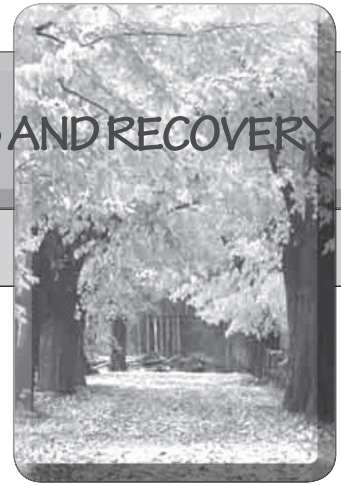


# COPELAND CENTER FOR WELLNESS AND RECOVERY

Spring 2011 Volume 12.2



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## FIRST INTERNATIONAL CONFERENCE: WRAP AROUND THE WORLD

Join us for the first international *WRAP Around the World Conference* sponsored by *The Copeland Center for Wellness and Recovery*. The conference will take place August 1-3, 2011 at the historic *Sheraton Society Hill*, Philadelphia, Pennsylvania, USA.

The *WRAP Around the World Conference* will bring together people in recovery, peer specialists, professionals, and supporters. It is being planned by a diverse group of *Advanced Level WRAP® Facilitators* who will be reviewing submissions for workshops, panels and other parts of the conference. Taking place in historic Philadelphia, the birthplace of America,

this conference is just around the corner from *Carpenter's Hall* where the first *Continental Congress* was held. It was the event that marked the first indication that America would not continue to be beholden to Britain with out representation.

The *Sheraton Hotel* is just blocks from the *Liberty Bell*, *Independence Hall*, and 20 other iconic landmarks. Philadelphia is also world-renowned for its museums of arts and sciences

*continued on page 6*



## Story Telling and WRAP®

by John Woodruff

*I am a good storyteller - yet, in the past, I was not very reliable with the truth. For much of my life I wrestled silently with HOPE. I could never get my arms around believing that things could and would get better. As a person who didn't believe in much, sharing stories with rosy endings and outright lies helped me navigate the rocky shores of my life. Or so I thought.*

*Faking it and fabricating life-stories allowed others to believe my life resembled some Hollywood script. Yet fiction did not serve me well any longer. I had never been open or honest about me.*

*Then, I discovered the five Key Concepts of Mental Health Recovery and WRAP® over 7 years ago. Before my first WRAP® group I felt my life had been spent sneaking out at night, wandering around a deserted town, walking from street-light to street light. Picture me going from cone of artificial light into the darkness and then back into another cone of light.*

*The five Key Concepts helped me re-evaluate those old stories.*

*continued on page 7*

## “THE ESSENCE OF FACILITATION” by April Elliott

*When I attended my first WRAP® workshop the facilitators shared their “Wellness Story” and then proceeded to present the concept of WRAP® in a clear simple manner. A trusting partnership was beginning to form. At that time I did not realize the facilitation skills they had used to help open up my mind to my endless possibilities. As a participant I processed what was presented in my own time and in my own way. The facilitators enabled me to tap into my own resources, and to explore the resources*

*continued on page 11*



## INTRODUCTION

Welcome to the *Copeland Center Newsletter*. This quarterly newsletter is free of charge by email or postal service. For subscriptions, go to [www.copelandcenter.com](http://www.copelandcenter.com). For multiple copies call 802-425-3660 or email: [books@mentalhealthrecovery.com](mailto:books@mentalhealthrecovery.com). You may freely copy and distribute this newsletter or parts of it, giving credit to Mary Ellen Copeland and the Copeland Center for Wellness and Recovery.

**Published by: The Copeland Center**  
**Editor: Kathy Muscari**

## COPELAND CENTER FOR WELLNESS AND RECOVERY

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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#### Information, Registration:

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*Mary Ellen Copeland -*  
*Mental Health Recovery & WRAP®*



### Book Orders:

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**Mary Ellen Copeland ~ WRAP® and Recovery Books**  
 Box 301 West Dummerston, VT 05357-0301  
**Director of Programs:** Carol Bailey Floyd  
**Email:** [info@mentalhealthrecovery.com](mailto:info@mentalhealthrecovery.com)

## FIDELITY TO FACILITATING WRAP®

by Christine Allers

It is refreshing and helpful when we hear from people who are delving into WRAP® with great enthusiasm and are looking for ways to make it more accessible. This allows us to help educate agencies, facilitators, supporters and others about the best way to safely and legally use the material.

