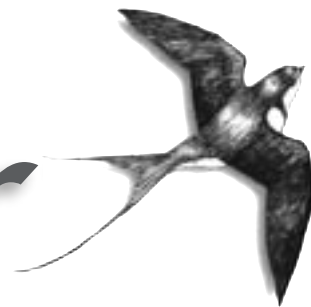


Mental Health Recovery

Newsletter



November 2005

Volume 6.3

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Introduction

Welcome to the Mental Health Recovery Newsletter, published quarterly by the Copeland Center for Wellness and Recovery. 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 web site, by e-mail or mail. Multiple copies are available: 50 copies for \$25 plus mailing; 100 copies for \$45 plus mailing. You may freely copy and distribute this newsletter or sections of it, giving credit to The Copeland Center for Wellness and Recovery.

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The Copeland Center for Wellness and Recovery

Executive Director: Stephen Pocklington

Program Coordinator/

Business Manager: Nancy Haldeman

Board of Directors:

Mary Ellen Copeland

Edward Anthes

Ellie Golfarb

Office Address: P. O. Box 6464

Chandler, AZ 85246

Toll Free Line: 1-866 I DO WRAP (1-866-436-9727)

Direct Line: 480-855-3282

E-mail: info@copelandcenter.com

Fax: (602) 636-4406

Websites: www.copelandcenter.com

www.mentalhealthrecovery.com

Book Orders

Purchasing Director: Nancy Smith

Phone: (802) 425-3660

Fax: (802) 425-5580

E-mail: books@mentalhealthrecovery.com

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Letter from Mary Ellen

Hi Everyone,

For over 15 years the focus of my life has been finding out how people who, like me, experience distressing emotional feelings and behaviors like deep depression, psychosis, paranoia and mania, help themselves to feel better, recover and move on with their lives. When I first began this work, "recover" and "recovery" were not words that were commonly used in the mental health service delivery system. Rather, we were told things like, "You will be like this for the rest of your life. You will never be able to go back to school, get married, have a family," etc., etc., etc. Some of us were even told that the "symptoms" would get worse over time. I didn't believe that. I never did. I had seen my mother, who spent years immersed in deep psychosis including prolonged institutionalization, emerge from her cocoon and spend the rest of her life (37 years) leading a rich and full life, which included twenty years as the manager of a hot lunch program in an inner city school.

My early studies, begun at a time when my life prospects looked bleak, were personal efforts to find out how people like me get by on a day to day basis, and how they recover and move forward with their lives. The information I learned from these studies set me on a course that continues to this day. I became even more convinced that people do recover, and that there are lots of people, people who have had experiences similar to mine, who have a lot to share about their experiences and information that would help others begin and continue their recovery journey. As I began collecting this data from people all over the country, I started using the ideas myself, and I noticed I was feeling better and better. I wrote a book about my findings, began giving local workshops and the rest is history.

As this work grew and grew, I found myself in a leadership role, leading workshops and trainings, speaking at national conferences and events, developing resources and even traveling internationally to teach the world about recovery, and eventually teaching them about WRAP, the Wellness Recovery Action Plan. Early on it became clear to me that, if this work is to move forward, it *cannot* be dependent on one person—me. So I began to focus on leading workshops that would teach others how to most effectively share this work according to the critical values and ethics that have evolved over the years. Now thousands of people have been trained to do this work, by me and others, and the work is recognized by the Center for Mental Health Services as an exemplary practice. It even has a coveted "evidence base."

Another initiative that I undertook, with the help of others to help perpetuate the dissemination of my work and the exceptional work of others in this field, was the development of the Copeland Center for Wellness and Recovery. The Copeland Center has been up and running for two years, providing all kinds of Mental Health Recovery and WRAP training at the Brattleboro, Vermont location and at sites around the country and around the world. Trainers with a history of excellence in this work are representing the Copeland Center at major meetings and conferences.

Special thanks to META Services, Inc. for their invaluable assistance and support in starting the Copeland Center and for their guidance as the Copeland Center becomes a free-standing mental health recovery organization.

