Please apply now for...

Wyoming 5-day Wellness Recovery Action Plan (WRAP®) Facilitator Certification Training...

May 6 – 10, 2013 Evanston, Wyoming

Applications are due by April 15, 2013. Please register early. See the last two pages of this document for scholarship application.

Who should attend?

- Persons who have experienced mental illness recovery or substance abuse recovery and who are in a position to work with others
- Peer Specialists
- Case workers, techs, mentors, recovery support specialists
- Crisis Stabilization Program Staff
- Family Care Coordinators, child health and adolescent health partners
- Volunteers, paraprofessionals and professionals who work in any human service field
- Persons who have their own WRAP® plan
- Please see pre-requisites, below

How do I apply?

Step 1: Apply online at

http://copelandcenter.com/events

If you are not a Wyoming citizen or want to pay your own registration, please contact the Copeland Center to arrange for registration payment.

Step 2: To apply for a scholarship

- Make sure you have already applied online
- Complete the attached scholarship application form
- Email or fax the scholarship application to

Behavioral Health Division

Attn: Janet Jares Fax: 307-777-5849 janet.jares@wyo.gov

- Scholarship applications must <u>arrive</u> by April 15, 2013. Late applications will only be accepted if the slots for the class have not yet been filled.
- See Hotel and Logistics information before: Make your reservation now (You can always cancel if not selected)

How will I know if I am selected?

You will receive an email by April 18 that will tell you if you are selected or not. You will also receive and email with scholarship information.

What is the cost for this training?

There is <u>no</u> training costs for Wyoming resident participants accepted to the training. Lunch will be provided daily.

Training costs for others may be paid directly to the Copeland Center (\$1,300 per person).

Note: The scholarship is only available to Wyoming residents.

If you would like to attend from out of state or pay your own expenses, please contact the Copeland Center for information.

Are there scholarships to help with travel costs?

Up to twelve scholarships will be provided at the discretion of the Division. These scholarships are intended to help with the costs of hotel, food, and mileage. The scholarship will not cover all costs. Scholarships for persons outside of Evanston area are capped at \$1,000 per person. Persons in the Evanston area may not receive a travel scholarship.

Note: Please try to car pool with others who may be driving from your community.

Only Wyoming residents may apply for the scholarship.

Please complete the scholarship information below.

The Behavioral Health Division, Wyoming Department of Health, is utilizing funds from the federal Mental Health Block Grant for this training

What will I gain by attending?

You will be certified to facilitate Wellness Recovery Action Plan workshops and other WRAP® activities.

How is the Facilitator training different from other WRAP® trainings?

The May 6 - 10 training lasts five (5) full days, 8:00 to 4:30. (On Friday you are expected to stay until the training ends at 3:00, so please plan accordingly.) This is an interactive learning opportunity to explore the theory, ethics, curriculum, and facilitator skills of Wellness Recovery Action Plans. You will receive practice time to enable you to work one-on-one and with groups helping others to develop and use their wellness plans. You will also be qualified to conduct the 2-day and 3-day facilitated courses within your community and region as well as shorter courses for boards and civic groups.

How is WRAP® different from Wraparound?

<u>The Wellness Recovery Action Plan (WRAP®)</u> is a tool that can help people self-determine their own course of action in good times and troubling times. WRAP® was developed by Mary Ellen Copeland to help people with mental illnesses pre-plan what works for the individual person. WRAP® can be effective with people of all ages and it is useful for all people. You can find out more about WRAP® at http://www.mentalhealthrecovery.com/

<u>High Fidelity Wraparound</u> is a component of a system of care approach. Wraparound provides a coordinated system of resources for a person's or family's individualized, self-directed plan. WRAP[™] can be a tool to help the person, family, and even the care-providers with self-independence in a wraparound system of care. Find more info at http://nwi.pdx.edu/.

Information for out of state attendees

If you apply for the May 6-1-, 2013, Wyoming WRAP® Facilitator's training and are from **out-of-state**, here is information about the training costs and travel costs.

Training Costs with Copeland Center

Step 1: Complete the Copeland Center application at http://copelandcenter.com/events

Step 2: If you are selected to attend the Wyoming training, you will need to provide the Copeland Center \$650.00 deposit right away. You will need to provide them with the remaining balance of \$650.00 before May 1, 2013. (\$1,300 per person)

What to wear

Please wear comfortable business-casual clothing suitable for a learning environment. Blue-jeans are ok. Bring shoes suitable for walking just in case. Evanston is in a beautiful mountain range. Evanston's weather in May should be very nice. Please check the weather forcast before you travel. Bring a jacket, as nights can be chilly. You'll want to bring a sweater or light jacket for chilly meeting rooms.

About Evanston, Wyoming

Evanston is a very small town located in southwest Wyoming. You can find more information about Evanston at http://www.evanstonwy.org/

Getting to Evanston

Evanston is located in the southwest corner of Wyoming, only a few miles from Utah.

By car: Evanston is located on Interstate 80.

By plane: The nearest airports are in the Salt Lake City, Utah, area. You can ask the hotel about a shuttle from the Salt Lake City airport to Evanston.

Hotel Information and Logistics

Note: Lunch will be provided each day, Monday – Friday, as a part of your registration.

