

May, 2004

Volume 5.2

Mental Health Recovery
Newsletter

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INTRODUCTION

Welcome to Mental Health Recovery Newsletter, published quarterly from the office of Mary Ellen Copeland. This newsletter is available free to anyone either by e-mail or the postal service. If you would like a subscription, you can order it through the website, by e-mail or mail. Multiple copies are available: 50 copies for \$25 plus mailing; 100 copies for \$45 plus mailing. **Please contact us and let us know whether we can send you the email version. You may freely copy and distribute this newsletter or sections of it, giving credit to Mary Ellen Copeland.**

Update on the Copeland Center

The Copeland Center is off to a great beginning. Since January we have offered three Mental Health Recovery and WRAP Facilitator trainings (including advanced and master's level training, a training on Using WRAP and Peer Support and a Mental Health Recovery Refresher. Each training was filled to capacity. Over 130 people attended representing many states, Canada and Great Britain. All left with a renewed enthusiasm for and commitment to this vital work. Information on Recovery and Wellness Recovery Action Planning is being made available to more and more people.

There is a full range of trainings offered through the rest of the year, including: another Facilitator Training, and WRAP and Peer Support, Implementing Mental Health Recovery and WRAP, and Peer Run Crisis Respite Training.

Most exciting to hear is how recovery educators are making WRAP available to people who are hard to reach, like people who are homeless, adolescents, and people who live in restricted settings like prisons, state hospitals and group or community care homes. They are using all their creative skills to help people discover how they can reclaim control of their lives, and begin working toward their life dreams.

The Copeland Center now has available keynote presenters and trainers who can come to your area to provide keynote addresses on mental health recovery, basic mental health recovery and WRAP training, facilitator training and training on various mental health recovery topics. Contact the Center for more information at www.copelandcenter.com, copeland@mentalhealthrecovery.com or (802) 254-2092.

Upcoming Mental Health Recovery Training

WRAP and Peer Support-July 26-30, 2004

Peer Run Crisis Respite Training- August 9-13, 2004

Mental Health Recovery and WRAP Facilitator Training (including Master Level)-
September 20-24, 2004

Implementing Mental Health Recovery and WRAP-November 8-12, 2004

Mental health Recovery and WRAP Correspondence Course-On-going

Peer Run Crisis Respite Training with Shery Mead, co-author of using WRAP and Peer Support and Amy Long, founder of Bridges of Hope, a supportive network for peer providers.

August 9-13, 2004

Brattleboro, VT

Although it's long been known that peer programs are able to either prevent or help people move through even the most difficult times, crisis respite programs have really begun to challenge the traditional notion of crisis response. In these programs, peers support each other by using the crisis as an opportunity to break out of old patterns while learning how to stay connected. In doing this many people find that they are no longer the "powerless victim" of the crisis and discover skills and abilities that help prevent future crises.

In this training, both peers and their supporters learn specific skills to help them respond in new and different ways. This five-day training offers:

- A review of trauma informed peer support
- New skills for working through conflict and difficult situations
- A method for using crisis as a relational learning opportunity
- Skills for proactively negotiating crisis situations
- Practices for maintaining values in high risk situations
- A model of co-supervision to help maintain program integrity.

The cost of this seminar is \$975 including lunch. Each participant will receive a copy of The Peer Support and Crisis Respite Manual by Shery Mead.

Using WRAP and Peer Support Training with Shery Mead, co-author of the WRAP and Peer Support Manual: Personal, Group and Program Development; and Mat

Mathai, Deputy Director for NYAPRS, developer of the NYAPRS Peer Bridger Project.

July 26-30, 2004 in Brattleboro, VT

Peer support centers and programs all over the country are including WRAP groups as part of their program. In order to make that connection possible for more and more centers and groups, Shery Mead and Mary Ellen Copeland have written a manual, WRAP and Peer Support Manual: Personal, Group and Program Development. This training will be based on the manual.

Using WRAP and peer support can be a very powerful combination. But what makes doing WRAP in the context of peer support different than doing it in other contexts? How can we use the combination of WRAP and peer support to develop alternative ways of thinking about recovery, wellness, and healthy, mutually transformative relationships? How can we also use WRAP and peer support to explore issues of conflict, power, trauma re-enactment, and relational phenomena that keep us stuck in victim, “mental patient” roles?