With all this wonderful work going on, it is time for me to move to the backseat and let all the rest of you move to the front seat. Stephen Pocklington, a colleague who has been living and teaching mental health recovery and administering programs for years, has stepped to the helm of the Copeland Center. He is a warm, engaging and dynamic leader who easily steps into this role. You will enjoy working with him. He thinks “outside the box” and will expand our thinking as we all work together.

How will I be involved? I will continue to try and learn more and more about how people recover through research and through on-going contact with all of you. I will also work

on developing resources that report the latest information on recovery and that will assist all of you in doing this important work. And I will be supporting Stephen in his work with the Copeland Center. My travel will be limited, but don't be afraid to ask Stephen if I might be available if you have a need.

Many of you know Ed, my spouse who has been an integral part of this work for the last nine years. He has made it possible for me to do this work for as long as I have. And, as many of you know, he is a top-notch teacher and trainer. Ed will work with Stephen on Copeland Center matters and be responsible for book publication and sales. Contact him about any copyright issues that might come up.

I look forward to on-going connection with all of you.

Best, Mary Ellen

Letter from Stephen

Dear Friends,

As you have just learned, Mary Ellen is stepping back from her very busy schedule to model for us the importance of taking care of oneself and of being there for the people who rightly come first in our lives. By stepping back to take care of herself, Mary Ellen reminds us that everyone needs to stop from time to time to smell the roses. By making more time for the joys of being a partner and a grandmother she also reminds us to pay loving attention to those relationships that have sustained us. However, I think the most important message Mary Ellen is sending us is that she trusts us (all of us) to carry her work forward. I believe Mary Ellen's message is that it's through our lives and through our advocacy that WRAP has achieved the level of maturity and the momentum needed to carry it out across the wide world as the beacon of hope it has been for so many of us for so long. Now for we who will carry her work forward, our task is one of continuing renewal, of tapping into the wisdom that's already in WRAP, and of bringing forth all of its potential.

There are few things more frightening than change. Even when we are given every assurance that all will be well, any loss of the familiar can be unsettling. So I want to be clear from the beginning that any changes at the

Copeland Center will be very much like those we associate with each new spring. It may be difficult to look ahead to spring here in autumn, but we know it will be a time when roots again reach deep into the rich earth to bring forth the familiar flowers that we'll welcome as our reward for enduring another winter. So take heart: the Copeland Center is not so much changing as it is going through a natural growth cycle, one which springs naturally from our work together. Any changes we discover will reflect the growth of our collective wisdom and our shared expertise.

What can we expect as the Copeland Center enters this season of renewal? Let me put my response in the familiar context of the five key concepts of recovery.

Hope: First, as always, we can expect the renewal of Hope and the clarification that hope is unlimited. For those who have had their hope limited by the constraining language of illness and disability, the Copeland Center offers a new world-view of wellness and unlimited possibility that is the birthright of every human being regardless of the challenges Life has thrown in our way. We will approach the future together making an “affirmative inquiry” into the unlimited ways that we can ensure that hope springs eternal.

Personal Responsibility:

We can also expect the Copeland Center to promote a deeper understanding of Personal Responsibility that will help us rediscover the exhilaration of human freedom and our very real power to choose our responses to whatever Life throws at us. This deeper understanding of *Response-Ability* will remind us that we are the authors of our own stories and that it is up to each of us to name our own experience and write the futures we want for ourselves. Because people enact whatever stories they believe, we will be paying increased attention to creating new visions of the possible and building networks of support which we can believe in and on which we can rely for support in realizing our dreams.

Education: The Copeland Center will also be promoting a deeper understanding of the role of education in recovery. As part of a broadly expanded focus on education, we will go beyond our familiar educational resources, and support each other to explore how we have come to know what we know. While growing a deeper self-awareness, we will explore the ways others have named our experiences and written parts of our story for us, so we can



take back that power. Through this kind of “critical learning” we will explore the significance of “unlearning” (as in “unlearning” an illness identity, “unlearning” the patient role, and “unlearning” habitual responses) as an essential part of our recovery education.

