



WRAP as a Way of Life

by Mary Ellen Copeland PhD



I wish that every person who is experiencing difficult times had WRAP and would use it as their guide to living—every day. I wish that people would develop and would use WRAP first; before they reach for a pill or some other substance, or some invasive

treatment or therapy, perhaps a stay in a hospital or institution of some kind. I wish that doctors and health care providers would refer people to WRAP right away, before they reach for other solutions that may have harmful effects or side effects.

Let me share with you what my life was like 25 years ago. I felt “zoned out” all the time. I called my doctor and asked for a change in my medications when I was having an “extra” rough time. I spent too much time hospitalized, away from my family, friends, and the places and things I love. And I spent a lot of days living through the horror of intrusive thoughts and dealing with behaviors that seemed out of control. I depended on money from Social Security to support myself. I felt badly about myself all the time. My life was grim.

Now, with WRAP, this is how I do things. As I was laying in bed this morning, trying to wake myself up and get into the new

day, I began to realize that I wasn’t feeling well. I had awakened several times during the night and had a hard time getting back to sleep. My legs were aching and I had a dull ache in my chest. I also knew that I have a major trigger on this day. Twenty years ago today my nephew took his own life.

A long time ago, before I began doing this work, before WRAP, I would have thought to myself, oh no, I am starting to get “depressed.” I am going to get worse and worse. I bet I won’t even be able to get out of bed today. Much less go for a walk with my friends, make myself some food and go to the support group tonight. Probably this will escalate into a crisis. That is the last thing I need now. Probably I will end up in the hospital.

But I have been doing this work for 25 years now. And when

I feel like I just described, I respond differently. Right away I start thinking about my WRAP. In this case I realized that I had both a Trigger and Early Warning Signs so I thought about my Action Plans. I know them by heart so I didn’t even have to get up, get on computer and go to it on the “Build Your Own WRAP” program. I knew exactly what I would have to do to get through this day, to begin to feel better, to get myself back to using my Daily Maintenance Plan.

I will go to the little church up the hill from my house and spend some

meditative time to address my trigger. I will talk to my partner about that very hard time in my life.

I will take a warm bath to soothe my aching legs. I will

“For me, every day starts this way: I check in with myself, figure out how I am doing, and then make plans to do what I have to do to have a successful day, and if need be to get well, and then to stay well.”

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Peer Support Is the Best Support!

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



Peer support is a two-way street between people that feel like equals. They feel like equals by the way they treat and view each other. People that know me know that my professional career has been based on advocating and promoting peer relationships as instrumental to facilitating recovery for people with a mental health diagnosis.

Despite the varied and unproven explanations for many of our mental health challenges, most can agree it is being disconnected and the feeling of isolation that is most detrimental to our mental wellness. This is why not only having support from others is critical, but having support that makes us feel a sense of connection. I truly believe that peer support is the most important support in our all of our lives; not just in having and recovering our wellness, but also in the way we have formed the larger part of our identity and how we have best learned about the world around us. I see this in my own life, but it is illuminated further in watching my children interact with their friends.

One key distinction of WRAP Facilitation by the Copeland Center from other programs is our view of "Peer Support." For many in the mental health system "Peer Support" has become a job title or a relationship based on a shared diagnosis. There is great value in having people who have received mental health services as a key part of the mental health workforce, but the diagnosis they received is not what creates a peer relationship. In our WRAP Facilitation programs, peer support is not about a social status or diagnosis but about how we relate to one another as equals who have similar life experiences. It is about making connections on the basic level and common interest of achieving greater wellness in our own lives despite adversity. WRAP, which can be used by anyone and for any aspect of one's life, creates an opportunity for peer support beyond labels and prescribed roles.

Consider the impact a facilitated WRAP group had on this person who now holds this view of peer support: *"The training really informed me on the peer support role that the group requires and helped me to realise that my experiences are valuable as well. Generally being considered a "clinician" within the organization I envisage a great deal of change in the coming months."*

Having peers facilitating the Wellness Recovery Action Plan in this way has been a significant contributor to the program's success in taking root in so many people's lives. I would say that WRAP Facilitation is not occurring unless it is through peer-supported relationships. This is why, in my life, I have asked for and received specific peer support from other people who use WRAP in their life. We call our relationship WRAP PALS: Wellness, Recovery, Action Plan—Peers, Advocating, Listening and Supporting. Without the support of people that I can share my day-to-day stresses with through the lens of the WRAP Key Concepts and planning process of WRAP, I am not sure if I would be getting the powerful results I see in my life from my WRAP.

