The Power and Importance of Language

**Words: A Matter of Perspective**

Join Gina Calhoun to explore the history of ‘people first’ language and its impact on our mental health system. We will move on to examine the benefits and drawbacks of recovery language and end with a discussion on intentional language. Together we will examine practical tips for using language that supports a person to unleash the power within him or herself; language that promotes choices and options; language of curiosity over advice; and language that supports hope and a belief in abilities over disabilities.

**Presenter bio:** Gina Calhoun is the Copeland Center’s National Director for Wellness & Recovery Education. Previously she worked for the Office of Mental Health and Substance Abuse Services. Gina was awarded the Distinguished Advocates Award from the PA Association of Psychosocial Rehabilitation Services, chosen as the PA state representative for the National Pillars of Peer Support Summit and had the honor to be the keynote speaker for the National Veteran’s Conference as well as the National Association of Peer Specialists Conference.

**Modeling the Values and Ethics: The Language of Personal Stories**

John Woodruff continues the conversation about the Power and Importance of Language by exploring ways the language of our personal stories model wellness through the Values and Ethics of WRAP Facilitation. We will look at how language validates our experiences, shapes relationships with others and impacts our wellness.

**Presenter bio:** Discovering WRAP® in 2002 after participating in his own path to recovery, John embarked on a career shift from resort management to working as a facilitator of WRAP® in Alameda County. Encouraged by the personalized approach of self-empowerment, he became a certified Advanced Level Facilitator of WRAP® through the Copeland Center. Passionate about people discovering and utilizing their strengths to lead healthier, happier lives, John not only serves as a WRAP® facilitator, but also trains certified WRAP® facilitators and mentors facilitators about how to offer their own workshops – exploring relationships with either a group or individuals.