Self-Advocacy: As readers of this newsletter, you know how important it is for there to be someone who gives clear voice to what we are learning about recovery. This newsletter is the voice of the Copeland Center, and it exists not only to share what we are learning together, but also to encourage each other to find our own authentic voices. Often, our task has been to speak “truth to power,” to challenge the status quo, and to challenge those who would hold us back from achieving the rich meaningful lives we all seek. The voice of the Copeland Center will continue to speak truth to power and do so by honoring multiple truths and lived experience. Our voice will continue to grow in strength as we consciously reject the language of illness (symptom, diagnosis, disability) and increasingly focus on vibrant wellness for everyone. We will intentionally reframe our dialogue in terms of unlimited possibilities, guiding principles, values, and proven practices, and an emerging wellness world-view that is not defined merely as the opposite of illness. Together we will explore the liberating implications of the “social construction of *mental illness*,” and, through that exploration, we will assert the arrival of something so new that we will have to name it ourselves.

Support: Perhaps the most significant change on the horizon will come with the Copeland Center’s increasing emphasis on the importance of Support, particularly through new training on Peer Support that promotes the fundamental principles, values and practices essential to helping each other move toward the futures we want. Of the five key concepts, support has always been the glue that holds it all together, so it is natural for the Copeland Center to provide leadership in this rapidly emerging and often confusing arena.

Assuming the leadership role on peer support has become especially important for the Copeland Center now that there is a growing call for people who have lived with mental health and substance use difficulties to go to work as paraprofessionals within our largely un-transformed system of services. While this represents employment opportunities for many, too often people are receiving no training on peer support despite the many curricula for certifying peer support “specialists” that are on the market. Too often, what is being called “peer support” is a far cry from what we have come to value as the mutual support of true peers.

Rather than compete with the various “peer support specialist” certification products that are on the market, or endorse one over the others, the Copeland Center will be sharing what we have learned about peer support through a

variety of workshops, publications and technical assistance. We want people to understand what makes peer support so powerful and so unique. Getting this foundation will better prepare people to make informed choices as they explore the certification options that are out there. For agencies, communities and groups that are exploring the creation of peer support programs, we will articulate a solid, proven foundation on which peer support programs can be built to meet the needs of the community. For agencies that seek to establish peer support *services* as a part of their service system, that same foundation will provide standards against which to evaluate the competing curricula for certification and formulate service definitions that involve peer support.

The final transformation you will notice at the Copeland Center is really an addition. We have often been asked to help agencies become more recovery-oriented to accommodate their promotion of WRAP to their clientele. For all the talk of system transformation that followed the President’s New Freedom Commission on Mental Health, there remains a lot of confusion about *recovery* and how to go about the business of transforming the system. So the Copeland Center is stepping up to offer training and consultation to agencies, institutions and communities that are serious about becoming more recovery-oriented, especially those that are interested in incorporating WRAP into their array of supports and services. Our consultation and training will provide a combination of what we know works from lived experience and hard-won systems knowledge that comes from working on transformation from within the system for decades. In the spirit of partnership, the Copeland Center will offer a balance of perspectives that empower agencies to create an internal dialogue with the people they serve that ultimately will create a recovery orientation that is unique to the community as well as being true to the key concepts we know so well.

I hope this overview has piqued your curiosity and enticed you to stay tuned for more. I have never been as excited about anything as I am about the work we are doing together, and I look forward to the next newsletter. I am sure you can imagine what an honor it is for me to work with Mary Ellen, but I hope you also know what an honor it is for me to work with everyone reading this newsletter. I ask you all to remember how Mary Ellen got started and where WRAP came from: It started with people like you and me who shared what we knew about “getting by.” And it is by sharing our personal expertise that our collective wisdom has grown. Thank you all for contributing, for sharing what you are learning along the way, and for being the heart of the Copeland Center.

