



Taking WRAP® Into the Future

The Next Fifteen Years and Beyond

by Mary Ellen Copeland PhD



This is a year of great celebration for WRAP. Fifteen years is a long time for a grass roots mental health recovery innovation to exist, much less to be widely used both in the United States and around the world. We all have a lot to congratulate ourselves for. I hope you had time

to read about the history and current status of WRAP in our last issue, and about some of the exemplary programs that are making recovery possible for more and more people. From the research, we know that WRAP works, and works well. I know that you are all deeply committed to this work and will continue to do it as long as there are people who will benefit. WRAP is now a “given.” It has taken on a life of its own.

In this issue I will focus on what we all need to do to move WRAP into the future, and to insure that more and more people are exposed to WRAP, and use WRAP to recover and achieve the highest possible level of wellness, to do the kinds of things they want to do and be the kind of person they want to be.

As Harriet Tubman said, “Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” Each of us has the strength, patience and passion to use WRAP to change the world.

The Values and Ethics to move us forward

As WRAP evolved, a set of clear values and ethics grew up around it. As these values and ethics began to emerge, WRAP group facilitators shared them with lots and lots of people. Some people added additional values and ethics to the list. Some people asked that particular points be amended in a way that made

sense. Over time, more and more people seemed satisfied with the list. And they were convinced that these Values and Ethics were absolutely essential if people were going to get the optimum benefit from WRAP.

Now I am deeply concerned about the future of these values and ethics. You all know about the pendulum effect. At one side of the swing of the pendulum, people are using the values and ethics and the positive effect of WRAP is growing exponentially. At the other end of the pendulum, the values and ethics are ignored and violated. Even now we hear of this beginning to happen.

All of us, using our collective energy, the same energy that we have used and continue to use to spread WRAP, must keep the values and ethics strong and vital, keep the pendulum from swinging back to that time when recovery was not a word that was connected with mental health issues.

I was once told by a friend that I have an incredible ability to manifest my vision in my life. I suppose she said that because for many years I held the vision of having a life partner, a kind, loving, smart and generous person who might share my commitment to this work, who might share my life. And in time, he came along.

So I figure if you all share this vision with me, we will manifest it—and soon. Think of the power that we all have collectively.

Many of you are familiar with visualization. It is a popular wellness tool. Visualization uses that wonderful skill we used so much as children, our imagination. Now, we need to use our imagination to visualize and do the work necessary to assure that these values and ethics will not be violated, and that human rights violations in the mental health system around the world are corrected. We need to do this as quickly as possible. People are dying before their time. In the United States, people who are diagnosed with a mental illness have a life expectancy that is 25

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My Passion for WRAP and Youth



by Matthew Federici, M.S., C.P.R.P., Executive Director

When I have presented WRAP and my story in workshops at conferences I have often facilitated a different perspective for participants than what they originally thought about recovery. When I emphasize that WRAP is called Wellness Recovery Action Plan, NOT Illness Recovery Action Plan, because it is about recovering our wellness through action planning. People have shared that it opened them up to see so many more ways they could be using their WRAP and more ways that they could be connecting with their peers. Some have been in professional roles and have shared that they can see a new way to related to the people they serve through WRAP.

With the right facilitation, people come to see that we are all constantly in the process of seeking our wellness. Many more people that have developed and are using their WRAP do so from a holistic perspective. WRAP is addressing many wellness goals like smoking session, diabetes, weight loss, dealing with the loss of loved ones, divorce. It is true that it evolved out of the lives of people who had been given diagnoses of mental health challenges but in the course of seeking strategies to getting well they discovered a tool that was holistic and more about the human condition than had ever before been discovered. It was holistic because it came from people looking at every day living despite adversity. It was not approached as a group of observers and analyzers of symptoms or some specific pre-defined condition.