When we think of peer support’s underlying task as exploring and examining “how we’ve come to know what we know,” we begin to see that WRAP can become much more than helping individuals just stay well. In fact, using peer support skills with WRAP can help people challenge each other to move beyond old ways of thinking and old relational (often hierarchical) dynamics. If used thoughtfully, this combination can offer people (and whole groups or communities) the opportunity to try out new ways of thinking, acting, making meaning, and redefining who they can become.

The combination of WRAP and peer support can be incredibly powerful in helping us grow, learn from each other, and challenge each other beyond what we thought we were capable of. Using some of the peer support theory, we can

begin to use WRAP to help each other discover the context within which we've learned about ourselves, and then help each other develop plans that build a new "story."

Participants can include people who are currently working with peer run programs, peer groups and/or peer programs that exist in the context of other mental health services in combination with other mental health services.

The text for this training will be WRAP and Peer Support Manual: Personal, Group and Program Development. The cost is \$975.

Mental Health Recovery Seminar II: Facilitator Training (including master's level training)

The next Mental Health Recovery and WRAP Facilitator training with Mary Ellen Copeland, Edward Anthes and Alan McNabb is September 20-24, 2004 in Brattleboro, Vermont. In this training you will work with highly skilled teachers who have years of experience in this field. You will learn the values and ethics that guide mental health recovery work, and how to 1.) lead interactive groups in developing Wellness Recovery Action Plans and other mental health recovery topics, 2.) share information in ways that make it easy for people to understand, even people who are struggling with very intrusive symptoms, 3.) motivate others to take back control of their lives and make their lives the way they want them to be, and 4.) how to begin to integrate mental health recovery into your health care system. Combining WRAP and peer support initiatives will also be included in this training.

As a Mental Health Recovery and WRAP facilitator, you will become part of an ever-expanding network of mental health recovery facilitators that now numbers in the thousands. Interest in this work continues to grow as people

become more and more committed to programs and initiatives that are focused on hope, empowerment, self-determination, recovery and wellness. This focus is right for those of us who are working to reclaim our lives. It is also right for agencies and systems who are dedicated to assisting people in the wellness process, and who are being forced to provide services at the least cost possible.

Prerequisites for the training include having a basic understanding of mental health recovery and WRAP. You can get this basic understanding by attending one of the thousands of WRAP and recovery groups being held around the country or by taking the Mental Health Recovery Correspondence Course.

The cost of this seminar is \$975, including the Facilitator Training Manual. Add your travel and personal expenses. As soon as we receive your registration, we will send you an informational packet on travel arrangements and other details.

Implementing Recovery and WRAP in Your Mental Health System

November 8-12, 2004 at META Services in Phoenix, AZ

Gene Johnson and Lori Ashcraft of META Services will be hosting this Copeland Center Event. This compelling seminar is a must for anyone who is struggling to integrate mental health recovery into their agency, organization system or institution. Attendees will learn how others have actually made significant progress in integrating recovery into their programs and services. The workshop will include presentations of effective mental health recovery and WRAP programs and personal consultation on your program or agency's issues.

You will be introduced to information on effective WRAP formats and implementation strategies, how developing WRAP creates the opportunity for more recovery-oriented programs, how to create a resource of peer facilitators through training, coaching, and support and ideas for funding WRAP and recovery programs.

At this training you will have the opportunity to consult with skilled recovery specialists to use the WRAP format to create the vision for your optimal service delivery system and plan the optimal recovery program for your agency with consultation from the Recovery Education Center faculty and your peers.

As you implement your program, you will become part of a national support network that will provide continued consultation and support for your implementation during the year following the workshop.

The cost of this five-day seminar is \$975 including all supplies and materials.

To get more information or to register for any of these trainings, go to www.mentalhealthrecovery.com or www.copelandcenter.com, phone (802) 254-2092 or e-mail to request a registration form by mail.

