

Mental Health Recovery

Newsletter



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Introduction

Welcome to the Mental Health Recovery Newsletter, published quarterly by the Copeland Center for Wellness and Recovery. This newsletter is available free to anyone either by e-mail or the postal service. If you would like a subscription, you can order it through the web site, by e-mail or mail. Multiple copies are available: 50 copies for \$25 plus mailing; 100 copies for \$45 plus mailing. You may freely copy and distribute this newsletter or parts of it, giving credit to The Copeland Center for Wellness and Recovery.

Published by

The Copeland Center for Wellness and Recovery

Executive Director: Stephen Pocklington
Program Coordinator/Business Manager:
Nancy Haldeman

Board of Directors:
Mary Ellen Copeland
Edward Anthes
Ellie Golfarb

Office Address: P. O. Box 6464
Chandler, AZ 85246

Toll Free Line: 1-866 I DO WRAP (1-866-436-9727)

Direct Line: 480-855-3282

E-mail: info@copelandcenter.com

Fax: (480) 855-5118

Websites: www.copelandcenter.com
www.mentalhealthrecovery.com

Book Orders

Resource Distribution Manager: Nancy Smith
Phone: (802) 425-3660
Fax: (802) 425-5580
E-mail: books@mentalhealthrecovery.com
Order online: www.mentalhealthrecovery.com

On What Distinguishes Peer Support from Peer Support Services:

Dear Friends,

I have been thinking a lot about Support lately. And because I am fortunate enough to have a wonderful peer support program in my community called the Oasis, I have also been thinking a lot about Peer Support. I found myself headed over to the Oasis the other night without really knowing what I was going for... I just knew I needed to be there. I had been feeling overwhelmed for a while, but couldn't quite figure out what to do about it and working my WRAP frantically wasn't really helping (frantically doing anything is not a good sign for me). When I got there, I walked in on a conversation that had been going on for a while, but I was welcomed warmly and it was understood that I could join in. Because I wasn't quite sure what I wanted in terms of support for myself, I joined in rather quietly, happy to be welcome and content just to be present and listen.

During the conversation, one peer I know well and deeply respect, and another I only recently met and am still getting to know, were talking about what it means to be an artist with different sensibilities than lots of other people. It wasn't what I came to talk about, but it was honest stuff that came from their hearts and their struggles, and it started me thinking about how I had come to see myself in certain ways that never rang true... about how I had felt judged and misunderstood... and gradually, in the presence of these two peers, I started to feel more comfortable in my own skin. I didn't say much, but the responses I received to the little I did say made me feel valued. I didn't stay long, but while I was there I felt understood, I felt I belonged and I knew I could speak as much of my own truth to these two friends as I would need to. I left feeling less frantic and fully confident that I knew how to handle the things that just an hour earlier were overwhelming me. Such is the subtle power of support in relationships that are deeply grounded in values like mutuality, shared risk and mutual responsibility.

As anyone who is familiar with WRAP knows, the fifth key concept of recovery is Support. I think of it as the glue that helps hold my recovery together. When Mary Ellen first started talking about support as a key recovery concept, it was well before all the current buzz about peer support. Maybe that's why she simply described the qualities that would make any person a good supporter. It didn't matter whether or not a person was a fellow "consumer," or had ever had a diagnosis or been hospitalized. She didn't assume that someone had to have special qualifications or special training. She understood that some of us had difficulty making friends, but she knew that any of us could develop in ourselves the qualities we look for in a supporter and that we could develop a strong support system. You see, Mary Ellen wasn't trying to create a new service—she was merely unleashing human potential that all of us have.

The word “peer” means a person of the same age, status or ability (Oxford Dictionary of the English Language). It comes from the Latin *par*, which means, “equal.” In a world like ours where there are appalling inequalities in wealth, power and justice, it may seem quaint or idealistic to talk about equality, but many of us can and do see all fellow humans as being of equal worth and deserving of equal respect. When I think about the powerfully supportive relationships I have with certain people, I realize how clearly being peer, at the most basic level, is simply a way of being with others that flows naturally out of seeing each other as equals. It reminds me that peer also used to be a verb that meant to make or become equal. Truly, I become their peer when I see others as equals in every way that really matters, and honor them as such through all my actions.