There are many people receiving mental health services that are offered non-reciprocal-one-way support and have been encouraged to see recovery support in that way. A key for re-building mutual support is that many people have this shared experience together. We need to encourage and create opportunities for people to support each other and remove barriers that keep people from seeing their potential for peer support. The best resource for support comes from looking to each other; the best way to develop good support in your life is to support other people. I have found by doing this in my life, that I find more supporters there for me.

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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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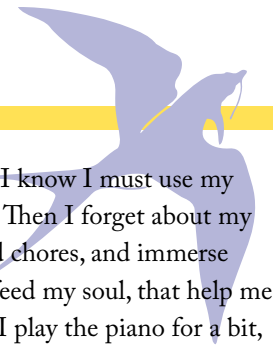
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Message from Dr. Copeland *Continued...*



spend extra time with my partner. We have decided to go to an inexpensive but healthy restaurant we both love for supper. I will listen to some music I enjoy, do some drawing, take a few minutes to write in my journal and do one of my guided imagery exercises that I have on my IPOD. If time allows, I will take my IPod outdoors and use my bird identification app to identify some of the birds that are merrily chirping in my yard. All of that I think will help assure that I get a good nights sleep tonight.

For me, every day starts this way: I check in with myself, figure out how I am doing, and then make plans to do what I have to do to have a successful day, and if need be to get well, and then to stay well. Most often I am fine and my Daily Maintenance List is all if need. But almost every day I add in at least several of my wellness tools because they make my life so rich. For instance, tonight I am going to my grandson's school concert. Attending his activities or anything I do with him is a Wellness Tool.

There are a few hard, hard days when I know I must use my When Things are Breaking Down Plan. Then I forget about my usual schedules, my work, my household chores, and immerse myself for the day in the activities that feed my soul, that help me recover, that bring me back to wellness. I play the piano for a bit, work on a quilt, do some drawing, write some poetry, watch an old favorite on Netflix, and enjoy an evening meal served by my loving spouse. If possible I arrange for a massage or have a visit with my counselor.

This plan has worked for me. I haven't needed to use my Crisis Plan in a long time. But it is there along with my Post Crisis Plan if I ever need them.

To me, this is state of the art mental health care. It is available to everyone. I am committed to doing everything I can to make it available to them wherever they are, whatever they are doing and whatever they need.

WRAP for Diabetes

in Light of Diagnosis and Traditional Medicine

by Eric Larson

The single most important lesson diabetes has taught me is that self-care is a priority. The wisdom around living with Diabetes is hard won. WRAP helps me to capture that learning and to build upon habits necessary to maintain my life. I think most people would consider having insulin, diet, and exercise as part of their diabetic Wellness Toolbox. However the tools that make my WRAP function are more complex and more subtle than the physicality of the illness. After a recent conversation regarding the validity of the DSM V, I am reminded that often times we look at challenges as a collection of physical symptoms.

Although Diabetes is a physical disease, it is also very much a disease of the mind and spirit.

Even when the illness is a biologically based disorder, focusing solely on the relief of physical symptoms is limiting. For instance, managing my depression regarding the factors that caused my disease and the causation of this disease directly influences my wellness practices. Managing the what-ifs, blame, guilt, and shame of food and exercise choices constantly shades my self-esteem. Finding a supportive workplace that lets me prioritize my diabetic care took some trial and error. Often, physical symptoms are just the vehicle for a deeper problem or even a chance for healing. My mental health experiences with hearing voices have taught me that hearing voices was viewed as a negative symptom of schizoaffective disorder. However, when viewed through the lens of holistic spiritual healing, this was a window to the workings of my soul, which could be used to heal from traumatic life experiences. WRAP has always provided us with a more organic worldview rather than a mechanistic machine comprised of individual components. Diabetes impacts my entire wellbeing, and WRAP helps me to not compartmentalize my care and be able to view the complexity of the connection as a whole.

All WRAP'd Up in Primary Care

by Jill Lord

Mt. Ascutney Hospital and Health Center, a Critical Access Hospital in rural Vermont, implemented WRAP as a strategy to improve Mental Health Services. HRSA, a Rural Health Outreach Grant, provided initial funding and support to integrate WRAP into the primary care services of our Patient Centered Medical Home that serves approximately 20,000 people. The genesis of this project was to improve access to mental health support services in the face of a community challenged by poverty and substance abuse.