My darkest days were when I was in high school, so for me it is hard to see why it would be different. It is one of my key passions to see WRAP in the high school. I remember sitting in health education classes, participating in sports all the while growing more and more intense emotional pain, which began to further cloud and distort my way of seeing and being in the world until I was nearly lost. Running 10 miles a day for track, everyone saw a picture of health because nowhere in our educational system was there the perspective that we need to take care of our emotional wellness like we think of our physical wellness. I dream of a day when children are learning to take care of their mental wellness like they do about their bodily wellness. For example, we have gym class but what about WRAP classes? Meditation classes? Yoga classes? Most are learning and know that if you neglect physical exercises and have poor nutrition it will result in worsening physical health, but for our mental /emotional wellness their is no exercising, education or daily maintenance messages.

Again it is my biggest passion, so the Copeland Center hired Gina Calhoun as Director of Training and Wellness Education. Gina is also passionate about children and transition age youth. We hope to see a day when WRAP gets into the schools and programs for kids so that youth might have a foundation before hitting their darkest days, and even head off the evolution of more troubling times.

WRAP is about the ongoing journey of recovering our Wellness both presently and proactively. Everyone can identify that their mental and emotional wellness needs to be sought after and protected. I believe everyone can identify times in their lives where they felt their wellness slipping away, and either took actions and found supporters that helped them recover to a level of wellness, or discovered actions and people that made it more challenging. WRAP builds on that process to make you more prepared and effective.

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Copeland Center for Wellness and Recovery

The Copeland Center for Wellness and Recovery is a non-profit, 501(c)(3) organization founded in 2005 to provide training, consultation, and program activities to support the wellness and recovery journeys of individuals and to enhance the effectiveness of recovery groups, care providers, organizations, and systems. The Copeland Center provides training on the Wellness Recovery Action Plan® (WRAP®). It is the only organization in the world which conducts the training required to become a certified Advanced Level WRAP® facilitator.

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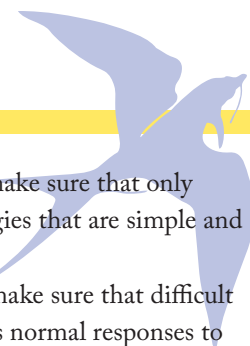
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Message from Dr. Copeland *Continued...*



years less than that of the general public. That is unconscionable. Working together and using WRAP, we must change that.

We must spread WRAP so that every person who reaches out for help with mental health challenges, whoever they might reach out to, is assured that there is hope, that lots and lots of people get well, stay well for long periods of time, and do the things they want to do with their lives. And that they will recover and move on as well.

We must spread WRAP to make sure that every person who reaches out for help with mental health challenges is assisted and supported as they determine their own path, take personal responsibility for their own recovery, as they become empowered, and as they learn to advocate for themselves. That they will be given the opportunity to discover their personal wellness tools and develop their own Wellness Recovery Action Plan.

We must spread WRAP to make sure that every person who reaches out for assistance with mental health issues—whether they are in the United States or in Japan or in Ghana or in Hong Kong or in Timbuktu—will be treated with dignity, compassion, mutual respect, and unconditional high regard, as a unique and special human being who is fully accepted without prejudice due to diversity, ethnicity, language, religion, race, gender, age, disability, sexual identity, or “readiness” issues, and that they will treat others the same way that they expect to, and deserve to be treated.

We must work to spread WRAP to make sure that every person understands that there are “no limits” to recovery.

We must work to spread WRAP to make sure that all mental health treatment and participation in all mental health programs, including the use of WRAP, is totally voluntary; that the person who is developing the WRAP decides if they want to do it, when they want to do it, how long they will take, what it will include and who will assist and support them.

We must spread WRAP to make sure that everyone understands that the person who is reaching out for help or is developing their WRAP, is the primary expert on him- or herself.

We must work to spread WRAP to make sure that in all of mental health care and treatment, that the focus is on strengths and away from perceived deficits, that the focus is on the things a person does well, that negative judgments or the findings of deficit-based assessments are avoided.

We must work to spread WRAP to make sure that clinical, medical, and diagnostic language has been discarded, and is considered obsolete, without value, and is replaced by accurate descriptions of experiences, feelings, and behaviors.