One of the things that amazed me from the beginning about WRAP is that, long before there were any curricula for certifying peer support specialists, Mary Ellen expressed a set of values that would guide WRAP Facilitators to ensure that the participants in their classes would be treated as true peers. Look at some of the values and many of you will notice that these are what made your WRAP classes a safe learning environment:

- ✿ Our relationships are rooted in our belief in equality, the belief that no one is any better or has any higher value than anyone else.
- ✿ We honor participants, which means we not only treat people with dignity, compassion, respect and unconditional high regard, we actually know what those words mean because we figure out and agree on what they mean to us as individuals.
- ✿ We fully accept people exactly as they are, as unique individuals.
- ✿ We validate participants’ experiences.
- ✿ We believe the concept that each person is the expert on his- or herself, which we fully support by offering only choices, never final answers.
- ✿ We have no agenda, no set of predetermined outcomes, so we can support individuals in setting and pursuing their own goals.
- ✿ We believe that everyone has a place at the table, no matter what their issues or where they are on their path.

These aren’t just the values of WRAP Facilitators. I have come to see that they’re also the values that make Peer Support so uniquely helpful. I would even go so far as to say that these are the values that Peer Support grew out of...

When we look at the origins of WRAP we see that even with her first survey, Mary Ellen was already operating out of these values. They are what led her to reach out to ordinary people and ask them how they got by. I say ordinary people when in fact she reached out to people who had struggled with challenges similar to hers, but they were ordinary in the

sense that they weren’t clinicians or academics or otherwise keepers of The Truth. What’s really interesting here is that because she valued the people she was approaching, and treated them as experts at least in terms of their own recovery, they responded with pieces of the profound wisdom we now know as the key concepts of recovery. Mary Ellen turned to ordinary people because she valued them as people, valued what they had learned from experience and valued what they had to teach... which ultimately brought out in her the wise teacher we know and love.

From the beginning, Mary Ellen’s writing reflected what she learned from peers who responded to the value she saw in them. Valuing begets value. Here we see real mutuality at work. Valuing others as true equals, relating to each other as peers with a spirit of mutuality, draws forth extraordinary gifts that uplift both parties. This mutuality is not something that can be faked or taught; it only emerges when my values shape my intentions; that is, when I live those values with integrity.

All this brings me to some growing concerns I have about the way Peer Support as a human-to-human relationship seems to be increasingly overlooked, while peer support services have become the primary focus of system transformation initiatives and the recipient of the lion’s share of transformation funding. I had hoped that all the wonderful talk of system transformation (rather than mere reform) would mean that we refocus our energies and resources on empowering citizens to bring more real caring into our communities and build stronger communities that are rich in natural supports, yet it seems we continue to settle for more services. What I fear here is that we are making Peer Support a mere commodity, rather than a vital force in our communities.

Before I go further, I want to honor the good people who have worked heart and soul within the system to make peer support services a part of the treatment landscape. Most of us know the big names, but there are hundreds more who have labored long and hard, and mostly anonymously, so that people who have received services can now be appreciated for the gifts they have to share with others who are seeking recovery. I also want to honor those funding managers and policy makers who have made courageous first steps toward creating a place for peer supporters within our system. It will be hard for me to speak about strengthening the values-base of peer support services without seeming unfairly critical or disparaging of their service aspect, but I have no wish to disrespect these leaders, some of whom I have personally regarded as mentors. These movers and shakers have worked out difficult compromises that got the ball rolling nationally, and for that I am truly thankful. The critique I offer here is simply a call for course corrections that bring us back to the values that make Peer Support unique—shared values that I know were the inspiration for the creation of peer support services.

