



**Annual Report
2017**



Mission Statement

The mission of the Copeland Center for Wellness and Recovery is to promote personal, organizational, and community wellness and empowerment. We focus on shifting the system of mental health care toward a prevention and recovery focus. As the system shifts to reform through education, training, and research we use the accomplishments developed and implemented by the people being served and the people who care for them. We reinforce this by building networks that reflect mutual support and community organizational empowerment.

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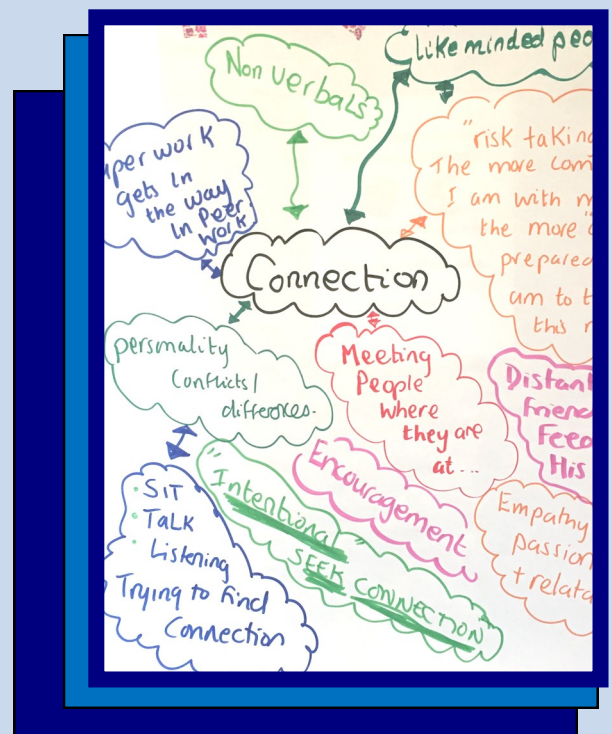
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The Copeland Center is guided by strong core values and ethics. Please look for them throughout this report.

There is unconditional acceptance of each person as they are, unique, special individuals.



Copeland Center Team



Waynette Brock
National Advanced
Co-Facilitation Trainer



Erica Buffington
Wellness Education and
Correspondence Specialist



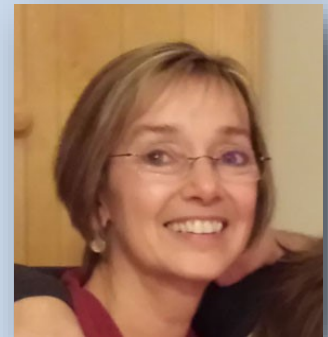
Amey Dettmer
Program Coordinator



Letty Elenes
Program Director



BJ North
National Mentoring Program
Director



Elaine Stiles
Fiscal and Administrative
Services Director



Ryan Temeco



Katie Wilson



Jane Windertling

Not pictured:

Rona McBrierty—ALWF (International)

Gina Calhoun—ALWF, Speaker, Consultant

Rachelle Weiss—Community Support Liaison & Annual Report

John (Joch) Woodruff—ALWF, Consultant

Terry Rumsey (GreenSeedsGrants), Consultant

[The Copeland Center also utilizes a large number of talented advanced level WRAP® facilitators and consultants.]

It is understood that each person is the expert on her or himself.

Letter from Matthew Federici, Executive Director

Dear Friends and Colleagues:

Welcome to the inaugural edition of The Copeland Center for Wellness and Recovery's Annual Report – 2017. The Copeland Center gained its non-profit status in 2005, but we believe the reach and depth of the organization has expanded so significantly that we wanted to share the details of that growth and evolution with our friends, colleagues and future partners. As a nationally known peer run organization with a dynamic board of directors we are proud to demonstrate the value, impact and leadership abilities that people with the lived experience of recovery can contribute our communities.



At our foundation, The Copeland Center is rooted in core values and ethics that facilitate wellness, most notably through the facilitation of the Wellness Recovery Action Plan (WRAP)[®]. All of our facilitation practices have the singular goal to support individuals to live their lives to the fullest, connect with their community and explore their wellness with peers. As many know, facilitating WRAP[®] is not just a how to write a plan, but how to create a community of support based in the values and ethics you see throughout this report. The values, ethics and practices we uphold support people to learn, reach, excel, and share their self-determined paths to wellness.

WRAP[®] came about as a way to manage mental health challenges, but that was over twenty years ago. Today, through the leadership of our board and extensive network of facilitators, WRAP[®] practices and our values and ethics are now being used in almost every area of life. Our practices of co-facilitating WRAP[®] can be found in all levels of behavioral health, physical health, general life management, well workplaces, community inclusion and more.

As you will see in the following pages, the Copeland Center's Board of Directors, staff and consultants have taken the key concepts of hope, personal responsibility, education, self-advocacy and support along with the values and ethics to create, develop and enhance a broad spectrum of learning opportunities. The concepts and values and ethics have deeply moved and motivated individuals in every area of their lives. I am honored to work alongside this extraordinary group of people. They have mined their personal journeys, their fathomless creativity, commitment and passion to create extraordinary educational experiences. These events inform the participants that they are the experts on their own lives, that there is always hope, that things can and do get better, and that there is power in mutual support. Of equal importance, they guide people to find the tools within themselves to turn those beliefs into reality.

Welcome to The Copeland Center for Wellness and Recovery's Annual Report for 2017.



The Copeland Center for Wellness and Recovery, a peer-run non-profit organization, was established 2005. It was created by peer leaders, such as Mary Ellen Copeland and Jane Winterling (Copeland Center Vermont Education Coordinator and international facilitator) in an effort to provide a centralized location to oversee the fidelity, expansion and growth of WRAP®. The Copeland Center founders were committed to sharing WRAP® co-facilitation in accordance to a core set of values, ethics and practices utilized to ensure the fidelity of the evidence-based study led by Dr. Judith Cook of University of Illinois.

Those early pioneers could only dream that the Copeland Center Peer Community would grow into the international family it has become. But because they were committed to the key concepts of **Hope, Personal Responsibility, Education, Self-Advocacy and Support** their dreams have become a reality.

In addition to the Copeland Center staff, Board of Directors, consultants and colleagues, the Copeland Center family includes thousands of people who have embraced the practices and values that comprise the foundation of the work begun years ago and continues and grows everyday.

So if you are part of the family, a friend, or someone who simply wants to know what it means to be a part of the Copeland Center, we welcome you to a very special way of looking at your life, managing your life and laying a foundation of personal and universal wellness.