Mental Health Recovery Correspondence Course

The four-part Mental Health Recovery Correspondence Course will teach you mental health recovery concepts and skills as well as how to develop a Wellness Recovery Action Plan for yourself and/or to share with others. It meets the prerequisites for attending *Mental Health Recovery Seminar II: Facilitator Training*. If you want to attend the Facilitator Training in January, this is a good time to begin the Correspondence Course.

This course is also valuable if you are beginning or working on your recovery. It will move you forward, guided by a highly trained and skilled WRAP educator. You can be in direct contact with her as you work on the course, either by phone, e-mail or regular mail. This course may be an option for you if there are no WRAP classes available in your area or if transportation is difficult for you.

In some areas where several people are taking the correspondence course, participants are gathering, usually once a week, to discuss and work on the assignments together. I have found that this works very well. If several people in your area are taking, or considering taking the Correspondence Course, you might consider this option.

The course includes reading and written assignments, projects, activities and phone discussion with the instructor. The three texts for the course are: *The Depression Workbook*, *Living Without Depression and Manic Depression*, and *Wellness Recovery Action Plan*. The cost is \$200 per participant, plus the cost of any needed textbooks.

Funding for the Training

People have successfully secured the funding to attend Mental Health Recovery and WRAP training through: 1.) their State Department of Mental Health, 2.) state offices of consumer affairs or statewide organizations of people who have used services, 2.) consumer operated services, 3.) vocational rehabilitation, 4.) groups that serve people with disabilities, 5.) local or regional mental health agencies and organizations, 6.) churches and other local organization and 7.) family members and friends. You may need to reach out to several different funding sources. If you are having difficulty with securing funds, e-mail my office and I can send you a handout on how to find funds.

Copeland Center Scholarship Fund

There are many people who would like to take the Correspondence Course and/or attend training sponsored by The Copeland Center. However, many of them lack the needed resources. To meet this need, the Copeland Center has set up the Copeland Center Scholarship Fund. Monies donated to this fund will be used to fund people to attend training. You can send your tax-deductible contribution to this fund to The Copeland Center at 2701 N. 16th St., Phoenix, AZ 85006

Advance Directives

Through the past several issues of this newsletter, I have been addressing various parts of the Wellness Recovery Action Plan. In the issue I want to focus on two parts of the Advance Directive-Signs that I need assistance and support from others, and a home/community/respite plan. An Advance Directive is like the living will of mental health. You may have heard it referred to as a Crisis Plan. There is a form for this plan that you can download on the website www.mentalhealthrecovery.com. It is also available their in Spanish.

When I mention the Advance Directive, many people say to me, I don't need an Advance Directive now that I am using WRAP. In fact, you may be one of the many people who say that since they started using WRAP, they haven't had a crisis. And that is great. Or they will say, I haven't had a crisis in years so I don't need an Advance Directive. I disagree. Given the uncertain circumstances of the world, and of our lives, we never know when we might get overwhelmed and old difficult feelings, thoughts and behaviors return. We may become deeply depressed, very anxious and agitated, begin hallucinating or hearing voices, or begin to abuse substances that we have avoided for a long time. Without an Advance Directive, others can take over control of your life. Perhaps people you don't want to be involved will be making decisions for you. You may be given treatment that have not helped, or even been harmful in the past. You may be restrained or coerced in ways that are traumatizing.

Having an Advance Directive keeps you in control even when it feels like thing are out of control. The people you have chosen will take over, and do the things you want them to do—things that will help you to recover quickly. If you don't have an Advance Directive, people might take over when you can really use your WRAP to take care of yourself, they might do things that are not helpful and they might assist you in ways that are not helpful to you. They might make the situation worse.

You may have developed the first four parts of WRAP. Those are the parts that you use for yourself. You write it so you can understand it. The Advance Directive or Crisis Plan

is different. You have to write it so others can understand it, so that they can do for you whatever it is that would be most helpful to you. When you have completed your Advance Directive, you give a copy to each of the people you want to help you. Review it with them in case they have any questions or there is something they don't understand. You could even have all your supporters get together and discuss your plan with you to assure that everyone will do what you want them to do.

Some sections of the plan are quite straight forward and you can easily do these on your own or in your WRAP group—what you are like when you are well, who you want to assist you when you are in crisis, the medications you are using, treatments that help and those that don't. The sections I am going to address here are more difficult for most people. They were hard for me.