In large part my concern for encouraging values-based course corrections for peer support services comes from the clamoring I hear for certifying peer support specialists, as



though these were a uniform commodity that could be created through a one-size-fits-all curriculum. There is already a dizzying array of services that call themselves “peer support” or that employ peer support “specialists” to provide services that bear little resemblance to Peer Support nor share its values. Some of what is being called “peer support” is just standard rehabilitation programming provided by a former service recipient. The same is frequently true when peer support specialists are employed on ACT teams, or as case managers, etc. Being a fellow “consumer” or even a trained and certified peer support specialist doesn’t make checking to see if someone has taken his meds a form of Peer Support.

About now I imagine many of you are wondering, “well then, just what is Peer Support?” and I have to admit there is a lot that we are still learning as we explore where our values will take us. However, we have long been listening and really paying attention to what people are saying about Peer Support and about what makes it work so powerfully for them. Not surprisingly, mostly we hear people talking about what makes it different from the services they have been receiving. Shery Mead and Cheryl MacNeil’s research (2004) strongly supports the understanding that Peer Support is quite intentional about achieving a clear difference from conventional mental health services.

These differences extend to embracing a worldview of limitless possibilities for wellness that supports getting unstuck from problem-saturated stories by “re-storying” our lives and moving toward whatever we want through heightened response-ability. Part of the difference involves a dialogue of non-judgmental yet critical learning that examines “how we know what we know,” and questions and challenges the ways our experiences have been named by the mental health system. The difference is expressed profoundly in the true mutuality that characterizes our relationships, which allows us to redefine “help” and embrace mutual responsibility. The difference is also apparent in the language we use, finding alternatives outside of the disparaging vocabularies of illness, disability and chronicity. Perhaps the most compelling difference involves the redefinition of “safety,” which allows us to let go of assessment and sit with the discomfort of sharing risk.

I know this expresses just some of what makes Peer Support unique, but hopefully it is enough to show how clearly it’s a value-based, mutually transformative relationship that involves a deep connection between peers as equals. And hopefully, it illustrates some of what is likely to be lost when a peer support specialist gets put in one of our mental health system’s service boxes. I know many wonderful peer support specialists who struggle daily with the way their “service” roles undermine their being “peer,” so the problem I am addressing is not just hypothetical. And if it’s already a problem, then I suggest we face a critical choice every time an agency, community or state seeks our help in getting on the Peer Support bandwagon.

I routinely receive calls from agencies that want to train peer support specialists but that have no interest in laying

the necessary values foundation or in learning how to improve their agency’s overall recovery orientation. Most of these callers admit that they don’t know what Peer Support is nor what a peer support specialist does, but they know they need them to comply with new service definitions or state mandates. When I explain that the Copeland Center will be happy to provide training that will lay a foundation of values, principles and practices for peer support that will help the agency define the roles in which they might want peers to serve (and, of course, then be better able select an appropriate training curriculum for certification), most of these decision-makers quickly hang up and rush off to find someone who’ll just certify some peers for them. Of course there are many agencies that make the hard choice to transform with real integrity around values, but sadly those are in an honored minority.

I see an increasingly mad rush to get peer support specialists hired so programs and agencies can “become recovery-oriented.” I see decision-makers that, without understanding what real transformation entails, are content to keep their mental health systems pretty much the same, while dressing them up nicely with “recovery language” and “peer supporters.” To me this seems a lot like using peer support specialists to advance the status quo, but only as far as it can go without being fundamentally transformed.

I don’t want to build a case against anything based on bad examples that I’m sure everyone will recognize as perversions of what was intended when we made those compromises to create a place for peer supporters in the service system. But I have to ask, how do we reduce the chances that peer support specialists will find themselves working in mental health services where the other staff won’t speak to them, let alone treat them as equals? How do we influence real transformation so “peers” won’t have to use their peer support skills on the sly because fellow members of the “treatment team” don’t value mutuality? And, how do we support the “peer specialists” who get hired to work in essentially the same services that have been treating them for years and that are now expecting them to bear the burden of system transformation on their own, improving those services just by putting the happy face of “peer support” on them?