The focus is on peers working together and learning from each other to increase mutual understanding, knowledge and promote wellness.

From Mary Ellen Copeland

I continue to be astounded and thrilled that WRAP®, since its development by people who were working to figure out a way to live their lives in spite of persistent mental health issues, has improved and saved the lives of thousands of people all over the world. While other health initiatives have come to the fore and then faded away, WRAP® has continued to grow, and grow, and grow.

One of the major reasons for the phenomenal growth of WRAP® is the Copeland Center for Wellness and Recovery. Every year since its founding in 2005 it has reached out to more and more people, teaching people how to develop their own WRAP®, to be WRAP® facilitators, and to teach people how to teach others to be WRAP® facilitators. They have reached out to people of all ages and in all kinds of circumstances. They have developed special initiatives for people with special needs. Just last year the Center added several staff members who have many years of experience and expertise with WRAP®, increasing its ability to reach out to people in prisons and to young people.

Another reason for the phenomenal growth of WRAP® is that WRAP® takes a different trajectory than other mental health recovery programs, a trajectory that works for people. WRAP® is about each person figuring out what works for them--not what someone else thinks should work for them. I remember when I first developed and started using my WRAP®. This was the beginning for me of knowing that there were multitudes of things I could do to help myself. Before that I thought my life was out of my control. In the group, or working with a peer, even on my own, I could figure out things I could do to help myself and put them to work in my life. I still do that. WRAP has been key to my wellness for over 20 years now. I am gratified to know that while I am doing this, so are more and more people everywhere.

Another factor in the incredible success of WRAP® is the WRAP® group model. While people can develop a WRAP® on their own or with a peer, the WRAP® group model is itself a wellness tool. Many people are apprehensive about going to a group for the first time. They are afraid they won't be accepted and they are afraid they don't know enough. When they take the risk and attend, tentatively at first, they find that the structure of the group, the values and ethics that surround the work, the guidelines that the group develops so that each person in the group feels safe and supported, and the sequence of the modules that move from easy when people are feeling more tentative, to more difficult as people understand themselves better and become more familiar with the process, their lives are changed forever.

As we move into 2018, I look forward with great anticipation to learning of the great accomplishments of the Copeland Center for Wellness and Recovery.

There is unconditional acceptance of all creative work and expressions.

2017—An Overview

Trainings, Facilitating, Webinars, Keynotes, Conferences



Trainings	Number
Introduction to WRAP® - Seminar 1	13
Introduction to WRAP® - Seminar 1 (online)	4
WRAP® II - Co-Facilitator Training	24
WRAP® III - Advanced Facilitator Training	14
WRAP® II - Refresher	3
WRAP® II - Refresher (online)	4
WRAP® III - Refresher	3
Community Inclusion	3
Statewide Peer Summit (West Virginia)	1
Strategic Planning	1
Peer Generation	3
Doors to Wellbeing - Introduction	3
Facilitator Mentoring	4
Mentoring for Re-entering Conference	1
WRAP® Around the World Conference	1
Wellness Team Retreat	1
Keynotes	3
Spring into Employment	1
Healing from Trauma Retreat	1
Texas Council Conference	1
Wellness Engagement Training	1
Nebraska Consumer Conference	1
Intro to WRAP Correspondence Course	52

Webinars

How to Ask for a Raise - Peer Specialists
Creativity Becomes You
Community Inclusion
National Accreditation for Peers - How Canada makes it Work
DBSA Leadership Conference
The Importance of Language for Peer Specialists
Straight Talk about Peer Supervision
Lived Experience to Research - Peer Specialists
West Virginia Peer Support Webinar
Implementation of Evidence Based Practices
WRAP® and Addictions
Creative Connections through Check-ins
Hosted NTAC SAMHSA Webinar
WRAP® for Happy Health Healing Relationships



The Copeland Center is a peer run non-profit organization licensed by Advocate for Human Potential (AHP) to conduct certification training based on WRAP®. WRAP® is copyrighted and a registered trademark of AHP.