Till next time, peace to you all... Stephen



A Critical Look at My Wellness Tools *by Stephen Pocklington*



When I first wrote my personal WRAP, I wrote it around the wellness tools I had been using for quite a while, many of which were more like comfortable old habits than tools that contributed to personal growth and a sharp mind. In fact, it wasn't until I was facilitating WRAP classes that I became aware of how *little* some of my "wellness tools" contributed to any kind of real wellness. Worse still, the more I learned about wellness and worked on achieving it, the more I realized that many of my so-called wellness tools actually contributed more to my *staying stuck* than to my learning and growing. Some of the tools I was using were totally ineffective (and some were actually counter-productive), but mostly they proved relatively ineffective compared to other tools that I was beginning to learn about.

I realized that I was in a rut. Because of my blind faith in the power of WRAP, I was so busy using my old tools out of habit that I wasn't trying any of the newer, possibly better-for-me tools that were becoming available to me. Fortunately, through my classes, I was getting exposed to new wellness tools through peers who really inspired me and challenged me to get out of my old rut and risk the discomfort of trying out some new ways of taking care of myself.

By listening to my peers, and trying some of the things I learned from them, I learned about "high-leverage" tools.

The most basic tool is the lever. Most of us first learned about the idea of the lever from playing on the see-saw as kids: Remember how, with very little effort, you could lift a friend off the ground? Well, the board you were sitting on was a lever, and that thing in the middle was a fulcrum, which is why, if the other kid was the same size, you could balance with both of you up in the air, and why, if a bigger kid got on, you might have found yourself stuck way up high. The placement of the fulcrum made all the difference. In fact, if you had moved the fulcrum closer to the big kid (or if the board were shorter on his side—same thing), you could have lifted *him* up in the air and held him there! You may not have realized it back in grade school, but even then you had more power than you imagined.

Why the physics lesson? Because we're all more powerful than we tend to realize, and much of our power comes from education and learning to use powerful tools wisely.

So much additional power is at our fingertips when we learn to use powerful tools effectively! If I want to move an object that's too heavy for me to lift alone, all I need is a simple board and a stone, and I can move it wherever I want

while expending very little energy (or power). The closer I move the stone to the object the easier it is to lift. The lever does most of the work. This is what we mean by **high-leverage**.

Another way of looking at high-leverage tools is to see them as the ones that are most effective at producing desired results without "costing too much." "Costs" can be seen in terms of financial cost, time involved, unpleasant side-effects, stress or emotional duress, or whatever you think of as a personal cost. The measure of a good tool would typically be to get good results in relation to the costs incurred, which is commonly thought of as a favorable "cost-benefit ratio."

Here's an example: Even though I used to run for heart-healthy exercise, knee injuries have made the costs of running too high (I don't like pain and I want to be able to walk when I'm 90—which is why I ran in the first place), so I had to find a different, low-impact aerobic exercise to keep me healthy. Now I walk, getting similar results at less cost.

Sometimes it is hard to find tools that yield the results we want without high costs. Often we accept the high costs because of the value we place on getting good results. Conversely, sometimes we settle for poor results because we don't want to pay the costs involved. As you can imagine, analyzing costs and benefits can be quite complicated, and often what doesn't get measured is hidden cost. For example, it has recently been calculated the hidden health-care costs associated with smoking would actually put the cost of a pack of cigarettes at over \$40.00, but because the real total costs don't have to be paid up-front, people don't weigh them when making the decision to smoke or not. Similarly, we tend not to measure the costs of *not* doing things that we know would benefit us (getting more exercise, eating more nutritiously, getting more education) even though we are generally aware of their real benefits. Sound familiar?

I have introduced the concept of high-leverage tools and cost-benefit ratios to stimulate some thinking about what you have in your toolbox and whether you are getting the benefit from your WRAP (and Life) that you deserve. You might want to try what I do periodically, which is to examine my wellness toolbox to see if I have what for me are the right tools—high-leverage tools that give me the results I want at costs I am willing to pay.