I fear that, without returning to the values that make Peer Support unique, without going well beyond training and certifying peer support specialists, we risk allowing such sad examples to become more and more common. Furthermore, without consciously striving to retrieve what we traded away in order to get financial support for Peer Support, I fear we will squander the opportunity to enrich our communities... all in order to gain little more than the creation of what’s starting to look like a new underclass of service providers.

I am aware that the demand for peer support services is so high that there will continue to be a proliferation of curricula for certifying peers to work on ACT teams, in rehabilitation programs and in a growing array of traditional and “transforming” mental health services. There are already curricula out there that do a good job of preparing people to be service providers in these programs, and I trust that having services



provided by well-trained peers will strengthen and enrich the treatment offered by the agencies that hire them. However, while we have the ear of the decision-makers, I also think there is much we can do to enlist them in building stronger communities through Peer Support that isn't bound by service definitions. I think it is incumbent on us to continue to push the envelope just as we push ourselves as individuals to achieve richer levels of wellbeing and the fulfillment of our dreams. We can remind the powers-that-be that our initial compromises were accepted as a "first step" to creating recognition of the value that peer supporters bring to people seeking recovery. And, we can assert that it's time for some next steps, which include getting recognition of the transformative values of Peer Support, and support for programs that honor those values.

I encourage all trainers of peer support specialists to make sure that the agencies and communities they serve are made aware of the difference between Peer Support and having a peer support specialist provide a conventional service. I also hope that every trainer helps those agencies understand the inherent conflict many peer support specialists will experience when what their training has taught them about mutual relationships bumps up against the constraints placed on them by the services in which they work. I hope that every trainer helps the agencies that hire them explore ways of transforming their services so that there is a diminishing difference between Peer Support and their evolving services; meaning that the services are transformed to become more like Peer Support. Finally, I hope every trainer helps the agencies they serve to search out ways to encourage and support the development of Peer Support groups and programs throughout their communities—groups and programs that have only to adhere to values, not service definitions.

It is amazing to see how far our understanding of Support has come since Mary Ellen first presented it as a key

concept of recovery. Perhaps it's understandable that our recognition of the importance of Support would lead to the creation of new services within the mental health system. Maybe it's also understandable that such services would serve as substitutes for real caring relationships and networks of support within our communities given that such relationships and networks have never been supported. However, when Mary Ellen wrote, "Everyone needs and deserves at least several key friends who... you like, respect and trust and who like, respect and trust you... who listen to you... let you freely express your feelings and emotions without judging or criticizing... who allow you the space to change, grow, make decisions and even mistakes... etc," I know she wasn't writing a service definition. She was pointing us in the direction of what we could be for each other as true peers and as fellow humans. I know that I need and deserve such friends, and I am forever grateful to WRAP for empowering me to see beyond the service system and embrace the rewarding work of strengthening my community.

The Copeland Center hopes to advance Peer Support as an element of any and every thriving community's human resources, which is what I believe WRAP classes have already been doing for years. It is our vision that communities around the world will embrace both WRAP and Peer Support programs, and support such programs financially without boxing them into service definitions or sacrificing their values. Each of us has a stake in this vision and each of us can give a hand in making the vision a reality.

Thanks for bearing with my passionate long-windedness. Peace to you all,

Stephen



The Copeland Center and Peer Support Training:

The Copeland Center provides WRAP training, and we train and certify Recovery Educators/WRAP Facilitators. Although WRAP facilitators learn a strong foundation of values, principles and practices for facilitating learning and growing together with a spirit of mutuality as true peers, we do not offer or provide training for certifying peer support specialists. The Copeland Center's mission is simply to promote personal, organizational and community wellness and empowerment. We focus on the grassroots and we empower citizens and communities to grow supports that meet their local needs and their local vision through WRAP. Often, Peer Support initiatives begin as a spin off from WRAP classes wherein people have learned the value of support and of learning and growing together in the safe environment. In that sense, we are constantly helping local Peer

Support initiatives get off to a good start and grapple over the long term with the challenges of keeping to the values of Peer Support.