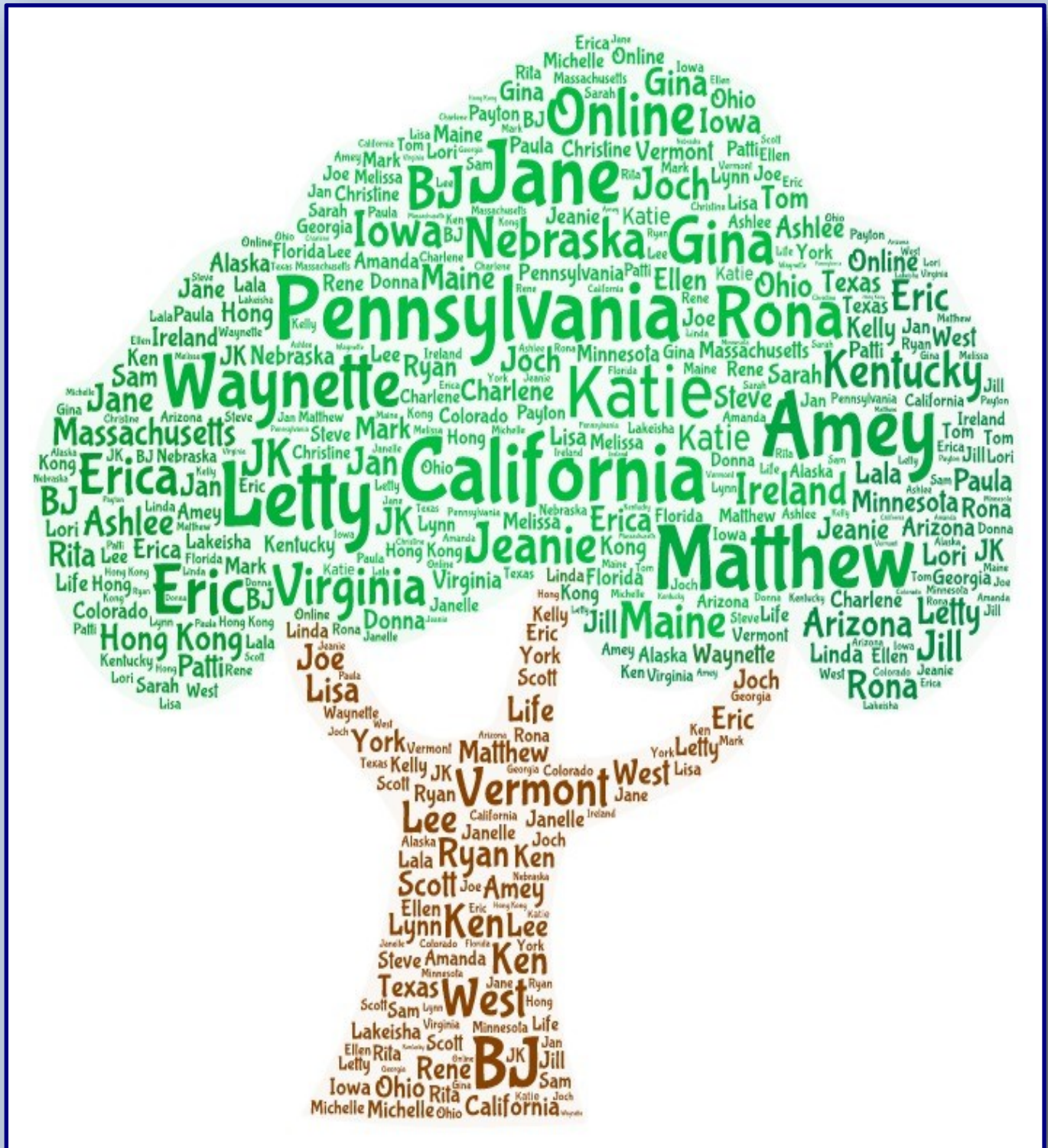




Highlights

- ⇒ Wrap® Around the World Conference in Sacramento, California
- ⇒ The Copeland Center adds New Life in Hong Kong to its list of international collaborators and Centers of Excellence.
- ⇒ Over 10,000 people take part in Copeland Center educational opportunities.
- ⇒ Wellness Engagement, Community Inclusion and Peer Generation are three new original educational offerings of The Copeland Center.
- ⇒ Copeland Center staff expands to include leaders in workplace wellness, peers in the criminal justice system, and transitional age youth.
- ⇒ Year two of the Doors to Wellbeing grant shows expansion of services to youth, veterans and peers in target states including West Virginia and Nebraska
- ⇒ Doors to Wellbeing Program Director wins National Youth Leadership Award at Alternatives Conference.
- ⇒ Copeland Center staff serves on boards of iNAPS, SAMHSA Diversity Recovery Committee, HOGG Mental Health Org., and The National Coalition for Mental Health Recovery
- ⇒ WRAP® Co-Facilitator training expands to include ongoing mentoring and networking opportunities
- ⇒ Expanded partnership with Temple University Collaborative on Community Integration—Community Inclusion training

Who we are and where we have been!



The focus throughout the organization is on individual strengths and away from perceived deficits (with stakeholders among team members and with leadership roles).

WRAP® Around the World: An Event and a Practice



In June of 2017, The Copeland Center held the WRAP® Around the World (WAW) 2017 Conference in Sacramento. As with previous WAWs, the Copeland Center partnered with a local peer organization. In 2017 Mental Health Association of Northern California was a key sponsor in supporting the conference for peers from around the world who have incorporated

WRAP® and Copeland Center values and ethics into their lives in diverse and creative ways. In addition to participants from across the United States and Canada, the Copeland Center welcomed friends from Ireland, Japan, the Netherlands, Hong Kong, Scotland and Singapore to name a few. In addition to the diversity of participants, the diversity of workshops paints the perfect picture of the new and exciting ways people are making WRAP® part of their lives. Among the 30 plus workshops were: How to Live Authentically with Others and Get the Support You Need!; Recovery to Citizenship; Art for Insight; Youth Engagement; Transformed by WRAP®; Using WRAP® to Write Your Lived Experience – Memoir, Poem or Song; Weaving a Web of Support; etc.

WAW in Sacramento provided a snapshot of how The Copeland Center is touching diverse and numerous groups of people taking control of their own recovery. Whether conducting trainings in states such as Kentucky, Nebraska, Iowa and Maine or continuing to expand wellness communities in California, Pennsylvania, Virginia and Massachusetts, the practice, values and ethics developed in the 1990s are infusing the recovery world in ways that have grown almost beyond imagination. The Copeland Center, in developing online curricula, is also able to reach people anywhere there is a computer or a phone.

We say “almost beyond imagination,” but we have found nothing is beyond the imagination of people who believe in their recovery - or who have been reminded that they can recover and they can live the lives they once dismissed as unreachable dreams.

"I learned that I am honored! I feel worthy and optimistic. LOVE YOU GUYS! You're the best!"

"I really loved the Community Inclusion training. It reminded me how important it is to look at the whole person and what they bring with them. I realize how important the community is no matter if it's, family, work, or the community that we live in. "

"This experience has really opened me up and has started a long-deserved healing. I am grateful that I was able to attend. I have a greater knowledge of "why." Anyone and everyone can benefit from WRAP®. WRAP® brought out a real passion that I have for this work."

"Thank you so much. My brain is having a strength-based overload. And that's a GOOD thing. :) It was an amazing experience. "

"The passion and commitment of people that believe in WRAP® is life-changing. Enlightening, Empowering, Motivating!"

"The facilitators were amazing. They used their own knowledge and lived experience so it could be real for us. This is an amazing group that I have learned so many things and will use them throughout my life and the lives of others."

"I am very excited to continue this important work!!"

The quotes on this page are a sample of the feedback the Copeland Center receives on its anonymous evaluations provided at all trainings and workshops.

Amey's Story—Wellness, Self-determination and Peer Support

I am proud of who I am today. But I wasn't always proud or even pleased. Here is my story.

When I was teenager, I was a victim of what some people may consider abuse. These difficult living environments ultimately led to my running away from home. I stayed on the run, harbored by people who wanted to help, but it was not enough to keep me away from the traumatic memories, difficult feelings and many secrets that consumed my soul.

After running away, I was placed in youth homeless shelters, foster care, and a residential treatment facility where I was forced to participate in my first experiences with mental health treatments. None of which felt like a safe opportunity to share about the emotional baggage I was carrying.

These placements made me feel lonely and unaccepted in the world around me. I felt like no one would understand. Not only would they not understand what it was like to experience the life abuse I went through, but that they wouldn't understand what it was like to be removed from societal norms and placed in a system where you are disconnected from the world around you.

Eventually, after leaving the mental health system, I was able to secure a job working in a day program setting for adults with developmental distinctions. I always had a drive for helping people. This job was exactly what I needed; meaning and purpose for my life. My success at this job lead to a surprising opportunity to become a Certified Peer Specialist (CPS).