Before you look at what's in your Wellness Toolbox, you may want to reflect for a moment on what you want out of Life. We can't meaningfully evaluate the tools we need for the job until we know what the job is. So, what's truly important to you and what is it that you really want? That often includes "Who do you want to be?" and "What do you want to do?" but the important thing is that you frame the question in a way that's meaningful to you, and answer sincerely.

Next, you might ask yourself, "What kind of results are my wellness tools getting me?" Are they moving you toward what you want from life? Do the results seem to match the effort you are putting in? Are they High-Leverage? Are you satisfied? ➔



Finally, you may want to think about some of the high-leverage tools that you've learned about but maybe haven't tried out yet. What tools have you heard about that you would like to learn more about and maybe try out?

If you are wondering where to look for more information about high-leverage wellness tools, you

may want to look back at past newsletters and keep an eye out for the next newsletter. In future issues, we will continue exploring some of the high-leverage tools that we have been learning about from folks in our WRAP classes 



WRAP E-Groups

by Marty Roberts

We invite you to join the Mental Health Recovery On-Line Support Group or the WRAP Trainers On-Line Discussion Group

You can use the Internet to connect with others for support and to share information. When you join an online support or discussion group, you will receive the messages that people write to the group, and the messages that you write to the group will be sent to all of the other members. This is a great way to connect with people all over the world. (You can also choose not to have mail sent to you, and instead read the group mail on the web site.)

The Mental Health Recovery Group is a place to talk about wellness, recovery and WRAP, and to ask for and receive support around mental health and wellness issues.

The WRAP Trainers Group is for Wrap facilitators and Recovery educators to discuss their work, share strategies, resources, and information. Articles and materials of interest may be posted on the group web site. Both of these groups are hosted by Yahoo.com.

To join either group, go to <http://groups.yahoo.com>. If you are already a member of Yahoo, type the name of the group you wish to join in the white box: *mentalhealthrecovery* or *WRAP-trainers* and click on Search. Then follow the instructions to join the group you choose.

If you are not a member of Yahoo, you have to join first. Click on "Sign up" in tiny print at the top of the page, and follow the directions. When you have signed up, you will see the white box. Type in the name of the group you wish to join, click "Search," and follow the directions. You will shortly receive confirmation of your membership, and some basic directions.

If you have any questions or difficulties with these instructions, please write to Marty at robertsm@sover.net.

Mental Health Recovery Correspondence Course

Enhance your own recovery. Fulfill the prerequisites for the Mental Health Recovery Facilitator Training. Learn basic mental health recovery attitudes, skills and strategies working by mail, e-mail or phone with an experienced recovery educator. There is more information on the Correspondence Course on the Copeland Center web site.

Recovery and WRAP Workshops, Seminars, and Keynote Speakers Available through the Copeland Center

To promote the spread of mental health recovery and WRAP around the country and around the world, The Copeland Center for Wellness and Recovery has a roster of highly trained presenters and compelling keynote speakers who can come to your area and present or train on many recovery subjects. Topics include an Introduction to Mental Health Recovery and WRAP, Facilitator Training, Using WRAP and Peer Support, Crisis Respite Training, and Implementing Mental Health Recovery and WRAP in Your System. Contact the Copeland Center for more information and assistance with planning an event in your area, www.copelandcenter.com, copeland@mentalhealthrecovery.com, or (866) I DO WRAP ((866) 436-9727).

Consultation: Implementing Mental Health Recovery & WRAP in Your Area

You may have heard of the exemplary recovery initiatives that have been undertaken in places like Minnesota, Illinois, Vermont, Pennsylvania, Arizona and New Mexico. The Copeland Center can connect you with people who have been instrumental in developing these programs. They can provide you with the information, assistance and support you need to move things forward in your state, region, community, mental health agency or health care facility.

Contact the Copeland Center at (866) I DO WRAP ((866) 436-9727).