We must spread WRAP to make sure that people with lived experience work together and learn together to increase mutual understanding, knowledge and promote wellness; that peer support is the rule rather than the exception.

We must work to spread WRAP to make sure that only personal wellness tools and other strategies that are simple and safe are used for treatment.

We must work to spread WRAP to make sure that difficult feelings and behaviors are understood as normal responses to traumatic circumstances, and to difficult things that are happening. They are not considered “symptoms” or a “diagnosis,” and that all treatment is trauma informed. We have come so far in the last 20 years in this regard. 20 years ago, all mental health problems were considered brain disorders. Now it is clearly understood that mental health issues are a response to traumatic life experiences like abuse, poverty, neglect, war, disability and disasters.

We will work to spread WRAP to make sure that restraints, seclusion, the use of body bags, tasers, and other traumatic procedures has been eliminated. Congratulations to Pennsylvania and Delaware and others for the groundbreaking work they have done in this area. Congratulations to the Copeland Center for developing a White Paper to address this issue for beginning a new training initiative, and for on-going study of this issue and advocacy for change.

We must spread WRAP to make sure that families like mine, and yours, will never again know the horror of losing a family member to long term illness, institutionalization or suicide.

We must spread WRAP to make sure that people can reach out for help when times are difficult, that they will be offered simple safe solutions like wellness tools and WRAP, and that the stigma that accompanies reaching out for help in the hardest of times will be eliminated. We will open doors that used to be closed.

We will spread WRAP to make sure that people in crisis have a place to go and be supported for as long as they need that support—a place where there is food if they want it, where they can be alone or with others, where they can be inside or outside, where there are things to do if they want to do something—whatever it is they need to do.

All of us working together were part of accomplishing what we have accomplished so far with WRAP. We did it. We did it with WRAP. Now we have to undertake what may be a much, much bigger job—taking WRAP and the WRAP values and ethics to every corner of the globe, to Hong Kong, Ghana, to South Africa, to Uzbekistan, to Jerusalem, to Siberia, to Mississippi—until the pendulum has swung so far that it can never again swing back.

The model that keeps on working

In order for the work to go on, it is critical that WRAP facilitators and people who work with others one on one to develop a WRAP, stay true to the WRAP model. This assures that they understand WRAP as it continues to be intensively studied.

Message from Dr. Copeland *Continued...*

People who have mental health issues, including those who have had them for many years and those who have been told that they will never get well, deserve the very best that we can give them. The best is the evidence-based model that has been intensively studied, that is described in *Facilitator Training Manual: Mental Health Recovery including Wellness Recovery Action Plan Curriculum* (Copeland, M. Dummerston, VT, Peach Press rev. 2012). Once an individual has been exposed to the evidence-based WRAP® model, they can adapt it to their own needs as they wish.

If you want to integrate WRAP into your agency, facility, organization, region, state or country, contact the Copeland Center for Wellness and Recovery. They will work with you to set up an integration plan that works best for you. They can assist you in taking advantage of resources you already have, and work with you to develop needed resources. There is a three-tiered training process for integrating WRAP. These trainings and training protocol were developed as WRAP became more and more popular and as a need for a system of accurate replication became apparent. While adaptations to this protocol can be made to meet specific needs, we have found that this model is clearly “the one that works.”

3 Levels of WRAP Training that Build on Each Other:

Seminar I: Introduction to Mental Health Recovery and WRAP

Learn about creating your own WRAP plan and integrating WRAP into your life. There are a number of different formats including 8-12 week WRAP groups, 2-day workshop for up to 20 participants, 3-day workshop for up to 50 participants, Retreats, the Correspondence Course and more. These are run by Advanced Level WRAP Facilitators or WRAP Facilitators.

WRAP Facilitator Training

This is a 5-day in-person training lead by two Advanced Level WRAP Facilitators. People attending this training already have a good understanding of WRAP and use it for themselves. They are ready to share about how they use WRAP and their belief in recovery. The 5-days covers the values and ethics of WRAP, facilitation skills, answering difficult questions, presenting WRAP with a co-facilitator, and more.