I attended peer support training where I learned it was okay to experience what I went through without the stigma and shame I previously felt. It was truly amazing to feel what a little bit of understanding and acceptance from others could do for the healing powers of the soul. After learning about and experiencing peer support, I began to find myself after feeling lost for so long.

My work as a CPS introduced me to the Copeland Center peer community during a WRAP® training. Getting involved with this community and learning to proactively plan for my wellness was a life changer for me. This community created a safe space to share about some of my most unique traits and experiences, and taught me how to see myself and others through the lens of strengths. I was encouraged to put my own label to my name, and to rise beyond my fears and challenges that got in the way of being my best self. I finally found healing and wellness.

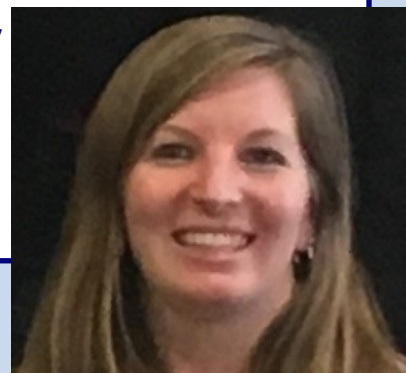
Still, for me, life is filled with growing pains and tough times, but with this community and as a support system, I am no longer scared of those times. For my Copeland Center peers have helped me to create my own wellness plans of personal expertise to help me persevere through whatever life throws my way. This community has taught me that I can learn from every experience, and evolve my plans as I learn.

These Copeland Center peer experiences have taught me that I am more than my story. They have given me tools and connections that continuously support me in my journey of living an authentic life of wellness. Through these mutual learning environments, time and time again, I am enlightened to self-discoveries, deeper understandings about life and rejuvenation of wellness.

Because of this community experience and ongoing wellness planning I have learned to dream and to set goals for myself. And to believe that many things are possible if I believe in myself.

Today I strive to help our world and country become a wellness focused community. My hope is to play a part in spreading this community around the world, so more people can find personal growth through the acceptance, compassion and unconditional high regard that this community has shown me.

**Amey Dettmer, ALWF,
Program Coordinator,
Doors to Wellbeing**



Partners ∞ Projects ∞ Programs ∞ Presentations

The Copeland Center works with a wide variety of partners. We have partnered with Temple University Collaborative on Community Integration to bring the concepts and practices of community inclusion to peer specialists. We have partnered with peers in Maine to bring the practices, values and ethics of non-hierarchical facilitation to Sweetser, a statewide provider of behavioral health services and with Crestwood Behavioral Health of California in strengthening their culture of workplace wellness. We work with New Life in Hong Kong to bring WRAP® and Peer Support Services to a different culture. We have partnered with youth across the nation to develop both a youth peer curriculum (Peer Generation) and a National Youth Advisory Council. Collaboration is how we approach all of our connections. We work with individuals and groups all looking to make changes to workplaces, systems, beliefs, recovery journeys and people.

The Copeland Center and its staff have always been deeply immersed in the peer/consumer community. Whether it is providing technical assistance and serving on the board of the International Association of Peer Supporters (iNAPS), participating on the diversity recovery month committee for SAMHSA (Substance Abuse Mental Health Services Administration) or overseeing the youth tracks at Alternatives 2017 and 2018, the Copeland Center walks the walk of the power of peer support. The Copeland Center staff also stays involved in their local recovery communities by serving on committees, providing keynotes and offering trainings in their home states.



What follows is a brief overview of some of our partners, projects and programs.

The Copeland Center has had the good fortune to work with Dr. Mark Salzer and Temple University's Collaborative on Community Inclusion. Dr. Salzer has been generous with his support of the peer community and the Copeland Center. The Temple University Collaborative has worked with the Copeland Center to create **Community Inclusion for Peer Specialists**. This is an original curriculum that provides theory and methods to support peer specialists working with other peers to reintegrate and become valued members of their communities. This trainings has been presented in a number of states, and The Copeland Center is building a nationwide network of these graduates with regular online meetings.

It is not unusual for a community, county, state or provider to make the decision to take what they learned in a WRAP® Seminar and make it available for the larger community. This has happened in Pennsylvania, Kentucky, California (Alameda County), Ireland and Hong Kong.

The Copeland Center in Maine

*[What follows is a description of the partnership with **Sweetser – one of the largest behavioral health providers in Maine** – written by Susan Pierter, Director, Communications & Public Relations.]*

“In 2015, the state of Maine – with urging from the advocacy community – issued a Request for Proposal (RFP) for “recovery-based peer facilitator training.” Sweetser’s Recovery Services Director Scott Metzger spearheaded the response, which resulted in the successful award for a proposal of a Peer Training Network that included WRAP®. Peer Training Network (PTN) was launched in 2017 in eleven months.

What is Sweetser’s relationship with the Copeland Center? What led to the partnership?

Sweetser’s PTN Leadership had early exposure to WRAP® that inspired them and led them on the path to becoming Advanced Level Facilitators with a dream of one day building a sustainable network of trained facilitators throughout Maine. Paula Gustafson met WRAP® Founder Mary Ellen Copeland at a conference and inquired how the training could be spread to Maine. Scott Metzger was influenced early in his career by a WRAP® facilitator in Ohio who had a lasting impact on his heart and mind.

Working with Matthew Federici, Executive Director of the Copeland Center for Wellness and Recovery, the PTN has been providing initial facilitator training in its first year. To date, the successful partnership has resulted in the most creative, exciting and effective developments in the field of WRAP® -- building on an existing network of thousands of passionate and committed wellness facilitators, advocates and practitioners from across the world to join forces and leverage their potential for change. The PTN has incorporated into its training the Copeland Center’s international reputation for inspiring individuals and representatives of organizations and systems to take their knowledge and skills back to their own communities to make Wellness, Recovery, Community Inclusion and Peer Support a living source of healing and transformation at a grassroots level.

Vermont Recovery Education Project

One of the longest state relationships has been between the Copeland Center and the state of Vermont. Headed by Jane Winterling, the **Vermont Recovery Education Project (VREP)** brings WRAP® seminars, recovery workshops and support groups and technical assistance for the behavioral health community in Vermont.

The Copeland Center's work with VREP is part of the Vermont Blueprint for Health, a nationally recognized initiative designed for community-led strategies for improving health and wellbeing. In 2017 the Copeland Center expanded its offerings in Vermont of mentoring , technical assistance and educational opportunities such as the new Wellness Engagement (WE) course (page 16).