Mt. Ascutney Hospital staff recognized the rising mental health needs of our community that extended well beyond our capacity to serve those needs. One of our PCPs estimated that 30-40% of our patients experience mental health challenges. Psychiatric services are available only one day a week. We sought a program that would provide practical help for self-management and empowerment. A coalition of caring and concerned partners, including hospital staff and mental health providers, researched options and discovered WRAP as a best practice approach to meet community need. WRAP appealed to us because of the building of practical skills. We saw WRAP as building community capacity to better support those struggling with mental health issues.

Working with a consultant, Advanced Level WRAP Facilitator Jane Winterling, we provided overviews of the WRAP Program to providers in primary care and mental health counseling. The

purpose of these overviews was to build an understanding of the advantages of the program and outline an easy to access referral process. After building a foundation of knowledge of WRAP among providers, outreach was done and WRAP Workshops were offered. Subsequently, facilitator training and WRAP support groups were implemented.

An extensive evaluation occurred throughout the process. The results in terms of changed lives were astounding. The mentorship that Jane and other experienced WRAP facilitators provided to our newly trained facilitators was significant to the success of the program. Facilitators were given the opportunity to experience peer leadership with a preceptor approach providing feedback and support.

The impact of WRAP, can be most eloquently be felt and understood through the statements of WRAP participants:

"Taking WRAP has enabled me to be proactive regarding my

mental health. Connected with other group members was also an extremely positive occurrence for me, and surprising that they listened to me and value my opinions. I am so grateful that I took this workshop, it has been life changing."

"I refer to notes often that I took in class and handouts. Info helps remind me to take care of me and things to do/try to do to keep spirits up. This was a GREAT help to me. I set up phone communications with friends/family to help me stay on track, and check off lists implemented and used for meds daily. I am sleeping better, which in turn helps my moods lift and feel better overall. It is reassuring to know that a bad day or two is not the end of the world, that it is normal."

"I have learned many techniques to realize when I am having a difficult time. The WRAP workshop gave me a lot of insight and tools to use as I feel necessary. The class also brought awareness to me about coping with mental illness that I am not alone in this area."

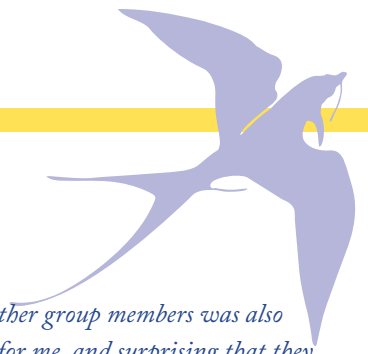
Participants showed sustained improvement in important areas such as happiness, empowerment, support, and health over a 9-month period of time.

The medical home at Mt. Ascutney Hospital and Health Center has come to rely on WRAP as a powerful tool in the support for our patients. We are convinced that this resource needs to be sustained in our community. Linking with the Blueprint for Health, a chronic care model and prevention framework in the State of Vermont, we were able to successfully garner financial support to keep the program going.

Lessons learned through this project demonstrate that the critical components of success are: a clear plan where an infrastructure is built so that the project can be sustained; the implementation of the essential role of a WRAP Coordinator; the use of an experienced WRAP facilitator as a consultant and mentor; and overviews of WRAP that are able to inspire health care providers and community agencies to refer. Also critical is a clear and easy referral process for primary care providers and counselors.

The Blueprint for Health is sponsoring and supporting implementation of this program on a statewide basis. There are fourteen medical home sites in Vermont similar to Mt. Ascutney Hospital. All of these will be incorporating WRAP into the self-management workshops. WRAP and primary care are a winning combination to improve mental health support and build skills, wellness and a hopeful future.

"A coalition of caring and concerned partners... researched options and discovered WRAP as a best practice approach to meet community need."





Become a Member of the Copeland Center

by Mary Ellen Copeland PhD

I want you, every one of you, to become a member of the Copeland Center for Wellness and Recovery. Let me tell you why.

When I began doing this work back in 1988, collecting information and ideas from people on how they could help themselves feel better, I had no idea that this was the beginning of a movement that would have a powerful impact on mental health systems around the world. My first goal back then was to find some ideas that would be helpful to me. When I realized how important these ideas, skills and strategies were, I became convinced that I should 1. continue to gather them, and 2. share them with the rest of the world.