Those of you have already read Mary Ellen's *WRAP and Peer Support*, coauthored by Shery Mead, know of the powerful relationship between WRAP and Peer Support. Because of how well these concepts fit together and how powerfully they can fit into people's lives, The Copeland Center has been pleased to sponsor Shery Mead's Peer-Run Crisis Alternatives workshops. The workshop held in Vermont in May was a huge success, and we are working on dates for other locations, to be announced soon. Shery is also helping us develop an Essentials of Peer Support for WRAP Facilitators workshop. Watch these pages for announcements of future training dates.



Connecting with the Power of your Wellness Tools:

I have just spent a week with an amazing group of people who inspired and uplifted me with their strength, their wisdom and their deep caring about others. I'm always a little surprised to find myself in the company of so many good people. However, what I find surprising is how many of the amazing people don't seem to recognize how amazing they really are. I know this shouldn't puzzle me because I still struggle with my own self-esteem issues, but it is so obvious to me how great these other people are that I often wish they could see in themselves what I see.

Thinking about this reminded me of something I added to my WRAP when I did my first major rewrite of it: I added a *foreword* or *preamble* to each action plan; what some people might think of as affirmations or positive self-talk. Basically, I wrote reminders to myself about what I know when I am really well and I'm feeling positive about myself and about life... reminders of how much power I really have if I am willing to accept responsibility and use it.

One might wonder why would I need a foreword or affirmation with each action plan if my Wellness Toolbox were stuffed with great wellness tools. For me, the answer is simple: There are times when I *don't* use my wellness tools because I am in an old "stuck place" where I have trouble seeing their value. Right *now* I know that my tools have worked well for me and have proven reliable whenever I have used them—that's why I wrote them into the action plans that make up my WRAP. My problem is that, often, when I need

them most, I am not in a good place; I'm feeling overwhelmed and confused, and I'm probably having a hard time trusting anything. There simply have been times when I didn't use valuable tools or action plans just because their value wasn't readily apparent to me *in that moment* because of the state I was in.

Thankfully, I realized that I needed some easy way to cut through my fog and motivate me into action. So I tried writing out messages to myself that would start out my WRAP and accompany each of my action plans. I wrote these messages when I was feeling clear and strong about my ability to make choices and take actions that contribute to my wellbeing. They're really reminders of what I know when I am at my best. Things like:

- ✧ You have written this WRAP as an expression of your highest self. It is a repository of your strength and wisdom, both of which were hard-won through your struggles with life. This is how and where you have turned mistakes into lessons.
- ✧ You have been through tougher times than these and the following list is made up of things that have really worked to get you back to being well. You can trust them.
- ✧ You know that your fears have paralyzed you at times and that inaction only makes things worse so use this simple plan to get you going. Start with whatever seems easiest and keep following your plan until you feel like you are back in your power.

It's important to note that these are just examples of me talking to myself, and the wording is merely what my experience has shown me works for me. The great thing about these messages is that they help me get around all the excuses I know I use when I'm not at my best. I can get a bit tough with myself when I know I need it, so my self-awareness has gotten me to write things like, *I know this is hard to hear right now, but you know you need to get off your "buts..." and follow your action plan—you wrote this to yourself because you know this is the best way for you to get back on track!*

My self-talk, and the self-knowledge that underlies it, can be hard to face sometimes (let alone share in a newsletter) but it has helped me actually use my action plans during those times when I haven't felt like doing anything. I'm glad I got to a place where I was looking at my rough times as learning opportunities and could ask myself questions like "what kept me from using my WRAP in that situation?" or "How could I have gotten myself to take action sooner?" They were hard to face, but it helped me make my WRAP more doable and easier to put into use. Now, these written affirmations reinforce (and are reinforced by) my daily affirmations that are a part of my daily maintenance plan.