The O.W.L. (Organizational Wellness Landscape) is a collaboration between the Copeland Center for Wellness and Recovery and **Crestwood Behavioral Health** to transform the wellness landscape of the organizational workforce. This collaboration is strengthening Crestwood's workplace wellness as well as their quality of services by implementing the facilitation practices and the values and ethics that gave WRAP® its evidence-based practice status with the Substance Abuse and Mental Health Services Administration (SAMHSA). Through this project, managed and implemented by the Copeland Center’s National Mentoring Program Director and WRAP® facilitator, BJ North, the Copeland Center is highlighting, promoting and elevating Crestwood’s reputation as an organization which is a key ally to a world renowned consumer operated organization committed to creating a culture based in solid value and tools for wellness for everyone. This project provides a model for workplace wellness which the Copeland Center will implement in other organizations.

The Mentoring for Reentering Project: A Successful Model for Reducing Recidivism

The Copeland Center for Wellness and Recovery has developed an innovative peer mentoring model that incorporates the evidence-based practices of peer support and WRAP® facilitation to engage, empower, and equip program participants for a successful reentry from incarceration to a productive life in the community. The Copeland Center's Mentoring for Reentering Project has been successfully implemented by One New Heartbeat (ONHB), a local California nonprofit organization, for offenders reentering the community from county jails in the San Mateo, CA County correctional system. ONHB conducted WRAP® groups and peer mentoring services for inmates inside the San Mateo jails and also in the community after their release. The intervention reduced the recidivism rate for program participants by over 50 percent compared to the baseline recidivism rate for the San Mateo Correctional System (Gains Center, 2013). The Copeland Center has also worked with its network of trained WRAP® facilitators and Advanced Level WRAP® Facilitators in various settings of the criminal justice system.

The Copeland Center and ONHB seek to combine and replicate the successful San Mateo peer mentoring model and national collective experience of using peer support and WRAP® for people living within and transitioning beyond the Correctional System. The objective of the Mentoring for Reentering Program is to build teams that empower incarcerated inmates with the knowledge, skills, and supports that will facilitate a successful transition from prison to a productive life in the community.

Pennsylvania Department of Corrections

Headed by Lynn Patrone, a mental health advocate in PA DOC, a major initiative is being undertaken to bring WRAP® to the peer specialists and, and ultimately, to the inmates in the PA prison system. Lynn recognizes the value of the skills, insights and tools that WRAP® trainings share in addressing the stress, triggers and challenges that face both those who are inmates and those who are supporting them.

Copeland Center Training

Wellness Engagement Training (WE)

WE Training is a self-directed structure for people who want to work one on one or to educate and support constituents to implement support groups. It is ideal for peer support specialists, people who support someone facing a challenge and anyone who wants to enhance their ability to empower others to activate planning in their lives. In this training, participants learn skills that can take peer work deeper to encourage others to take practical steps for their own wellness.

Community Inclusion

The Community Inclusion workshop, developed in collaboration with Temple University Collaborative on Community Inclusion, will assist peer specialists on developing tools and plans on how to re-introduce and re-integrate their peers back into the community. Participants will learn a variety of methods as well as the connection between recovery and community inclusion.

Peer Generation

Peer Generation is a 3-day workshop developed for youth and emerging adults to identify personal pathways to empowerment, resiliency and wellness. In this interactive, upbeat training participants are given opportunities to learn about the Peer Generation Movement of empowered young leaders. This course offers a mutual learning environment based on Foundations of Resiliency that include: Hope, Connection, Self-Determination and Meaning. Through the exploration of personal strengths and creative self-exploration activities, youth are given opportunities to get in touch with who they are, and the cultural and personal experiences that have formed them.

Partners (Continued)

Mentoring, Technical Assistance and More

Mentoring: The Copland Center has always believed that modeling and mentoring are two of the most successful ways of learning and changing behavior and practices. Mentoring WRAP® facilitators has always been built into the WRAP® model where experienced and talented facilitators will partner with those newer to the experience.

Technical Assistance: The Copeland Center is frequently called upon to assist those trying to incorporate WRAP® and recovery-oriented practices into their organizations and communities, people looking to create policy that is more person-centered or other peer non-profits looking for ways to succeed and gain legitimacy. The Copland Center staff, under the management of Director of Operations Katie Wilson, works to support their peers around the country.



Keynotes: Copeland Center staff brings diversity and depth of talent and experience to any group or organization looking for keynote speakers. Whether it is someone talking about their personal recovery journey, suicide prevention, well-workplace, youth leadership, living with and through trauma, employment, mental health and criminal justice, the Copeland Center provides dynamic and engaging speakers for any event.

Webinars: The Copeland Center has a powerful reputation in providing and presenting webinars. Through the Copeland Center's Doors to Wellbeing, a peer specialist series has become one of the sought after series in the peer community with audience numbers reaching as high as 900. As these webinars are almost all presented by peer leaders around the country, it promotes the Copeland Center's practice of partnering and working with other organizations and innovators in the peer world. Copeland Center staff have also been called upon by other organizations to present webinars (e.g., SAMHSA) as experts in wellness.

Conferences and summits: WRAP® Around the World: A vital component of the WAW conference is providing participants with a diverse selection of presenters providing unique, new, and proven topics in the field of recovery, life management and wellness. As with the webinars, giving these new and established innovators a forum for their ideas furthers a core value of the Copeland Center—the power of support. Additionally, the Copeland Center held a summit on “Mentoring for Re-Entering,” West Virginia Peers and a youth summit.

Workshops: The Copeland Center staff frequently presents workshops at conferences and events on a broad variety of topics. In addition to introducing people to WRAP®, Community Inclusion, Wellness Engagement, or other Copeland Center projects, staff also has presented on subjects such as implementation of evidence base practices, wellness during unemployment, support to new facilitators, workplace wellness and more.

The Copeland Center and System's Transformation

Bringing WRAP® to the Pennsylvania Department of Corrections

My name is Lynn A. Patrone, mental health advocate for the Pennsylvania Department of Corrections (DOC). In my role within the DOC, I have the distinct honor to direct the Certified Peer Support Specialist (CPS) program which includes approximately 500 inmate peers across 24 state correctional institutions. As someone who has personally benefitted from a WRAP®, and as I challenge us to continually raise the bar on the CPS program, I began to recognize the impact that implementing co-facilitated WRAP® groups in correctional settings could have not only for the individuals who are incarcerated but also for staff wellness. Working behind the walls can be a very stressful career, and oftentimes we may not always promote our own wellness. The Copeland Center's values based training and technical assistance supports us to implement our commitment to ensuring that there are holistic wellness tools available to promote mental wellness for everyone who lives and works behind prison walls and fences.