That was the beginning of a new career for me. I had previously been a teacher, and then a development director for environmental organizations. After that I had several years where I just managed to get by—barely. I lived with serious mental health issues and I only managed to survive the painfulness of each day with the help of a few stalwart friends, a family that wouldn't give up on me and a little cash from Social Security Disability.

It was when I started my research to find out how people like me got by day to day that my life began to change. I couldn't figure out how to get on top of things myself, but with lots of ideas from other people who were walking my path, I slowly came alive again and began this incredible journey.

In all of the time that I have been doing this work, I have always been conscious of the need to "pass it on." I did not want to hold on to it so tightly that it would fade away when I was no longer able to do it. That is why I began having facilitator and advanced level facilitator trainings to share the information with others. That is why I founded the Copeland Center. That is why I have supported on-going research. That is why I worked hard to make sure WRAP is an Evidence-based program. That is why I want every one of you to be part of the Copeland Center. I want you to be a member of the Copeland Center. I want every

person who has used WRAP, who has benefitted from WRAP to stand up and be counted. There is power in numbers. WRAP is so important and so effective that I want the Copeland Center to have more members than any other mental health initiative.

As a member, I want you to become a WRAP facilitator, a WRAP agent for change. With that training, I want you to spread WRAP, the Key Concepts and the Values and Ethics in any way that you can—to one other person, to groups, through your agency or organization, through your jail or prison or state hospital or school or work place. Wherever and however you can. And I want you to continue to share with me, and now with Magdaline and others who work with me, any new ideas, skills and strategies that will help people feel better, get well and stay well.

Benefits of Annual Membership

Individual Members - \$35 (good for 1 year)

- Membership card
- Members only e-newsletters
- Members only webinar series
- Scholarships for members in select trainings
- Q&A Sessions with WRAP Supporters and Advanced Level WRAP Facilitators
- Annual Print Newsletter

Sustaining Members - \$500 to \$1000 (1 year)

For those individuals who wish to support the Copeland Systems Change – Organizational Members - \$200 (1 year)

- Individual membership PLUS
- Members only Q&A quarterly meeting focusing on creating recovery-oriented organizations, being an agent of change and systems thinking.

Key Supporter Member - \$2750 (2 years)

- Systems Change Organizational Membership PLUS
- 50 WRAP Facilitators[1] listed in the WRAP Facilitator Registry for up to 2 years



Membership Enrollment Form

- Individual Members - \$35
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Select all that apply to you:

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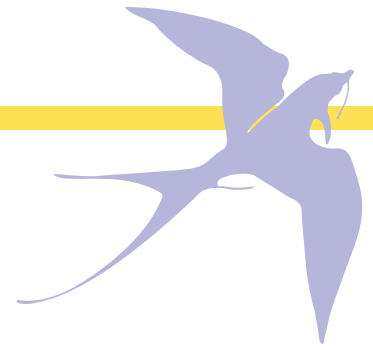
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What a Great Experience!

by Takako Ueda

What an experience! Being a co-facilitator with Magdaline Volaitis and a great mentor, Jane Winterling, was very beneficial. Magdaline and I had our first workshop as co-facilitators. Naturally I was quite nervous to take a new chance to lead a WRAP workshop.

My concern was if I could understand or answer what participants would say, talk, or ask since English is not my mother tongue and I am hard of hearing. I talked to Jane about my concerns. Jane's advice was "just to be who you are and do your best. You don't have to know everything. You will be fine." Is that all? Can it be that simple? So being who you are means that I don't have to talk a lot like other people do, and I don't have to know a lot, for example. Her advice released my tension.

Regarding hard of hearing, Jane encouraged me that I could freely move around to hear well. That solved the problem.

I have finished five sessions and the next week will be the last one. My experiences were so far very good. Jane's feedback after each session was mostly positive and full of encouragement. For example, I drew a flow chart for WRAP from Daily Maintenance to Crisis. When I took a WRAP workshop two years ago, I felt there was too much information to absorb. I was overwhelmed.

Now, as a graphic designer, I thought that it would be easier to see in graphic ways. That was what I created and the participants loved it and asked to make copies for themselves. I used some graphics to show easier ways rather than adding more reading materials. I think that could help them to understand better so they didn't have to memorize overwhelming information.

I had no idea about "Treatments/Alternative therapies, Home Care and Community Center" sections from Crisis Planning since I came from Japan. We didn't have such systems in my environment in Japan. I could explain plainly from the WRAP book, but it would be boring. So how could I develop these materials into discussion?