Signs that others need to give me assistance and make decisions for me. It is really important to take your time developing this section. You don't want people stepping in and taking over when you can take care of yourself. Think back to times when you were having the most difficulty and really couldn't think clearly or take care of your self. This is the worst of it. It is not pleasant. If you think about it for a while and start feeling badly, leave it for a while and come back to it later. Even better, work on it with a friend or in a WRAP book. After you finish, or when you take a break, do some thing special, something that makes you feel good about your self, like listening to a favorite CD, calling a good friend, playing with your pet or doing some art work.

When you write these things you want to be very specific so someone else can understand it. They are different for everyone. Some ideas would include:

- Washing my face so much that it is red and bleeding and I still won't stop
- Counting things-like ceiling tiles-over and over without stopping for four hours
- Shoplifting
- Purposefully breaking up furniture
- Being violent with others
- Non-stop crying for two days

Thinking I am someone famous

Spending over \$100 on things I clearly don't need-like junk from the dollar store

Thinking the television is talking to me

Wearing lots of garish make-up

Hitting my pets or children

Not knowing who my family members and friends are

Not moving for three hours

Refusing to eat for more than two days

Consuming alcohol

Having other signs that I am not OK and telling others I am fine

Home/community/respice plan Even though you may be having a very difficult time, hospitalization may not be the best option. For me, if I stay at home with my things, sleep in my own bed, have my own food while I am supported by close friends and family members who know what to do that is helpful, I get past the difficult time more quickly. Hospitalization in a place where you have never been before, where you are away from your friends and family as well as many of your wellness tools, may not help and may make you feel worse. In addition, because of insurance issues, hospital stays are often very short, too quick to be really helpful, and are sometimes not even an option.

Many people have benefited from developing a plan so that they can stay at home supported by friends and family members, possibly attend a treatment program during the day, or a peer run crisis respice center. This is a much better option for them.

For instance, a number of years ago, I wrote such a plan for myself. And a time did come when I was deeply depressed. I didn't tell anybody. And I was living alone at the time. However, my counselor and my daughter noticed the signs that I had written in my plan. As they had been instructed, one of them called all the women in my women's group and several family members I had named in the plan. They arranged so that someone would be with me around the clock. Mostly they had two-hour shifts, but one person spent the night each night. They knew what food would be most appealing to me so they cooked it

for me. They knew what kind of activities to encourage (like walks) and what not to encourage (playing board games or watching the news on television). They knew who my care providers were, were in touch with them, made arrangements to take me to see them, and actually took me there. When I was rude and told them to leave, they didn't pay any attention. My plan also told them that if I became abusive to them or they felt they could not keep me safe, who they should contact and what should be done. It worked. In a few days I was feeling much better and could begin the process of recovering from this crisis.

My more recent plan contains several crisis respite centers as options. I haven't had to use it recently, but if I had to, I have already made those arrangements. There are also several programs in the community that I could attend during the day that might be helpful and that would give my supporters a break. When you are thinking about this plan for yourself, thinking about answers to the following questions might be helpful. You could discuss them in your WRAP group.

Is hospitalization always an option when you are having a hard time?

Is hospitalization the best option when you are having a hard time?

What are the pros and cons of hospitalization?

Advantages of staying home rather than going to the hospital when you are having a difficult time.

Why is it important to have a plan so that you could stay at home or in the community?

Why might you feel better more quickly if you stayed at home or in the community?

What would you need in order to stay home when you are having a difficult time?

What could you do for yourself if you stayed home when you were having a difficult time? What are the Wellness Tools you could use?

What could others do for you if you stayed home when you were having a difficult time?

Do you have friends or family members who could take turns providing you with care and support? Who are they?

Are there any programs in your community that you could attend during the day and be at home in the evening? What are they?

Are there any respite programs in your community? What are they?

What health care providers would be available to support you and how could they help?