I am very excited to introduce how we are leading the way for corrections. The DOC will ensure that every CPS has WRAP® Seminar I training and will also provide WRAP® Seminar II to select CPS' in each state prison.

This is so very important because our staff and CPS' encounter daily crises, and our goal is to prevent a person from experiencing this level of distress. Pennsylvania has a significant rate of incarcerated individuals who have experienced trauma, and being exposed to prison life and the stress of incarceration is very often a trigger. This can lead to an imminent crisis, and it's our goal to prevent this from occurring. With a high prevalence of trauma, both incarcerated individuals and the staff alike are exposed to trauma and secondary trauma. In an institution where several thousand people live and work together daily, the risk of exposure to trauma is significant. This impacts a person's wellness, dignity and may limit positive coping options.

We are also implementing WRAP® Seminar II for staff at each state prison in order to promote staff wellness and offer a supportive environment where staff can experience a strategy that assists in maintaining one's wellness.

Other highlights:

As correctional settings continue to experience an increase in individuals living with behavioral health challenges, evidence-based practices are critical. Individuals who become incarcerated often experience worsened health conditions or experience new signs of distress. Many individuals lack supports in the community and struggle with triggers, how to cope and lack hope. WRAP® peer led groups provide hope. Co-facilitated WRAP® practices offers the tools to experience wellness and how to maintain wellness. Staff may also experience feelings of hopelessness, stress, anxiety. Many staff are veterans and also carry the trauma related to military life. There couldn't be a more important environment to bring WRAP® to than to our institutions nor time to do it than NOW!



pennsylvania
DEPARTMENT OF CORRECTIONS



Doors to Wellbeing

SAMHSA National Technical Assistance Center

In 2014 The Copeland Center developed the Doors to Wellbeing national program to build, advanced and sustain peer led practices and organizations. 2015 DW was awarded one of the five National Technical Assistance Consumer Center grants. The Copeland Center was the first new organization awarded this grant in over a decade showing visibility and growth of the Copland Center in the national recovery arena. Letty Elenes, a rising peer leader, was hired to be the Program Director along with staff specializing in youth services, WRAP®, peer specialists and more. Some of the accomplishments of the Copeland Center's D2W program include:

- Establishing peer networks in Nebraska and West Virginia
- Development of a peer specialist database
- Creation of a highly successful monthly peer specialist webinar
- Creation of a National Youth Advisory Council
- Consulted and presented at Alternatives National Peer Conference
- Consulted with iNAPS
- Greatly expanded facilitator network throughout 10 states.
- Promoted, advanced and implemented youth leadership through Peer Generation. (A youth created and facilitated peer-to-peer curriculum)
- Brought evidence-based practice of WRAP® to Iowa, Nebraska, West Virginia, Maryland, Missouri, Maryland and Washington D.C.
- Development of a youth summit
- Development of a Peer Training Convergence
- Support/Provide Technical Assistance to emerging peer-run businesses





2018:

- ◇ Extended membership benefits
- ◇ An innovative peer convergence: a large-scale, low-cost peer specialist training opportunity
- ◇ Continued expansion of international collaborations
- ◇ Expanded mentoring services
- ◇ Implementation of original new curricula
- ◇ Collaborations with criminal justice and addiction systems
- ◇ Bringing WRAP® to the workplace and to those with physical health challenges
- ◇ Youth-run convergence in Washington DC
- ◇ Partnering with Temple University Collaborative on Community Inclusion to implement new trainings and resources for peer specialists
- ◇ Increase technical assistance in organizational development and “well workplaces”
- ◇ Increase in online educational, support and networking opportunities
 - Refreshers
 - Webinars
 - Support groups
 - Networking round-tables
 - Seminar 1: Introduction to WRAP

**** and much much more ****

*There is unconditional acceptance of each person as they are,
- unique, special individuals.*

Looking Forward

The core of The Copeland Center and our values and ethics are about appreciating the here and now while, at the same time, preparing and dreaming about the future. While we all dream and hope for a future that has the Copeland Center services and messages of **Hope, Personal Responsibility, Education, Self-Advocacy and Support** being sought after, utilized and implemented, we are not blind to the challenges facing our mission. Funding, philosophies and competing practices are all realities of our work. With our commitment to making The Copeland Center a model of a well workplace, we are positioned to successfully meet any expected and unexpected challenges, and also to develop and maintain a strong organization that has the passion and creativity to succeed and thrive.

We continue to expand our reach throughout the United States and around the world. 2018 has started with scheduled activities in Ireland and France. Our online presence continues to grow. Our catalog of trainings is growing and adapting to the needs of additional communities such as people with physical health challenges, challenges of aging and students looking to manage everyday stress. Workplace wellness has become a strong passion of the Copeland Center. We also continue to support people whose lives have intersected with the criminal justice system.

Finally, we are always looking for collaborators – for people, organizations, agencies, states, etc. — who believe in a future of possibilities and hope. We are looking for those who want to utilize our proven methods of individual and system wellness where these experts can turn their hopes into their reality.



*The Copeland Center consistently supports the premise that there are **no limits** to recovery.*

Copeland Center Membership



We would like to invite you to become a member of the Copeland Center. Copeland Center members have access to exclusive resources, networking and educational opportunities.

Member benefits include:

- Membership card
- Access to the members only web portal, with exclusive events, offers and resources
- Members only e-newsletters – get tips on using WRAP®, hear stories from WRAP Facilitators and others in recovery, find out about issues affecting those in our community
- Members only webinar series focusing on using WRAP® to increase wellness and learning how people are using WRAP in different ways (such as with kids and for whole health)
- Scholarships for members in select trainings
- Q&A sessions with Matthew Federici, Gina Calhoun, and other prominent Advanced Level WRAP® Facilitators and WRAP® supporters
- Opportunities to contribute thoughts, opinions and materials to the growing Copeland Center Community.
- Members opinions are solicited for content, growth opportunities and ideas. They have access to materials and recordings that can support them in their lives and works.

Copeland Center membership helps to support the Copeland Center in providing scholarships and programming in underserved communities.