I asked some suggestions from Jane just before I had to begin. Her input was to talk about Japan. I thought that I could handle that.

Well, that worked really well. A lot of the participants joined

to talk about their own personal situations or information they knew. Discussion went on and on. It was so great to see the attendants excited to share their stories.

Normally, the last part of Crisis Planning lasts about thirty minutes, Jane said. This time the discussion continued more than one hour. At debriefing, one of the participants said that he strongly felt a sense of a community and the rest of them all agreed. What a great outcome! That was a wonderful reward to have from, "Oh, mama mia, what should I do? I don't know about this part." Thank you so much for Jane's wonderful wisdom.

One of my dreams is to bring WRAP to the Fukushima areas where the nuclear power explosion occurred. People who lived there for generations won't be able to go back and have a normal life anymore, even for future generations. They have been under tremendous stresses just to live an ordinary life in their new environment.

How can I bring WRAP to those people who have been completely devastated? There are five essential key elements to restore our life: Hope, Personal Responsibility, Education, Self-Advocacy, and Support. The first thing I want them to have is Hope. But how can they have hope out of complete desperation? It is easy for outsiders to say, "Let's have hope!" At this point, I don't have any framework yet. However, I trust that I will be guided from my inner voice when I will be ready to take action.

I want to mention about a comment made from one of our first workshop participants who emailed a boss at Vermont Psychiatric Survivors.

"Just wanted to check in and tell you how great the second WRAP meeting was last night. It was very exciting to get a totally new perspective on the word Support! WRAP is the way to restore us from negative sides. It is not easy and takes a lot of energy and time. WRAP can also create its own community and connections with people. This can be very powerful and helpful in one's recovery. We cannot live without people. We need people to live our life fully. WRAP can lead us to a full and happy life from depression, mental health issues, and negative thoughts.



WRAP Recap

Highlights from the WRAP Around the World Conference in Oakland



On January 25-27, 2013, hundreds gathered in Oakland, CA for the second international WRAP Around the World Conference. This conference featured WRAP Facilitator Refresher Courses, Seminar I: Introduction to WRAP, many workshops, time for networking, nine keynote speakers dedicated to furthering wellness around the world and in their communities, and most importantly a space to share the ethics and values of WRAP.

Among those who presented at the conference included Paolo del Vecchio, Director of SAMHSA's Center for Mental Health Services; Senator Darrell Steinberg, President pro Tempore of the California State Senate; Lauren Spiro, Director of the National Coalition for Mental Health Recovery, and Robert Whitaker, author of *Anatomy of an Epidemic*. Advanced Level WRAP Facilitators and International WRAP Mentors, Gina Calhoun, Rona McBriety, and BJ North, presented their stories as Experts by Experience. In addition to individual speakers, a large group of youths presented on their WRAP experiences. Advanced Level WRAP Facilitator John Woodruff hosted a plenary panel from around the world covering Europe, Australia, Africa, and Asia.

Mary Ellen Copeland addressed the crowd: "WRAP has truly spread around the globe, and it continues to be spread each and every day. WRAP has done what we had been told over and over could not be done. 'They' said that no one could ever recover from what they call 'mental illness.' But we have shown them that it is not true. We have shown them that we can and do recover. We have shown them that we can and do go on to do the things we want to do with our lives."

Quotes from Participants:

"My WRAP has unlimited possibilities to affect changes in my life, which I had not seen before the conference."

"I believed that having a WRAP was a concrete way to overcome your life challenges, whatever they may be. I learned at WRAP Around the World that having a WRAP and a connection to the WRAP community enables people to more easily live their WRAP and stay connected to the values and ethics of WRAP as they move more and more toward wellness."

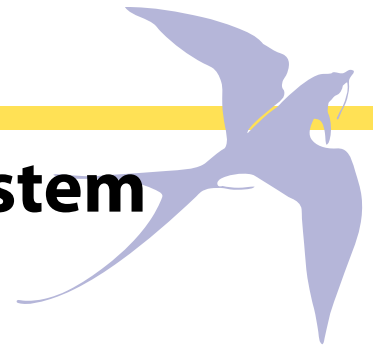
"The primary lesson I learned at the conference was that I am stronger, emotionally, physically, and spiritually, than I was when I was first introduced to WRAP two years ago. My willingness and ability to take more calculated risks is empowering. Requesting the opportunity to present a workshop was positive action as was requesting a scholarship. Due to the personal growth, as evidenced by my stepping outside of my comfort zone, I believe so much more in my capacity to heal, especially from trauma and my associated health issues."