Advanced Level WRAP Facilitator Training

This training is a 5-day in-person training designed to certify Advanced Level WRAP Facilitator who lead WRAP Facilitator Trainings. The people who take this training are experienced recovery educators who have completed many WRAP groups and presentations.

Why WRAP?

Why WRAP? Here are some of the reasons. This is not a complete list. It could go on and on.

Both anecdotal reporting and multiple studies have shown that attending a WRAP group and developing and using your own WRAP as a guide to daily living helps relieve depression, anxiety and other mental health issues. WRAP helps you advocate more effectively for yourself, work toward your own wellness and recovery, and prevent crises or more difficult times. In these days when many people are concerned with the findings cited in resources like *Anatomy of an Epidemic* (Whitaker R. New York: Random House, 2010) and *Psychiatric Drug Withdrawal* (Breggin, P. New York: Springer Publishing 2013) and are considering or in the process of getting off of psychiatric medications, WRAP can be an effective tool to guide them through that process.

WRAP gives people hope. In the past people have been told that they would never get better, they would probably get worse over time and that there was nothing they could do to help themselves. Now that has changed. We all know that people do get better and stay well. And we know that they can use WRAP to support them in that process.

In order to recover from mental health issues, each individual has to take personal responsibility for their own recovery and wellness, particularly if they want to chart a new course for themselves. WRAP gives them the structure they need to take that responsibility and to do what they feel is in their best interest.

WRAP encourages people to educate themselves. In the past, it was assumed that people who had mental health difficulties did not have the capacity to learn about what they were experiencing and take action based on what they have learned. Now we know that was not true. People learn from each other and other resources, and use what they have learned to make good decisions for themselves and help them develop a powerful WRAP that will take them into the future.

WRAP promotes self-advocacy. As people learn from each other in WRAP groups, they develop advocacy skills that support their WRAP and in all aspects of their lives.

Participation in a WRAP group facilitates development of strong support networks, networks that support people as they recover and move on with their lives.

I hope this has convinced you that continuing focus on WRAP is the “way to go.” Mohandas Gandhi said, “A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history.” That’s us. Determined Spirits. Unquenchable faith. Keep me posted on your progress.

Mental Health Recovery and WRAP Correspondence Course



The Correspondence Course is an excellent way to prepare to become a WRAP Facilitator. Participants in this course learn about the mental health recovery concepts, develop wellness and recovery skills and develop their personal Wellness Recovery Action Plan (WRAP).

The course is divided into six assignments, each with reading assignments, written work and activities. This course takes you through recovery topics, peer support, trauma, lifestyle issues, the values and ethics of a WRAP facilitator, developing a personal WRAP, and reflections on your own recovery journey. Communication with the instructors, both Advance Level Facilitators and recovery educators, is by e-mail or by phone if requested by the participant.

One participant describing the wellness paradigm stated: “It helps people understand that they are responsible for their wellness, and their support system can help empower them to be effective in their environment and community. It does not say that recovery is not possible, but says that people can dream and hope and reach levels they would never have expected. It helps people understand that their diagnosis is a *part* of who they are, but is not who they are.”

Another participant, writing about her recovery journey, stated: “WRAP has helped me discover my strengths. Because I am now focusing on the things that work well for me to stay well, I am feeling strong and capable of managing my life.”

The typical amount of time spent on this course is four to five hours per week reading and completing the assignments. You may complete the course at your own pace within a two year limit. If this course is the beginning of the process to become a WRAP facilitator, you need to complete the correspondence course a minimum of two weeks prior to attending a 5-day Facilitator Training. This allows you time to begin using your WRAP, plus review the materials.

The table below is an outline of what you can expect when you enroll in the correspondence course.

Lesson 1 Study of underlying recovery concepts, including hope, personal responsibility, education, self-advocacy, and different types of support (peer, family, professional, community).

Lesson 2 Language has great power. It can stigmatize or uplift. Awareness of the language we use will promote the use of language that reduces stigma and promotes wellness and recovery.