Wellness Tool

Getting Through These Difficult Times

This is a very hard time in the world. Every time we read the newspaper or watch television, we see pictures of terrible things that are happening. This can be very upsetting. Some people are noticing that they are feeling more depressed and anxious. Difficulty feelings are coming up more often. Several things you might do that would help:

Decide if there is some action you could take based on your beliefs and concerns. It might be an e-mail, letter or phone call to a public official, sending a letter to the editor of your newspaper, attending a public meeting, taking part in a vigil or demonstration or sharing your concerns with others.

Avoid reading the newspaper or parts of the newspaper that are disturbing, be selective about what you watch on television and listen to on the radio.

Do lots of good things for yourself that affirm the wonderful person you are-take a walk, visit a friend, make yourself something special to eat, play with a child or grandchild-whatever it is that makes you feel good.

Do something nice for someone else. Bake a loaf of bread for a neighbor. Help them with household chores. Visit someone who is sick.

Use your Wellness Recovery Action Plan. Do the things on your Daily Maintenance Plan every day. It is especially important now when you are under constant stress. Use the other parts of your plan as you need to. Check your list of Wellness Tools. Are there any other good things you could be doing for yourself?

Mental Health Recovery and Wellness Recovery Action Planning Resources developed by Mary Ellen Copeland

The following resources are available through our website at www.mentalhealthrecovery.com or www.copelandcenter.com or by contacting our office by mail, e-mail, phone, fax or mail. There is an order form in this newsletter. If you have questions on any of these resources, call (802) 254-2092 or e-mail copeland@mentalhealthrecovery.com.

Wellness Recovery Action Plan and Peer Support: Personal, Group and Program Development WRAP and Peer Support are key words in the mental health recovery movement. Shery Mead and Mary Ellen Copeland worked together to develop this values-based guide to combining these two important concepts. Response to this new book has been overwhelmingly positive.

Creating Wellness Video Series These three videos, available singly or as a set, can guide anyone through their recovery journey. They also provide an option for groups. Mary Ellen Copeland was videoed facilitating a workshop of people who are working on their recovery and people who care about them and support them. The videos are Key Concepts for Mental Health, Wellness Tools and Developing a Wellness Recovery Action Plan.

Mental Health Recovery including WRAP: Facilitator Manual (Revises 2002) This comprehensive manual gives complete instructions for working with mental health recovery and WRAP groups. It includes a CD-Rom of transparencies for all the recovery

topics and many handouts that can be copied and distributed. If you have the old manual, you don't need to replace it. You can get an inexpensive update that includes new transparencies and handouts.

WRAP: Wellness Recovery Action Plan is a users guide for developing a Wellness Recovery Action Plan. This book is being used by individuals and in support groups, mental health programs and hospitals around the world. It is now available in a Spanish Version, Plan de Acción para la Recuperación del Bienestar and a version for people who have a dual diagnosis, WRAP: Wellness Recovery Action Plan for People with Dual Diagnosis.

Two other formats for learning about and developing a Wellness Recovery Action Plan- Winning Against Relapse Program, a step by step WRAP audio tape which is great for individual or group use and for people who would prefer to hear rather than read the instructions, and WRAP on CD-ROM so you can easily download both the instructions for developing WRAP and forms you can fill. The CD-rom includes instructions and forms for a teen version of WRAP as well.

The Depression Workbook: A Guide to Living with Depression and Manic Depression 2nd Edition has been extensively revised to reflect new thoughts and information on mental health recovery. This easy to use workbook will guide you through the process of beginning your recovery from mental health difficulties. It includes directions for developing a Wellness Recovery Action Plan.

Living Without Depression and Manic Depression: A Guide to Maintaining Mood Stability is the perfect follow-up book to The Depression Workbook. It is based on a study of people who had gotten well and stayed well for several years--meaning that they didn't have any hospitalizations and that mental health difficulties did not significantly interfere with their day to day activities.

The video [Coping with Depression](#), co-produced by Mary Ellen Copeland with William Hood, and the audiotape, [Strategies for Living with Depression and Manic Depression](#) reinforce the information in [The Depression Workbook](#) and [Living Without Depression and Manic Depression](#). It is hard to remember how to help yourself when you are feeling badly. These resources provide reminders in ways that are easy to assimilate.

[Winning Against Relapse: A Workbook of Action Plans for Recurring Health and Emotional Problems](#) is a detailed description of the Wellness Recovery Action Plan process for staying well, for identifying and responding to symptoms and for developing an intensive crisis plan. It includes information on working with groups and on developing plans with people who have special needs.