"Part of my reason for attending WRAP Around the World 2013 was to complete my Facilitator Refresher requirements, but it meant so much more than that in the end. I had not experienced the WRAP community and was more or less oblivious to its existence before WRAP Around the World. That connectedness to something larger makes the impact seem even more real and more life changing for people."

"I have had a WRAP for my depression challenges for a long time, but I learned many ways to incorporate my overall wellness in my WRAP. I realized that I was still holding my illness as the center of my wellness plan, even though I spend much of my time educating others that their mental health challenges don't define them or determine their future...I can use the WRAP process to be inclusive of all the challenges I face in my life, overcoming my loneliness and emotional separation issues, maintaining a healthier weight, reaching my career goals, and any other obstacle I face along the way...Thank you for this opportunity."

WRAP in the Criminal Justice System

by Waynette Brock



Tim Lawson and I have been co-facilitating workshops in the Men's Correctional Facility in Redwood, California, for the past three years. We use the Wellness Recovery Action Plan, an in-custody evidence-based practice, to help offenders regain social and coping skills. I am responsible for coordinating the facilitation of closed WRAP workshops in Men/Women's County Jails, and open groups for targeted audiences at partnering locations; I provide workshop facilitation, program evaluation and assessments, financial management, resource development, and internal operations and management.

Through the "Recovery Topics" included in WRAP we prepare locally incarcerated individuals for successful reentry by using topics like goal setting/living spaces and work related issues. Topics such as Turning Negative Thoughts into Positive Thoughts, Building Self-Esteem, and Diversionary Activities all have proven to break the prison mindset to assist in the transition back to society.

The Five Key Concepts are the cornerstone of our success.

I am a firm believer in that old saying, "the more complicated the issue is, the simpler the process needs to be." We deal with individuals with very complicated issues. However, when we invite them into a process of self-discovery and allow them the freedom to express how they find hope in what seems to be a hopeless situation, what occurs is amazing—to say the least. There are times, depending on the group, that we work backwards and, if the group has identified that due to being incarcerated that they are already in Crisis, we start off with Post Crisis Planning.

Is society or our parents or the world at large to blame for what is going on in our lives? Although circumstances are not to be minimized, when participants in custody are able to speak to what Personal Responsibility looks like in their own lives we are privileged to watch the "light bulb" come on. Nine times out of ten the easel pad reads, "I create what happens in my life." Wow.

We also have the honor of hearing the lived experiences of

inmates educating themselves about themselves. They figure out what has worked well and less well for them in life, thus increasing their own knowledge of themselves and voicing what they may want to try to do differently going forward.

Prison is an angry place with an energy all its own. However, when looking at how to clearly and concisely communicate what your needs are so that they can be met, inmates walk away with the ability to say, "I am just advocating for myself."

The way that people support each other is amazing—to develop

and keep a strong support system has been founded in the Personal Values and Ethics of WRAP. Although we do not give definitive answers, the groups are coming up with looking at what they bring to the table as human beings, regardless of their differences i.e. age, sex, religion or affiliation (gang relations). They come up with things like: "The expectation—is it realistic? Why is it okay for me to not be perfect yet I demand the rest of the world to conform to my belief system or behave a certain way? Is that fair? Ah, ha! I must put myself in the other guy's shoes and have compassion because I have not walked a mile in his shoes, therefore, is he just doing the best that he can do?" They are honoring each other's lived experiences and that is what WRAP is doing for the criminal justice system.

All of the practical applications become second nature as people continue to practice these self-management tools on a daily basis. Upon their release, Tim and I are there to meet them with open arms. As inmates revise their plans as their lives change, they have the tools to become productive, responsible, happy members of society. We support all of our participants and have presently served well over 500 inmates

Waynette Brock is an Advanced Level WRAP Facilitator and the CEO of One New Heartbeat. Timothy Lawson is the Outreach/Re-entry Director of One New Heartbeat and has been co-facilitating WRAP workshops in the Men's Correctional Facility for the past three years.

"...when participants in custody are able to speak to what Personal Responsibility looks like in their own lives...nine times out of ten the easel pad reads, 'I create what happens in my life.'