- Outreach to organizations to increase knowledge and practices of recovery in traditional systems of care
- Provide more technical assistance to WRAP® Facilitators and organizations using WRAP®
- Get WRAP® programs into more communities throughout the world
- Innovative programming to serve those most in need while being guided by the best research

**For more details on individual or organizational membership, visit:
www.copelandcenter.com/membership**



How You Can Support the Mission of the Copeland Center

The Copeland Center for Wellness and Recovery is a grass roots, peer-run organization with a peer-run governing board of directors. As a non-profit agency with a deep-seated commitment to peer empowerment and individual personal responsibility, The Copeland Center values guide all operations including funding.

Funding for peer-run behavioral organizations can be challenging in the best of times. There are limited funds and any organization must provide exemplary services not only in the delivered trainings, but also in the day-to-day logistics, management and fiscal operations. The Copeland Center has consistently provided these services while maintaining its commitment to the power of self-management and responsibility. Funding for the Copeland Center comes from educational programs, technical assistance, keynote speakers, grants, donations and membership.

As any non-profit, the Copeland Center encourages donations. There are many people who can benefit from Copeland Center offerings who simply lack the means to participate in our programs. The Copeland Center has successfully run a peer conference (WRAP® Around the World) with some of the lowest fees and largest number of scholarships seen in the peer world.

We can only do this with donations from people who believe in our work. You can sponsor a participant attending a training or workshop. You can contribute to an event or a program that most closely aligns with your beliefs and dreams. You can also make an unrestricted contribute to The Copeland Center and know that your gift will be used to promote recovery and wellness.

To donate to the Copeland Center, please go to our website at www.copelandcenter.com and click on "DONATE." Please also feel free to call our offices if you would rather make a contribution over the phone at 802-254-5335.



To go directly to the Copeland Center donation page, please scan this QR code.



THE COPELAND CENTER FOR WELLNESS AND RECOVERY, INC.

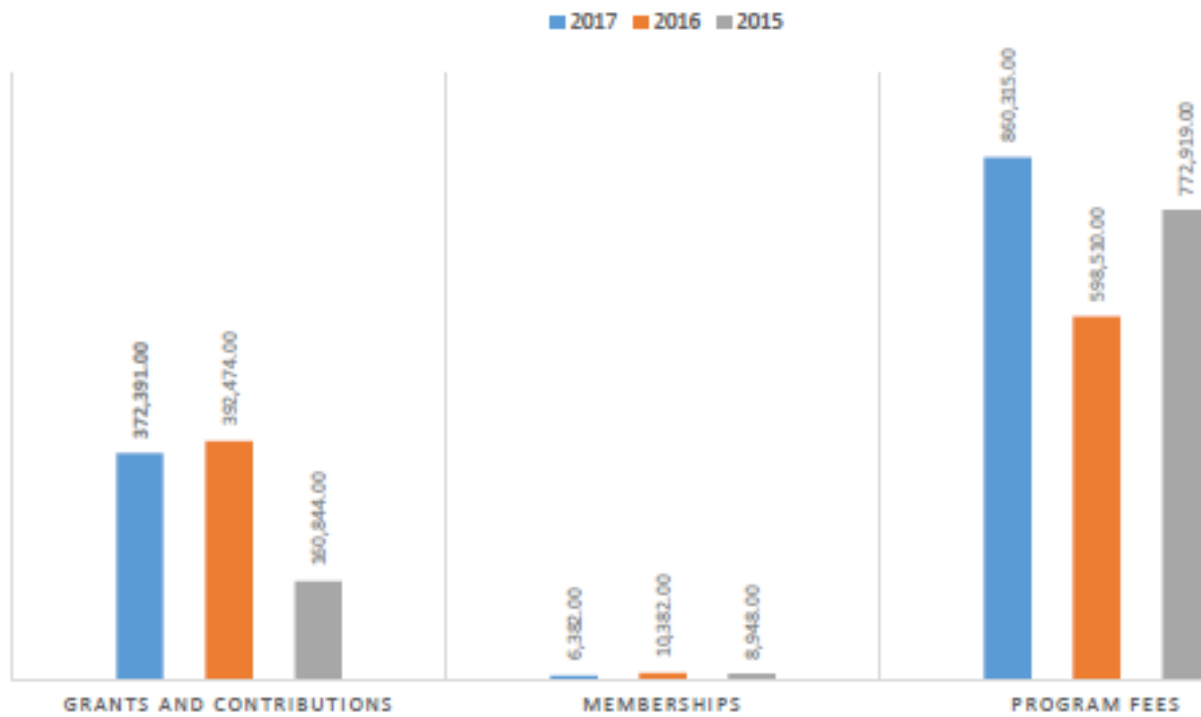
Statement of Financial Position

December 31, 2016

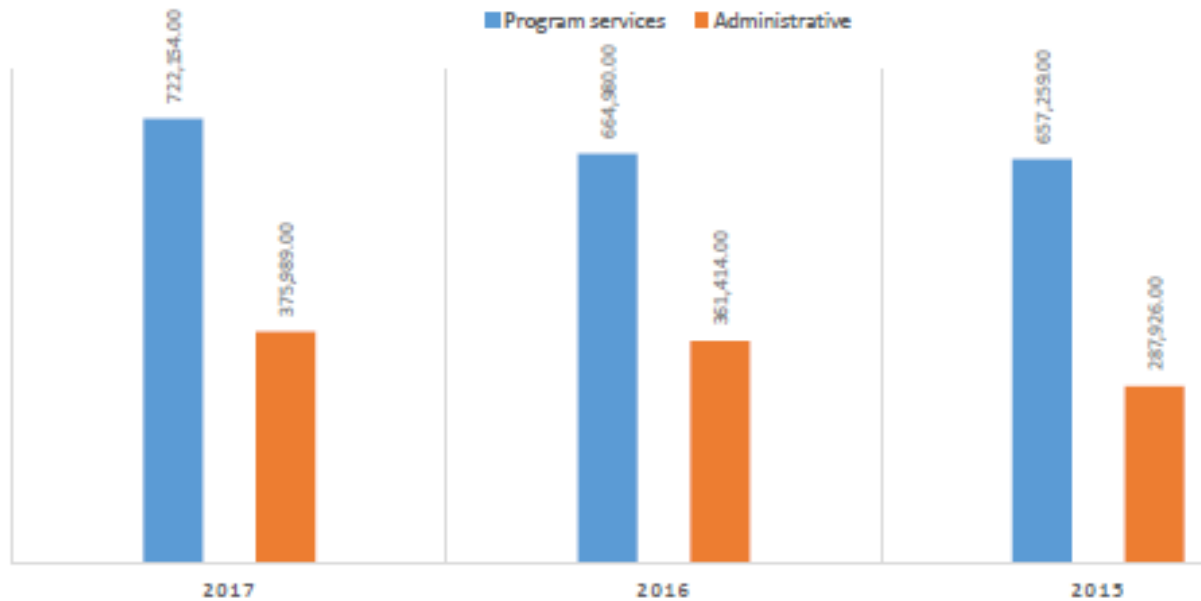
(With Comparative Totals as of December 31, 2015)