As always, I share these thoughts about wellness tools hoping that you'll feel free to use whatever makes sense to you, and feel equally free to leave the rest. Best wishes.

Transformation Happens Internationally

You've got to do your own growing, no matter how tall your grandfather was.
—Irish Proverb

Since our last newsletter, I have had the pleasure to travel to British Columbia, England and Scotland where I discovered some exciting perspectives on wellbeing and recovery. My trips were in response to invitations to come and share what we have been learning here through Wellness Recovery Action Planning, but I was delighted to find that our international peers had so much to teach us as well. It would be impossible to express all that I learned from our international peers, but there are a few things I have to note.

First I have to begin by thanking my colleagues who made these trips possible. Peter Andres and Jennifer Cusick of MCC Supportive Care Services welcomed me to British Columbia in March and showed me how powerfully communities can be transformed through the vision and hard work of a few people who are principle-centered and values-driven. Their agency is a model of what community-based services can become when they truly commit to a vision of recovery. Check them out at www.mccscs.com

Piers Allot is the gentleman who was the driving force behind my trip to the UK and I thank him for serving as event organizer, tour director, chauffeur, colleague and, ultimately,



Copeland Center Trainings

Become a Recovery Educator for the Copeland Center for Wellness and Recovery!

Mary Ellen Copeland founded the Copeland Center for the express purpose of promoting personal, organizational and community empowerment through education, training and participatory research. Just as WRAP was born through Mary Ellen's reaching out and tapping into the expertise of her peers who had learned from their own journeys of recovery, so it continues to grow through the expansion of our network of Certified Recovery Educator/WRAP Facilitators. We invite you to become a part of this community of peers who are committed to empowering individuals, and reshaping programs, organizations and systems through a new focus on empowerment and recovery for everyone. Here is our training schedule.

WRAP Facilitator Certification

WRAP Facilitator Certification: These intensive 5-day training events are designed to help you become a powerful change agent/recovery educator as a WRAP Facilitator. Here's our next workshop scheduled for Brattleboro, Vermont.

September 25 through 29

WRAP Facilitator Certification Training

Enrollment is limited to 30 participants and the slots go quickly. Cost for the workshop is \$995/person plus travel expenses. Prerequisites for the course are that you have completed a WRAP class, you have personal experience with WRAP, and you are highly motivated.

Stay tuned to the websites www.copelandcenter.com and or www.mentalhealthrecovery.com for updates and the latest on workshop availability.

Consultation and Training on System Transformation:

The Copeland Center is building partnerships with organizations around the world that are sincerely interested in system transformation. We are consulting with these organizations and tailoring training to meet their specific transformation challenges, but generally we are helping them to integrate WRAP into their systems, embrace truly person-centered planning and become recovery-oriented in enduring ways. Anyone interested in partnering with the Copeland Center is encouraged to contact our executive director, Stephen Pocklington at spocklington@cox.net or call him at (252) 638-7080.



Transformation Happens continued

for proving to be a supportive friend. Piers has long been both a leader and a driving force for recovery and WRAP in the UK, and his foundational work was evident in the considerable enthusiasm with which my presentations on WRAP were received. I also have to thank Simon Heyes who hosted an exciting conference in Taunton and to Simon Bradstreet who welcomed me to Edinburgh and introduced me to the Scottish Recovery Network (www.scottishrecovery.net), an exciting and excited group of new friends that is transforming Scotland.