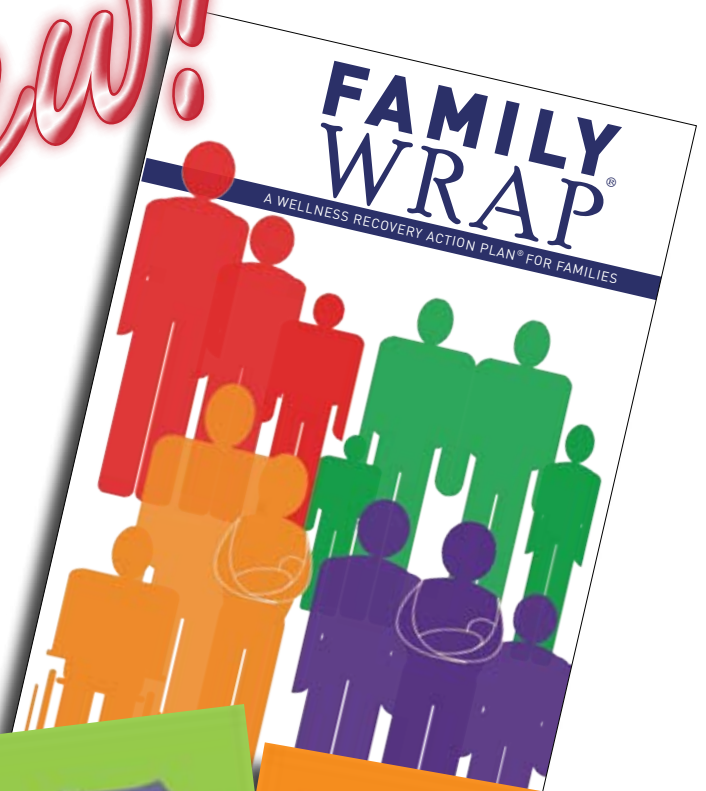
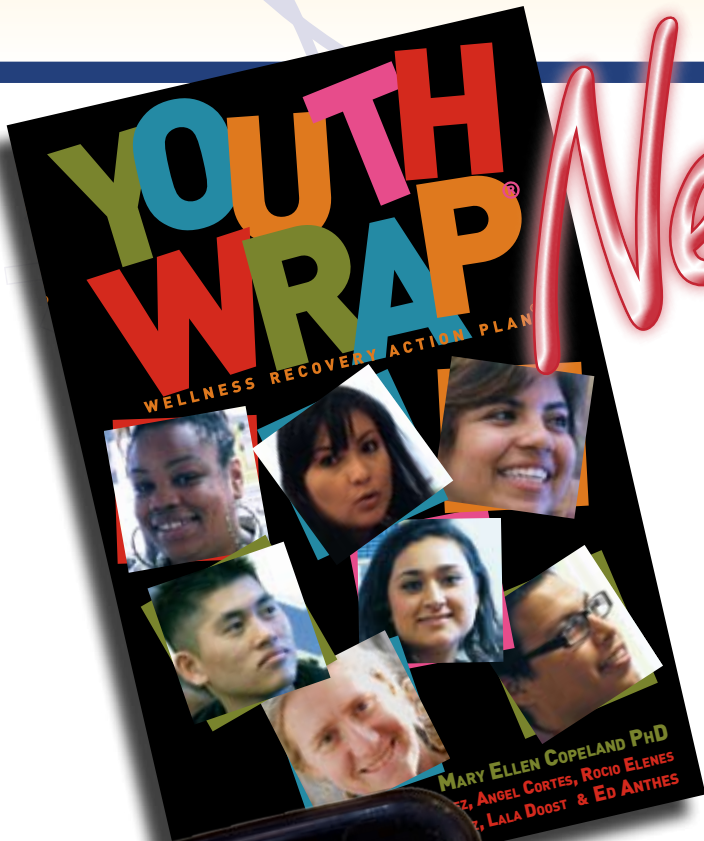
Wow.

WRAP[®] and Recovery Books

MARY ELLEN COPELAND, PhD



New!



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Join the Copeland Center Summit on **WRAP, PEER SUPPORT & COMMUNITY**

**September 11-12-13, 2013
in Historic Philadelphia, PA**

We gather in recovery by people for people!

This is a gathering for all people interested in the promotion of wellness and recovery alternatives through innovations in self-direction, peer support and community support. The summit is especially beneficial for Certified Peer Specialists, WRAP Facilitators, and Peer Advocates to refresh their skills, build connections and learn the latest knowledge on wellness, peer support, and community based approaches to recovery. The Summit has been developed and supported in Collaboration with the Institute for Recovery and Community Integration and the Involved Consumer Advocacy Network (ICAN), programs of the Mental Health Association of SE Pennsylvania.