<u>ASSETS</u>	<u>2016</u>	<u>2015</u> <u>(Audited)</u>
Current Assets:		
Cash and cash equivalents	\$ 68,580	\$ 60,553
Accounts receivable, net of allowance of \$955 and \$955, respectively	98,902	105,869
Prepaid expenses	<u>-</u>	<u>2,000</u>
Total Current Assets	167,482	168,422
Property and equipment, net	784	1,397
Intangible assets, net	<u>6,460</u>	<u>21,071</u>
Total Assets	<u>\$ 174,726</u>	<u>\$ 190,890</u>
<u>LIABILITIES AND NET ASSETS</u>		
Current Liabilities:		
Accounts payable and accrued expenses	\$ 16,895	\$ 930
Deferred tuition and fees	<u>21,488</u>	<u>28,589</u>
Total Current Liabilities	38,383	29,519
Unrestricted net assets	<u>136,343</u>	<u>161,371</u>
Total Liabilities and Net Assets	<u>\$ 174,726</u>	<u>\$ 190,890</u>

INCOME COMPARISON



EXPENSE COMPARISON



2015 audited, 2016 completed independent review and 2017 pending independent review.

Copeland Center Board of Directors—2017



Khatera Aslami-Tamplen, President

Khatera Aslami-Tamplen is consumer relations manager for Alameda County Behavioral Health Care Services. Formerly executive director of Peers Envisioning and Engaging in Recovery Services (PEERS), she is a consumer, trauma survivor, and a representative of an underserved refugee community (Afghan-American), as well as an Advanced Level WRAP® Facilitator. Ms. Aslami-Tamplen specializes in forging community partnerships and alliances in an effort to spread WRAP® and its values and ethics, end stigma and discrimination, promote wellness, recovery, resiliency, and social inclusion throughout the state of California and the nation.



Aidan Altenor, Vice President

Aidan Altenor's career began as a psychologist in Pennsylvania's mental health and intellectual/developmental disabilities service system. Dr. Altenor retired in 2010 as the director of the Bureau of Community and Hospital Operations after over 30 years of service. As bureau director, Dr. Altenor had oversight responsibility for Pennsylvania's state hospitals and community mental health service system. In addition to volunteer service, Aidan and his wife Robbie enjoy traveling and gardening at their home in Pennsylvania.



Peter Ashenden, Treasurer

Peter Ashenden is the vice president of consumer affairs for Optum's behavioral solutions business. Peter is responsible for developing and implementing behavioral health programs that help people with mental illness achieve long-term recovery and resiliency. He is also a mental health consumer. Peter is certified by The Copeland Center for Wellness and Recovery to train recipients of mental health services in the Wellness Recovery Action Plan. Additionally, Peter is a member of the Board of iNAPS (interNational Association of Peer Supporters), The Mental Health Empowerment Project, and is a former member of the Consumer Advisory Board for the Center for Mental Health Services a division of SAMHSA.





Patti Bitney Starke, Secretary

Patti Bitney Starke is the Director of Mental Health Recovery and Wellness Employment Services at Kaposia. In addition, she is the Director of the Kaposia International WRAP® Center of Excellence. She has accumulated over 30 years of experience as an advocate for mental health recovery and wellness within a multitude of agencies and organizations, reaching out to adults with mental health challenges, transitional youth and Veterans and military family members. Under her development and leadership, Kaposia, Inc. has received the distinction of becoming an International WRAP® Center of Excellence (one of three within the USA). As a 25-year resident of Minnesota, Patti is privileged to be a wife of a Veteran, mother of 4 children, and she enjoys quilting, cooking and discovering vintage treasures in antique stores and thrift shops.



Mae Stiles

Mae Stiles is a complex commercial litigator specializing in antitrust and intellectual property law. During the course of her career she has devoted hundreds of hours of pro-bono legal services to children and families across the country, including a year of volunteer work representing children and families in crisis in New York City. Formerly a partner at a boutique law firm in San Francisco, she is currently shifting her focus to a new path, with the goal of earning her Ph.D. in psychology. She holds a B.A. in English from the University of Vermont and a J.D. from the University of Pennsylvania Law School. She has recently relocated to western Massachusetts and is delighted to be able to spend more time with her family, and roam her native woods with her dogs.



George Karabakakis, Ph.D.

Dr. George Karabakakis has been employed at Health Care and Rehabilitation Services of VT (HCRS) since 1994 and has held several positions in the organization. Currently employed as chief operating officer, he is responsible for oversight of clinical operations in all agency divisions, special projects, and community relations. Dr. Karabakakis holds a Ph.D. in Clinical Psychology from the Wright Institute in Berkeley, California. He has served on many regional community coalitions and has developed many model integrated community-based mental health programs. George's personal interests include good Greek food, family time and extensive world travel.



Yvonne Z. Smith

Yvonne Z. Smith was born in Lynchburg VA and currently resides in Washington, DC. Ms. Smith received her BA from the University of Maryland. She is a consumer advocate and an advanced level facilitator in wellness recovery action planning (WRAP®). She is also co-founder and supporter of the Patient Council at St. Elizabeth's Hospital. Yvonne testifies at various hearings before the DC City Council and the U.S. House of Representatives on issues affecting persons with disabilities. She also founded two nonprofit 501c3 organizations, The Recovery Group and the Capital Clubhouse, and she is Co-Vice Chair of DC Center for Independent Living. Ms. Smith has served on several local Mental Health Organizations including NAMI, Laurie Mitchel Employment Center, and the Recovery Group. Yvonne is an avid museum goer and traveler including trips to Europe, Bolivia, China, and Hong Kong.

All stakeholders having decision-making ability about the organization's services and encourages personal sharing from everyone involved.



Hope
Personal Responsibility
Education
Self-Advocacy
Support

The Copeland Center for Wellness and Recovery
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