Among the things that I found so uplifting during my journey (aside from the warmth and hospitality that greeted me) was to find so many people who understand "mental illness" as a social construct that has outlived most of its usefulness. In the UK in particular I heard several speakers (most notably, Diane Bradley) who clearly see how hope and recovery opportunities have been unnecessarily limited by "illness" thinking and concepts, and who see how stigma and

"staying stuck" flourish in their stead. I was also moved (and somewhat amused) by their broad recognition that being a "survivor" largely relates to having survived mental health services, rather than "mental illness." Overall, I was inspired by a strong sense of the profound transformation that is taking place, and I was pleased to see the extent to which professionals were a part of the transformation efforts, nurses in particular.

In each place I went, I was struck by the growing sense of empowerment that was behind the questions I was being asked. Their spirit of "unlimited possibilities" was infectious. When I was setting up these trips I heard my hosts express concerns that maybe Canada, England or Scotland might be behind the US in terms of recovery, but I am pleased to say that I met true peers who have every bit as much to teach as to learn, and I am eager to return and continue our conversations. Thank to my new friends for all you shared.



Self-Help Resources by Mary Ellen Copeland

Books

The Depression Workbook: A Guide to Living with Depression and Manic Depression Second Edition	_____	copies at \$19.95
Fibromyalgia and Chronic Myofascial Pain Syndrome: A Survival Manual with Devin Starlanyl.....	_____	copies at \$19.95
Healing the Trauma of Abuse: A Women's Workbook with Maxine Harris, Ph.D	_____	copies at \$24.95
Living Without Depression and Manic Depression: A Guide to Maintaining Mood Stability	_____	copies at \$21.95
The Loneliness Workbook	_____	copies at \$18.95
Recovering from Depression: A Workbook for Teens with Stuart Copans, MD.....	_____	copies at \$24.95
The Worry Control Workbook	_____	copies at \$16.95

WRAP: Wellness Recovery Action Plan	_____	copies at \$10.00
WRAP: Wellness Recovery Action Plan for People with Dual Diagnosis	_____	copies at \$10.00
Plan de Acción para la Recuperación del Bienestar WRAP-Spanish Version	_____	copies at \$10.00

Quantity pricing for WRAP books: 1-9 copies - \$10 each • 10-99 copies - \$8 each • 100+ copies - \$7 each
WRAP shipping: \$4 for one WRAP book, plus \$0.50 for each additional copy

WRAP Software CD with printable worksheets and instructions, contains both adult & teen versions	_____	copies at \$19.95
WRAP and Peer Support: Personal, Group & Program Development with Shery Mead.....	_____	copies at \$40.00

Quantity pricing for WRAP and Peer Support: 1-4 copies - \$40 • 5-9 copies - \$35 • 10-49 copies - \$30 • 50+ copies - \$25

Winning Against Relapse: A Workbook of Action Plans for Recurring Health & Emotional Problems Expanded version of WRAP with suggestions for group work.....	_____	copies at \$16.95
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Facilitator Manual: Mental Health Recovery including WRAP with CD-ROM of transparencies, one WRAP book, and complete instructions for teaching WRAP.....	_____	copies at \$129.00
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Quantity pricing for Facilitator Manuals: 1-11 copies - \$129 each • 12+ copies - \$110 each
Manual shipping: \$8 for one Manual, plus \$5 for each additional copy

Advanced Mental Health Recovery Manual: Leading a WRAP Facilitator Training	_____	copies at \$60.00
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Videos and Audio CDs

Creating Wellness Workshop Video Series produced by Mental Illness Education Project

Key Concepts for Mental Health video	_____	copies at \$39.95
The Wellness Toolbox video	_____	copies at \$39.95
Developing a Wellness Recovery Action Plan video	_____	copies at \$39.95
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WRAP: Step-by-Step audio CD.....	_____	copies at \$19.95

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Mary Ellen Copeland
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Recovery skills
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Based on the work of Mary Ellen Copeland and of others who
learn from each other and work toward recovery.

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Program Coordinator/Business Manager: Nancy Haldeman

P. O. Box 6464
Chandler, AZ 85246
1-866- I DO WRAP (1-866-436-9727)
fax: (480) 855-5118
info@copelandcenter.com