Lesson 3 Explore the use of various simple, safe, self-help wellness tools that people who experience mental health difficulties have found to be useful in temporarily relieving these symptoms and for maintaining wellness, including exchange listening, focusing exercises, relaxation and stress reduction exercises, values and ethics.

Lesson 4 Develop a Wellness Recovery Action Plan that includes: a Daily Maintenance Plan, identifying and responding to Triggers, identifying and responding to Early Warning Signs, identifying those symptoms that indicate the situation has worsened and responding to those symptoms to successfully relieve them [When Things Are Breaking Down], and writing an effective Crisis Plan or Advanced Directive and a Post Crisis Plan.

Lesson 5 Explore specific issues that affect wellness, including changing negative to positive thoughts, building self-esteem, suicide prevention, reducing the effects of trauma, journaling, diversionary activities, exercises, sleep, and developing a lifestyle that enhances wellness.

Lesson 6 The course concludes with reflection and discussion of your perception of recovery and whether or not it changed after reading the material and doing the assignments and exercises related to this course.

The following quote from another participant sums it up: “Since tapping into the jewels of information in the WRAP program, my perception of recovery has changed tremendously. I feel as though I have finally found the way to not only get well, but stay well and even more importantly make healthier choices for my future.”

Join us!



**is coming to...
California!**

Second International WRAP Around the World Conference

You are invited to join us on January 25-27, 2013 in Oakland, California for our second international conference. Advanced Level WRAP Facilitators who focus on bringing recovery to their communities are planning this conference. Come meet hundreds of people from around the world using WRAP

Mary Ellen Copeland, PhD, will give a keynote speech as well as other nationally and internationally recognized recovery speakers.

There will be plenary sessions on transition age youth and a report on WRAP from countries around the world. The conference includes many great workshops, caucus session, networking opportunities, and art and entertainment.

Here's what people said about the last conference:

"We all got so much out of the conference and I feel being there strengthened my own wellness and recovery, truly. The conference had an amazingly strong atmosphere of camaraderie and ease." -Elaine, Maryland

"One of the best conferences I have ever been part of. Well worth the trip to the other side of the world!" -Bianca, Australia

"The conference changed lives... and in doing so, changed the world." -Rita, New York

Early Registration until September 15!

Sign up now for the best rate of \$350, which includes all the plenary sessions, workshops, caucuses, entertainment, and networking during the conference plus continental breakfast on January 25-27 and lunch on January 26-27.

Call for Workshop Proposals – Deadline September 27!

The Copeland Center is seeking proposals for the WRAP Around the World Conference.

Are you working with WRAP to get people back to work? In jails and prisons? With Veterans? Transition age youth? Do you share specific wellness tools with groups? Have you done some research that would be of interest to the community? We want to give you an opportunity to share your experience with others committed to recovery in the following categories:

- The key concepts, values and ethics of WRAP
- Disseminating scientific research
- WRAP within Health Care Systems and Organizations: Honoring diverse perspectives
- WRAP for everyone—how does it work?
- Living WRAP—helping people use WRAP in their everyday lives.
- Wellness Tools: Simple, safe, free or inexpensive and available in the community
- Promoting choices and options: Simple, safe and inexpensive alternatives to traditional medical approaches

Everyone who uses the Wellness Recovery Action Plan (WRAP®) or supports others who use WRAP is invited to apply.

Go to <http://copelandcenter.com> to submit proposals

WRAP Facilitator Refresher Credit is available at the Conference

It is the best practice for WRAP Facilitators to receive a Refresher course at least once every 2 years. You must be a certified WRAP Facilitator to qualify for Refresher credit. Registration for WRAP Facilitator Refresher credit is free, but requires pre-registration.