Features:

WRAP Seminar I, WRAP Facilitator Refresher and Advanced Level WRAP Facilitator Refresher Courses ■ Wellness through nutrition ■ Institute on Healing Support of Trauma ■ Hearing Voices Networks ■ WRAP "Behind the Walls": Transitioning from incarceration to community ■ Peer Support in the Health Care Reform Environment ■ Whole Health Peer Support Training ■ Continued Education Credits for Certified Peer Specialist and other disciplines ■ WRAP for people with Developmental Disabilities ■ Self-Directed Care through CRIF: Consumer Recovery Investment Funds ■ Caucus Sessions

Registration:

Conference includes all-day sessions (networking, keynote speakers and workshops), light breakfast, and lunch. Enjoy an all-inclusive rate (conference and lodging at the Wyndham Hotel, 400 Arch Street, Philadelphia, PA 19106) if you choose to stay overnight.

Go to the Copeland Center website for more information and to register:

www.copelandcenter.com

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Find out more at:

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Divided into six lessons with reading assignments, projects, activities, and discussion with the instructor, the Correspondence Course takes you through recovery topics, peer support, trauma, lifestyle issues, WRAP®, and reflection on your own recovery journey.

The course instructor is an experienced recovery educator. The Correspondence Course is an excellent way to prepare to become a WRAP® Facilitator.

For more information:
<http://copelandcenter.com/trainings/correspondence-course/>

WRAP Retreat!

Monday, November 18 - Friday, November 22, 2013
Genesis Spiritual Life and Conference Center, Westfield, MA

Copeland Center's third WRAP Retreat will focus on Recovery topics that are an integral part of Mental Health Recovery and WRAP curriculum.

Each day will start out with the full group delving into either writing or expanding their Wellness Recovery Action Plan with a special focus on balancing your wellness toolbox, identifying your triggers and early warning signs, and building support into your life. The afternoons will consist of concurrent workshops to get your mind and body moving. Workshops will include yoga, tai chi, art activities, journaling, mediation, Zumba, discussions on sex and intimacy, facilitating WRAP, and much more. Each activity will be followed by a chance to deeply reflect on how these things could fit fully into your own life. The Retreat wraps up on Friday at lunchtime when all participants will receive certificates for their participation at a celebration of continuing wellness.

Topics for this experiential Retreat include:

Self-Esteem	Trauma Recovery
Changing Negative Thoughts to Positive Ones	Suicide Prevention
Peer Support	Motivation
Work-Career Issues	Lifestyle

The Wellness Retreat is open to anyone from WRAP beginners to Advanced Level WRAP Facilitators. Attending the Wellness Retreat will qualify participants for WRAP Facilitator Training, as well as qualify as a Refresher for WRAP Facilitators.

Tuition: \$750 including all meals, activities, and lodging. Participants responsible for their own travel to the location.

"As a WRAP facilitator I regularly go through the process of creating plans with people. It's rare that I find time to work on my own plan, however. The WRAP Retreat not only gave me time but also new tools for my toolbox and a fresh perspective on WRAP.... As with any WRAP training the level of peer support was amazing and I was inspired not only by the facilitators but by my fellow participants. I would highly recommend the WRAP retreat to people of all levels of WRAP experience."

George V. Nostrand,
Advanced Level
Facilitator

Coming this Summer:

The WRAP® APP!

Many of you have told us how useful an app for WRAP would be.

WRAP and Recovery Books is pleased to announce that Mary Ellen's WRAP APP, in both the Apple and Android versions, will be available this summer.

The WRAP APP, with all the parts of WRAP, also includes sections on Values and Ethics and Key Recovery Concepts. It will make it convenient to always have your WRAP Plan with you, on your smartphone or iPad. You can add to your plan whenever you want. Email a page, or the whole plan, to yourself or your supporters.

The WRAP app will be available for download from the Apple Store and Google Play.

WRAP and Recovery Books would like to thank OptumHealth for helping fund the development of the WRAP app. In return, OptumHealth subscribers will have complimentary use of the WRAP app by utilizing an access code from Optum.

Like the WRAP you already know, the WRAP App is clear, straightforward, and easy to use to help you stay well and do what you want to do in your life.