Copeland Center Trainings — 2006

Mary Ellen Copeland founded the Copeland Center to promote personal, organizational and community empowerment through education, training and participatory research. Wellness Recovery Action Planning (WRAP) was born through Mary Ellen's tapping into the expertise of peers who had learned from their own journeys of recovery—and so it continues to grow through the expansion of

our network of WRAP facilitators and recovery educators. We invite you to become a part of this community of peers who are committed to reshaping programs, organizations and systems through a new focus on empowerment and recovery for everyone. To that end, we are pleased to announce our initial training schedule for 2006.

WRAP Facilitator Certification:

These intensive 5 day training events are designed to help you become a powerful change agent/recovery educator as a WRAP Facilitator. These trainings will be conducted in Brattleboro, Vermont.

January 16 - 20 WRAP Facilitator Certification

September 25 - 29 WRAP Facilitator Certification

Organizations around the country have begun to sponsor WRAP Facilitator Certification workshops in their own communities, and the Copeland Center will soon be announcing dates and location for a May WRAP Facilitator Certification training on the west coast. However, please note that the dates given here are already firm, enrollment is limited to 30 participants and the slots go quickly. Cost for the workshop is \$995/person plus travel expenses. Prerequisites for the course are that you have completed a WRAP class, you have and use a personal WRAP, and you are highly motivated.

Advanced WRAP Facilitator Certification:

For those of you who are already WRAP Facilitators and are interested in becoming an Advanced Trainer who is certified to train and certify WRAP Facilitators, we will be offering an Advanced Certification Training:

February 27 through March 2
Advanced Level WRAP Certification

Prerequisites for participation in Advanced WRAP Facilitator training include one year's experience with facilitating WRAP classes, submission of class participant evaluations from at least three classes, and submission of

references. Participants for Advanced Facilitator Certification are selected on the basis of demonstrated merit. Cost: \$995/person. Additional workshops *may* be offered later in the year, but we encourage anyone interested to take advantage of this offering. This is the only way to become an Advanced WRAP Trainer.

WRAP Facilitator Recertification:

Because the Copeland Center is committed to excellence, and because *certification* means that you will be listed on our web site as a certified WRAP facilitator, we have established a rigorous new certification process that requires biennial recertification. This means that, in order to remain listed as a Copeland Center certified WRAP Facilitator, you will need to participate in a 3 day refresher workshop at least once every two years. Those facilitators who were previously certified will have until January 1, 2008 to complete their refresher course. To ease this process of recertification, the Copeland Center will conduct at least one recertification workshop per quarter. The first two workshops have been scheduled for Vermont, but others will be conducted around the nation to save on travel costs for participants. The cost of the 3 day refresher is \$495/person. The Vermont dates are:

January 31- February 2
WRAP Facilitator Recertification

April 25 through 27
WRAP Facilitator Recertification

WRAP and Peer Support: The Copeland Center is also pleased to announce that we will be offering training on peer support, which will include workshops with Shery Mead who co-authored *Wellness Recovery Action Plan and Peer Support* with Mary Ellen Copeland. Shery Mead is a national leader on peer

support and she is partnering with the Copeland Center to provide training on the foundational principles, values and practices of peer support. Currently we only have two firm dates for 2006, but more will be posted soon:

March 20 - 24
WRAP and Peer Support with
Shery Mead

May 8 - 12
Peer-Run Crisis Alternatives with
Shery Mead

Stay tuned to www.copelandcenter.com and or www.mentalhealthrecovery.com for updates and the latest on workshop availability.

Consultation and Training on System Transformation: The Copeland Center is building partnerships with organizations around the world that are sincerely interested in system transformation. We are consulting with these organizations and tailoring training to meet their specific transformation challenges, but generally we are helping them to integrate WRAP into their systems, embrace truly person-centered planning and become recovery-oriented in enduring ways. Anyone interested in partnering with the Copeland Center is encouraged to contact our executive director, Stephen Pocklington at spocklington@cox.net or call him at 252-638-7080. Thank you for your interest in WRAP and in the Copeland Center. We look forward to partnering together with you as peers.