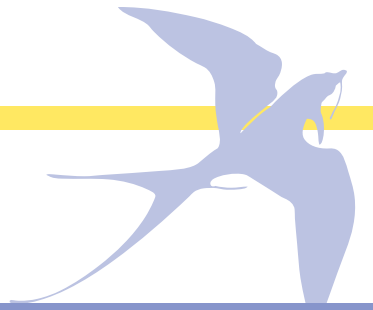
Advanced Level WRAP Facilitator Refresher Pre-Conference

Advanced Level WRAP Facilitators can earn a Refresher Certificate by attending the conference plus a 1-day pre-conference training on 1/24/13. Space is limited; the fee is an additional \$75.00.

Accommodations- Oakland Marriott City Center

Enjoy a special low rate in the Bay Area of California of only \$129 per night! The Oakland Marriott City Center is just 1 block from Chinatown, 6 blocks from Jack London Square, and a quick ride on public transportation (BART) to San Francisco.

For more information: www.copelandcenter.com



WRAP Goes To High School



Recently, the Copeland Center entered a groundbreaking initiative to bring WRAP to High School students in Edmonton, Alberta, Canada. The Three-Day WRAP Overview took place from June 28th – 30th, with an additional two days of planning on July 1st and 2nd. The three-day overview was co-facilitated by Letty Elenes, Jawanza Hadley, and Rocio Elenes.

Twenty-seven high schools students from two separate high schools and one project coordinator from Alberta Health Services came together to participate in the three-day overview. Each of the participants was guided through the 5 Key Concepts and the process of making their own WRAP.

At the conclusion of the overview, there were two additional days set aside for coming up with an implementation plan. The two-day planning process was led by the executive director of the Copeland Center, Matthew Federici.

WRAP is not new to Canada. There are currently nine Advanced Level WRAP Facilitators and several WRAP Facilitators in Canada.

The next step in the process is to hold a five-day Facilitators training for the participants. This is scheduled to take place August 30th – September 3rd in Edmonton, Alberta, Canada.

“WRAP is more than just a program about mental health, it’s a lifestyle of well-being.”

Pablo, HS Participant

“WRAP is a lifestyle and movement of people where we don’t have to live life by ourselves. We can use supporters and people to help us out in everyday life.”

Ross, HS Participant

“It’s awesome to see that there are different ways to deal with different situations.”

Aiden, HS Participant

“With WRAP you can take a problem, and instead of worrying about the problem, you can have a set plan to get rid of the problem.”

Nick

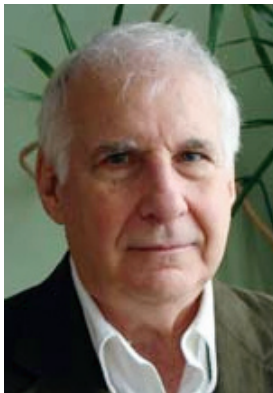
“WRAP is very relevant and it’s very needed and I am really excited to see what is going to happen over the summer and in September to bring it into the schools.”

Lauren Ostrom

HS WRAP Project Coordinator

Transforming Mental Health Services and Psychiatric Drug Withdrawal

by Peter R. Breggin, MD



Nothing in the field of mental health will do more good and reduce more harm than encouraging withdrawal from psychiatric drugs. The time is past when the focus in mental health was on what drugs to take for what disorders. Now we need to focus on how to stop taking psychiatric drugs and to replace them with more person-centered, empathic approaches. The goal is no longer drug

maintenance and stagnation; the goal is recovery and achieving well-being.

My new book, *Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Families*, responds to a citizen rebellion that demands, “Help us get off these drugs!” It also encourages a professional revolution among concerned therapists who want to reject the idea of enforcing “patient compliance.”

It’s time for therapists—psychologists, nurses, social workers, family therapists, and counselors—to stop pushing their clients and patients to take psychiatric drugs that cause brain damage, harm the body, and shorten their patients’ lives. In *Psychiatric Drug Withdrawal*, therapists will learn about psychiatric drugs to actively participate with patients and families in the medication decision-making process.

The book provides a new road map for prescribers, therapists, patients and their families that will enable patients to taper off their drugs and achieve emotional and physical recovery and well-being. At the same time, it provides an improved treatment approach for all patients regardless of whether they are taking psychiatric drugs.