Travel Costs and Arrangements

- Everyone needs to make their own hotel arrangements
- Everyone pays for their own hotel rooms
- Attendees also need to pay all other travel costs and make those arrangements
- If you receive a scholarship, you can use those funds to offset these costs

Hotel Information

PLEASE MAKE YOUR OWN HOTEL RESERVATION NOW

Please pay special attention to (ask about) the hotel's cancellation policy and room rates. It is probably better to book your hotel rooms now and cancel if you are not selected.

Participants must pay for their own hotel room. If you receive a scholarship, you can use those funds to offset these costs.

The training starts 8:00 a.m., Monday, May 6 and ends 3:00 p.m., Friday, May 10. Book your hotel room accordingly.

The WRAP® training will be held at the **Days Inn**, 1983 Harrison Drive, Evanston, Wyoming.

Currently, the Days Inn has agreed to provide rooms for \$60.00 per night plus tax. (May be slightly more for double.) This rate includes a free continental breakfast.

- *There are a limited number of rooms at this special rate.
- *Please ask for the COPELAND CENTER group to get the special rate.
- *You are not obligated to stay at the Days Inn. You may choose another hotel.

Days Inn Evanston, Wyoming 1983 Harrison Drive, Exit 3 Evanston, WY 82930

Book your room by <u>calling</u> 1-307-789-0783 Ask for the Copeland Center Group rate (\$60 per night + tax)

You can see hotel information online at http://www.daysinn.com/hotels/wyoming/evanston/days-inn-evanston-wy/hotel-overview

VERY IMPORTANT

What are the Pre-Requisites?

Attendees are expected to have a solid working knowledge of WRAP® and share their experiential knowledge of how WRAP can work.

The WRAP® Facilitators course is an experiential learning environment based on mutuality. Participants in this course will be expected to participate in interactive learning activities and demonstrate their own experience with WRAP. The learning includes WRAP Values and Ethics. One of the values is that participants are treated as equals with dignity, compassion, mutual respect, and unconditional high regard. The Facilitator's training is fun and a very positive learning experience.

Two Prerequisites must be completed before May 1, 2013.

Prerequisite 1: Before attending the seminar, it is expected that you have familiarity with the different parts of WRAP through completion of <u>one</u> of the following prerequisites:

- Copeland Center Correspondence Course
- 2 or 3 day WRAP® Seminar I Course or Workshop
- 8 or 12 week Seminar I workshop or WRAP® Group

Prerequisite 2: The participant must have a personal WRAP™

Other very helpful:

- 1. The participant must be actively using a personal WRAP™ and be willing and able to speak about its value in your own life.
- 2. The participant must be committed to learning how to facilitate WRAP™ classes in a manner that is consistent with the Values and Ethics of a WRAP™
- 3. Participants must agree to the Participant Post-training Requirements, below.

Please contact Janet Jares (<u>janet.jares@wyo.gov</u>) or the Copeland Center if you need more information on how to complete the pre-requisites.

See scholarship application form, below.

Scholarship Application for WRAP® Facilitator Certification Training

(The scholarship application is two pages.)

Evanston, Wyoming May 6 - 10, 2013 8:00 - 4:30 each day

Up to twelve (12) scholarships will be awarded at the discretion of the Behavioral Health Division. **Only Wyoming citizens may apply for a scholarship.**

Application process

- 1. Apply for the WRAP® course online at http://copelandcenter.com/events
- 2. Apply for a scholarship with this form (Wyoming citizens only)
- 3. Scholarship applications are due no later than **April 15, 2013**
 - a. You will receive a confirmation that the email or fax arrived.
- 4. The training is capped at 16 participants. Only 12 Wyoming scholarships are available.
- 5. Participant and scholarship decisions will be made by April 19, 2013.
- 6. Confirmation emails will sent by end of day April 19.
- 7. Please only apply if you can attend. The Division will have to pay for training seats if you cancel after April 15 and we cannot fill your seat.
- 8. Please note the hotel information in this packet. Attendees must make their own hotel reservations.

Applicant's Name:		
Mailing address:		
Town:	State:	Zip:
Daytime phone number:		
Cell phone number:		
Email address (required):		
Employer (business name):		
Job Title:		
Do you want the scholarship paid directly to you or paid to your employer?		

If you are selected for a scholarship, please <u>briefly</u> describe your plans to implement WRAP® in your work, community or region (2 or 3 sentences):
Please check here if you need for us to contact you regarding any special needs
Please list any special dietary needs:
Name of hotel where you will be staying: Did you already book your own hotel room?
Prerequisites These prerequisites must be accomplished before May 1, 2013:
I hereby verify that 1) I have (or will) complete a two-day WRAP® Class, a Copeland Center Correspondence Course, or an 8-12 session WRAP Group 2) I have (or will have) my own personal WRAP® 3) I actively use my WRAP® (will use) and I am both willing and able to speak about its value in my life 4) I am committed to learning to facilitate WRAP® in a manner consistent with WRAP Values and Ethics
Do you already meet the prerequisites listed above? yes no If no, will you have met the prerequisites by May 1, 2013? yes no
I attest therefore, that I meet all of the prerequisites for participating in WRAP $\!$
Signature Date Please type your name above if you are sending this form via email.
Please fax or email to:
Janet Jares, Recovery Supports Specialist Behavioral Health Division, Wyoming Department of Health fax: (307) 777-5849 janet.jares@wyo.gov
info: (307) 777-8515 or 1-800-535-4006 or via email

Date you applied for the WRAP® course via the Copeland Center website:

Wyoming May 6 -10, 2013 Wellness Recovery Action Plan® Facilitator Training More info: janet.jares@wyo.gov