Self-Help Resources by Mary Ellen Copeland

Books

<i>The Depression Workbook: A Guide to Living with Depression and Manic Depression</i> Second Edition ..	_____	copies at \$19.95
<i>Fibromyalgia and Chronic Myofascial Pain Syndrome: A Survival Manual</i> with Devin Starlanyl.....	_____	copies at \$19.95
<i>Healing the Trauma of Abuse: A Women's Workbook</i> with Maxine Harris, Ph.D.....	_____	copies at \$24.95
<i>Living Without Depression and Manic Depression: A Guide to Maintaining Mood Stability</i>	_____	copies at \$21.95
<i>The Loneliness Workbook</i>	_____	copies at \$18.95
<i>Recovering from Depression: A Workbook for Teens</i> with Stuart Copans, MD	_____	copies at \$22.95
<i>The Worry Control Workbook</i>	_____	copies at \$16.95

<i>WRAP: Wellness Recovery Action Plan</i>	_____	copies at \$10.00
<i>WRAP: Wellness Recovery Action Plan for People with Dual Diagnosis</i>	_____	copies at \$10.00
<i>Plan de Acción para la Recuperación del Bienestar</i> WRAP-Spanish Version	_____	copies at \$10.00

Quantity pricing for WRAP books: 1-9 copies - \$10 each • 10-99 copies - \$8 each • 100+ copies - \$7 each
 WRAP shipping: \$4 for one WRAP book, \$0.50 for each additional copy

<i>WRAP Software</i> with printable worksheets and instructions, contains both adult & teen versions	_____	copies at \$19.95
<i>WRAP and Peer Support: Personal, Group & Program Development</i> with Shery Mead.....	_____	copies at \$40.00
<i>Winning Against Relapse: A Workbook of Action Plans for Recurring Health & Emotional Problems</i> Expanded version of WRAP with suggestions for group work.....	_____	copies at \$14.95
<i>Facilitator Manual: Mental Health Recovery including WRAP</i> with CD-ROM of transparencies, one WRAP book, & complete instructions for teaching WRAP (\$8 shipping for first manual, +\$5 for each add'l manual).....	_____	copies at \$129.00
<i>Advanced Mental Health Recovery Manual: Leading a WRAP Facilitator Training</i>	_____	copies at \$60.00

Audiotapes, Videos, and CDs

Creating Wellness Workshop Video Series produced by Mental Illness Education Project

<i>Key Concepts for Mental Health</i> video	_____	copies at \$39.95
<i>The Wellness Toolbox</i> video	_____	copies at \$39.95
<i>Developing a Wellness Recovery Action Plan</i> video.....	_____	copies at \$39.95
<i>Coping with Depression</i> video co-produced with William Hood	_____	copies at \$39.95
<i>Living with Depression and Manic Depression: Self-Help Strategies</i> audiotape.....	_____	copies at \$11.95
<i>WRAP: Step-by-Step</i> audio CD.....	_____	copies at \$19.95

Total number of items: _____ Subtotal: \$ _____

Shipping/Handling* - \$4 first item, +\$1 for each additional item: \$ _____

*Please use special shipping rates listed above for multiple WRAP books and Facilitator Manuals

Total amount due: \$ _____

Name: _____

Address: _____

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Phone: _____ E-mail: _____

Make checks payable to: Mary Ellen Copeland

() MasterCard () Visa Card #: _____ Expires: _____

Mail order to: Mary Ellen Copeland, P.O. Box 301, West Dummerston, VT 05357-0301

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Mental Health Recovery
Mary Ellen Copeland
P.O. Box 301
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Copeland Center For Wellness and Recovery



*Transforming lives, programs, agencies and organizations
through outreach, education, training, and research.*

Wellness Recovery Action Planning (WRAP)
Peer support
Recovery skills
System transformation

Based on the work of Mary Ellen Copeland and of others who
learn from each other and work toward recovery.

Executive Director: Stephen Pocklington

Program Coordinator/Business Manager: Nancy Haldeman

P. O. Box 6464

Chandler, AZ 85246

1-866-I DO WRAP (1-866-436-9727)

info@copelandcenter.com