Prescribers of psychiatric drugs should welcome much greater participation of therapists, patients, and their families in decision-making about psychiatric drugs. This new emphasis on patient partnership and well-being will greatly increase awareness of adverse psychiatric drug effects and facilitate patients withdrawing before the harm becomes irreparable. It will improve the prescriber’s overall satisfaction and effectiveness as a service provider.

Some therapists have told me they are afraid of being sued if they offer opinions or participate in psychiatric-drug decision making. In my extensive forensic experience, this almost never happens, and I know of no such successful suit against a therapist. Instead, the highest level of professional ethics requires the therapist to confront the risks and dangers associated with their

patients’ psychiatric drugs.

There is now so much scientific evidence proving that psychiatric drugs damage the brain and overall health and lifespan, that the major concern should be “How to stop taking psychiatric drugs.” It can be dangerous and even agonizing to stop, and people need to take charge of the process and no longer let prescribers like psychiatrists, general practitioners, and pediatricians dictate to them how long they or their children need to stay on drugs.

Up to now, professionals—when agreeing to withdraw patients from drugs—have withdrawn them at

their own predetermined rate and often much too abruptly. This book explains and illustrates a Person-Centered Collaborative Partnership that focuses on the patient’s feelings and needs throughout the withdrawal process.

Therapists are often the first to realize that their patients are overly or unnecessarily medicated but they have been discouraged from voicing their opinions or discussing them with their clients or patients. They have also been discouraged from participating in medication decision-making and have been urged or mandated

“It’s time for therapists—psychologists, nurses, social workers, family therapists, and counselors—to stop pushing their clients and patients to take psychiatric drugs that cause brain damage, harm the body, and shorten their patients’ lives.”

WRAP[®] and Recovery Books

MARY ELLEN COPELAND, PhD



Leaves are falling...and
so are book prices!
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sale prices for fall!

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First Person Accounts of Personal and
System Recovery and Transformation



Stories compiled by M

September Sale
reg \$19.95
on sale, \$14.95

Winning Against Relapse



A Workbook of Action Plans for Recurring Health and Emotional Problems



Marv Ellen Copeland, PhD

October Sale
reg \$16.95
on sale, \$12.95

WRAP[®] Wellness Recovery Action Plan FOR THE EFFECTS OF TRAUMA



MARY ELLEN COPELAND PhD

November Sale
reg \$14.95
on sale, \$10.00

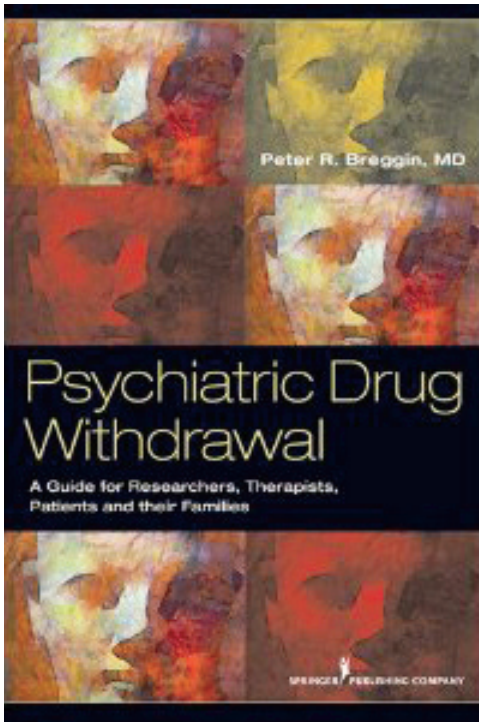


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Resources...Continued



to enforce medication compliance. This book offers a new pathway for therapists to participate in an active patient and family partnership, along with the prescriber. It begins with a review of the dangers associated with psychiatric drugs and then describes and illustrates the process of person-centered withdrawal and mental health recovery, often with the collaboration of the therapist and family.

Patients often come to me wishing to withdraw from psychiatric drugs but are terrified because their previous prescribers, if agreeing to drug withdrawal, have withdrawn them much too rapidly and without regard for their suffering in the process. Nothing is more important than the patient's sense of control over the process and the timing of withdrawal.

