.famservcc.org](http://www.selfhelp.famservcc.org)

**FRIDAY, APRIL 7, 2017**  
**8:30 am – 3:15 pm**

Hawthorne Suites  
101 Trade Centre Drive  
Champaign, IL 61820

# SELF-HELP CENTER 2017 Biennial Conference

## Program Purpose

- To improve communication through a variety of non-violent techniques across a wide spectrum of groups and organizations, with the goal of increasing connection among people and communities.
- Presentation of the Mowrer Awards.

## Intended Audience


Facilitators and members of peer support groups, helping professionals working with or interested in peer support groups, ministers and pastoral staff, nurses, students in human service or health professions, educators and the general public.

## Registration Fees

- **\$70** Professionals
- **\$15** CE processing of 6 credits
- **\$35** Support group members and lay audience
- **\$15** Student rate
- **\$5** additional late fee registration after March 24.
- **FREE** Parking

Scholarship assistance is available.  
Please call Self-Help Center to discuss.

## Information

 **CALL:** Self-Help Center 217.352.0099

 **E-MAIL:** lliss@familyservicecc.org

 **WEBSITE:** www.selfhelp.famservcc.org

## Program Schedule

**8:30-9:00 a.m.**

### CHECK-IN/REGISTRATION AND EXHIBIT VIEWING

White Oaks Pre-Function Area

**8:30-9:00 a.m.**

### COFFEE SERVICE AVAILABLE

White Oaks I

**9:00-10:00 a.m.**

### WELCOME AND KEYNOTE ADDRESS

White Oaks II

WELCOME

*Sheryl Bautch, Executive Director, Family Service*

INTRODUCTION OF KEYNOTE SPEAKER

*Alice Kirby, Family Support Program Director, Family Service*

KEYNOTE ADDRESS

*Elaine Shpungin, Ph.D.,  
Founder and Director of Conflict 180 Consulting*  
Listening Underneath: Three Keys to  
Turning Conflict Into Connection

**10:00-10:15 a.m.**

### BREAK

**10:15-11:30 a.m.**

### MORNING BREAK-OUT SESSIONS

- 1** Communicating and Connecting with Verbal Judo  
*Dr. Michael Schlosser*
- 2** Communicating and Connecting Spiritually – A Panel Discussion  
*Vera Duncanson*
- 3** Communicating and Connecting for Mental Health  
*Nancy Carter & Debra Medlyn*

**11:35-12:00 p.m.**

### MOWRER AWARD PRESENTATIONS

White Oaks I

**12:00-1:00 p.m.**

### LUNCH, EXHIBIT VIEWING

White Oaks I / White Oaks Pre-Function Area

**1:00-2:15 p.m.**

### AFTERNOON BREAK-OUT SESSIONS

- 4** Communicating and Connecting for Restorative Justice  
*Joseph Omo-Osagie*
- 5** Communicating and Connecting with Technologies and the Internet  
*Avigail Laird & Christopher Smith*
- 6** Communicating and Connecting in Intimate Relationships  
*Dr. Mikhail Lyubansky*

**2:15-2:30 p.m.**

### BREAK

**2:30-3:00 p.m.**

### CONFERENCE WRAP-UP/FINAL THOUGHTS

White Oaks II

*Dr. Elaine Shpungin*

**3:00-3:15 p.m.**

### CONCLUDING REMARKS/CONFERENCE EVALUATION

White Oaks II

*Loralea Liss, Coordinator, Self-Help Center*

## Registration Form

### MEANINGFUL COMMUNICATION FOR MEANINGFUL CONNECTION

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

Group/Agency: \_\_\_\_\_

If CEU Only-License #: \_\_\_\_\_

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

City: \_\_\_\_\_

State, Zip: \_\_\_\_\_

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

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

### Optional

Gender  Male  Female  Other

Ethnicity  White  Black/AA  Asian/PL

Hispanic/Latino  Other (incl. Native American/Bi-racial)

### Morning break-out sessions (SELECT ONE)

- \_\_\_\_\_ **1.** Communicating and Connecting with Verbal Judo
- \_\_\_\_\_ **2.** Communicating and Connecting Spiritually – A Panel Discussion
- \_\_\_\_\_ **3.** Communicating and Connecting for Mental Health

### Afternoon break-out sessions (SELECT ONE)

- \_\_\_\_\_ **4.** Communicating and Connecting for Restorative Justice
- \_\_\_\_\_ **5.** Communicating and Connecting with Technologies and the Internet
- \_\_\_\_\_ **6.** Communicating and Connecting in Intimate Relationships

### Please make checks payable to Family Service Self-Help Center

MAIL TO: 405 S. State St., Champaign, IL 61820

OR FAX TO: 217.352.9512

\_\_\_\_\_ Registration fee enclosed (\$70 professional; \$35 Lay)

\_\_\_\_\_ \$15 processing fee for 6 CE credits

\_\_\_\_\_ \$15 student rate

\_\_\_\_\_ Scholarship Assistance Requested

Indicate Special Accommodations:

\_\_\_\_\_