[Recovering from Depression: A Workbook for Teens](#), a workbook that I co-authored with child and adolescent psychiatrist, Stuart Copans, has proven to be popular both with the adolescents themselves and the adults who support them.

[Healing the Trauma of Abuse: A Woman's Guide](#), co-authored with Maxine Harris of Community Connections in Washington, DC, describes a weekly lesson process that women can use to gently relieve the effects of trauma in their lives, either when working closely with a counselor, or when – as many women must do – working on their own.

[The Loneliness Workbook](#), loneliness is a big issue for almost everyone at some time. Many people note that they feel worse when they are not supported by a circle of close friends. This workbook gives you the tools you need to cope with and relieve loneliness and develop a strong system of supports.

[The Worry Control Workbook](#) This workbook is full of ideas on how to relieve the worry in your life. It can be really helpful in these difficult times. The stress created by worry can make us feel worse and worse.

Self-Help Resources by Mary Ellen Copeland, MS, MA

The Depression Workbook: A Guide to Living with Depression and
Manic Depression Second Edition _____ copies at \$19.95

Fibromyalgia and Chronic Myofascial Pain Syndrome: A Survival Manual
with Devin Starlanyl _____ copies at \$19.95

Healing the Trauma of Abuse: A Women's Workbook with Maxine Harris, Ph.D
_____ copies at \$22.95

Living Without Depression and Manic Depression: A Guide
to Maintaining Mood Stability
_____ copies at \$19.95

The Loneliness Workbook _____ copies at \$14.95

Recovering from Depression: A Workbook for Teens with Stuart Copans, MD
_____ copies at \$22.95

WRAP: Wellness Recovery Action Plan 1-9 copies, \$10 each _____ copies at \$10.00

WRAP: Wellness Recovery Action Plan for People with Dual Diagnosis
_____ copies at \$10.00

WRAP-Spanish Version- Plan de Acción para la Recuperación del Bienestar
_____ copies at \$10.00

**WRAP Quantity pricing: 10-99 copies, \$8 each. 100+ copies, \$7 each. Call for shipping
quote.**

WRAP on CD-ROM Contains both adult and teen versions

_____ copies at \$19.95

WRAP & Peer Support: Personal, Group and Program Development

with Shery Mead

_____ copies at \$40.00

Winning Against Relapse: A Workbook of Action Plans for Recurring Health & Emotional Problems

Expanded version of WRAP with suggestions for group work

_____ copies at \$14.95

The Worry Control Workbook

_____ copies at \$16.95

Facilitator Manual: Mental Health Recovery including WRAP

_____ copies at \$129.00

with CD ROM of transparencies and complete instructions for teaching WRAP (\$8 shipping)

Facilitator Manual Upgrade with new CD ROM

_____ copies at \$29.95

Video and Audio Tapes

Coping with Depression video co-produced with William Hood

_____ copies at \$39.95

Creating Wellness Workshop Video Series: produced by Mental Illness Education Project

❁ Key Concepts for Mental Health video

at \$39.95

_____ copies

❁ Wellness Tools video

at \$39.95

_____ copies

❁ Developing a Wellness Recovery Action Plan (WRAP) video _____ copies
at \$39.95

Living with Depression and Manic Depression audio tape _____ copies

Winning Against Relapse Program step-by-step WRAP audiotape _____
copies at \$11.95

Total number of items _____ **Subtotal \$** _____

Shipping/Handling: total # items x \$3.00 per item _____

Total amount due (for resource items and shipping costs) _____

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**Mail order to: Mary Ellen Copeland, PO Box 301, West Dummerston, VT
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E-mail: books@mentalhealthrecovery.com Web site: www.mentalhealthrecovery.com

On the back

The Copeland Center for Wellness and Recovery

The Copeland Center for Wellness and Recovery now offers training opportunities that support the values of mental health recovery and WRAP. Also available are highly skilled presenters and trainers who can come to your area. Call (802) 254-2092, e-mail copeland@mentalhealthrecovery.com or check the website www.copelandcenter.com for more information.