At a time when scientific research is demonstrating the harm from long-term drug exposure, the proposed new *Diagnostic and Statistical Manual of Mental Disorders (DSM-V)* will be pushing for increasingly widespread drug prescription. The mental health field needs to reverse itself by vastly increasing emphasis on psychiatric drug withdrawal and drug-free recovery.

This model for a patient-centered collaborative team approach not only transforms drug withdrawal but mental health treatment in general with its greater emphasis on the patient partnership and well-being. Its approach transforms treatment for all mental health clients and patients. The book is especially vital for the treatment of dependent children and adults, individuals struggling from emotional crises and serious mental turmoil, the elderly, and anyone with compromised judgment and cognitive ability.

The Person-Centered Collaborative Partnership approach ushers in a new era of patient- and family-centered treatment. It offers a whole new level of drug-free recovery and enhanced well-being. The goal is no longer a drug-induced holding pattern, but genuine physical and psychological recovery and growth.

Peter R. Breggin, MD, a psychiatrist in private practice in Ithaca, New York, has been called "The Conscience of Psychiatry." In addition to writing more than 40 scientific articles, he is the best-selling author of more than 20 books, including *Talking Back to Prozac* (with Ginger Breggin), *Toxic Psychiatry*, *Brain-Disabling Treatments in Psychiatry*, and *Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide, and Crime*. He and his wife Ginger founded The Center for the Study of Empathic Therapy, which holds an annual conference and provides a free e-newsletter (www.EmpathicTherapy.org). Dr. Breggin's professional website can be found at www.breggin.com, including access to his weekly Internet radio interview show. *Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Families* is available on Amazon.com and at a discount on www.breggin.com.

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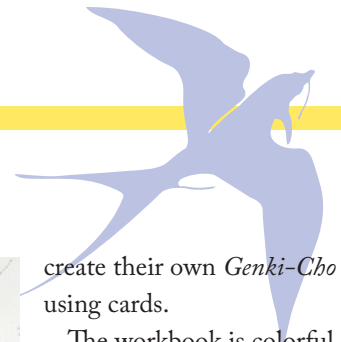
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Genki-Cho

Genki-Cho, which means “get energized” in Japanese, is a new Japanese Kids’ WRAP workbook that is the collaboration of a WRAP committee led by Eri Kuno and Takako Ueda (pictured below holding a copy of the book). Eri is an Advanced Level WRAP Facilitator who has spearheaded WRAP initiatives across Japan. Takako is a WRAP Facilitator who lives here in the U.S., and is the graphic designer of the workbook.



create their own *Genki-Cho* using cards.

The workbook is colorful, playful, and joyful.

Takako and Eri are excited to use this workbook with kids as



The committee asked children questions like, “What would it be like to feel good when you are stressed out?”

The cards are based on these children’s responses. The cards show ideas of what you might do when you feel stressed out, or things that you should do

everyday or sometimes. There are empty cards that individuals can draw or write for themselves. These are like a tool box, so they can

as well as teenagers and young adults. It is a simple introduction for children to get to know themselves through these fun steps. They hope this workbook will help a lot of people who struggle, and lead them to feel good about themselves and who they are.

“This is a delightful resource for Japanese children,” says Mary Ellen Copeland, “I know it will be very popular. Japanese children will learn independence, how to enjoy life and how to work their way through difficult times using this very special book”.

The book, written entirely in Japanese, will be available throughout Japan and in the United States. For information on ordering, email us at info@mentalhealthrecovery.com.

Copeland Center

FOR WELLNESS AND RECOVERY



promotes personal, organizational, and community wellness and empowerment through education, training, and research.

The Copeland Center for Wellness and Recovery serves hundreds of people each year through WRAP® Facilitator Training, introducing people to WRAP®, and by providing technical assistance to agencies and organizations. The Copeland Center reached its highest annual scholarship level, awarding 60 individual scholarships for trainings and conferences in 2011

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