In this article, I've addressed copyright guidelines that are in place to protect the authenticity and intention of WRAP®. Experience has shown, and research has proven, that WRAP® should be facilitated in the order Mary Ellen has presented:

- 1) *KEY RECOVERY CONCEPTS*
- 2) *WELLNESS TOOLS*
- 3) *DAILY MAINTENANCE*
- 4) *TRIGGERS AND TRIGGERS ACTION PLAN*
- 5) *EARLY WARNING SIGNS AND EARLY WARNING SIGNS RESPONSE PLAN*
- 6) *WHEN THINGS ARE BREAKING DOWN AND RESPONSE PLAN*
- 7) *CRISIS PLAN*
- 8) *POST CRISIS PLAN*

Sharing WRAP® in this order helps participants build on each previous section as they work through the plan.

The WRAP® curriculum is based not only on the research from Mary Ellen and her experience working with groups; it has also specifically been designed to help guide facilitators through the material in a safe and productive manner.

### USING COPYRIGHTED MATERIAL

Copying the curriculum in any form not specified in the guidelines is not permitted; this includes re-typing, photocopying, etc. This is stated clearly in the Facilitator Manual:

"There are clear guidelines in the front of the Facilitator Manual that describe what parts of the manual can be copied and given out to group, workshop and seminar participants. You can copy and give out the handouts in Section 3 and the transparency thumbnail sketches in Section 2. You cannot copy and distribute Section 1 except for pages that are clearly forms to be filled out by facilitators."

*continued on page 6*



Through the leadership of Liam Minogue, and in partnership with *The Copeland Center*, an exciting sea of change is gracing the shores of Ireland. In 2009, Ireland saw the *Irish Mental Health Recovery Educational Consortium (IMHREC)* formed to educate individuals about Recovery and WRAP® principles and teach strategies to promote mental health recovery. IMHREC was successful in delivering 2-day WRAP® workshops to 197 participants and delivering 5-day facilitator training to 68 participants. This project concluded with a successful 1-day recovery café where participants came together and shared views on the project and hopes for the future delivery of WRAP®. 2010 saw the formation of *The Community Reconnect & Recovery Network (R&R)*, funded for one year by the Genio trust fund. R&R aims to promote wellness within communities by delivering 2-day WRAP® workshops

## WRAP® AROUND IRELAND

Matthew Federici, Ex. Dir.  
The Copeland Center



with the goal of creating a WRAP® peer support group. The group would be nurtured and availed of by all members of the community. It is driven by a steering committee that shares a passion for recovery-orientated mental health services in Ireland to be realized. The network is active in the Midwest region. Each county has a project coordinator.

Limerick: Marilyn Lawler  
0852185297

Nr Tipperary: Margo O Donnell  
0860223240

Clare: Liam Minogue  
0858267778

To sustain the WRAP® program in Ireland, R&R envisions the need for more qualified WRAP® facilitators. With this in mind, the *Copeland Center*, through the Executive Director, Matthew Federici, and Scotland's Advanced Level Facilitator, Rona McBrierty, will travel to Ireland to deliver the Advanced Level WRAP® Facilitators course to 18 qualified facilitators who shall be committed to helping in the advancement of WRAP®.

Website: [www.rnrproject.ie](http://www.rnrproject.ie)

Email: [info@rnrproject.ie](mailto:info@rnrproject.ie)

A new website is being constructed which should see a coordination of all WRAP® activity in Ireland to be launched mid April 2011.

Website: [www.wrapireland.ie](http://www.wrapireland.ie)

Email: [info@wrapireland.ie](mailto:info@wrapireland.ie)

Liam Minogue is a plenary Session Speaker on the impact of WRAP® in Ireland August 3, 2011 at the WRAP Around The World Conference.

## Inventing Wellness Tools

by Carol Bailey Floyd, Director of Programs

*When I learned how to coordinate a WRAP® (Wellness Recovery Action Plan) in 2002, everything I had ever been trying to coordinate about stress management finally fell into place. Once I had the comfort of the structure of WRAP®, I really felt more free than ever to explore the concepts of "Wellness Tools" and how they could be used most effectively in my life. In the context of WRAP®, wellness tools are particularly used in "Daily Maintenance", and incorporated into "Action Plans". I believe it is important to have lots of wellness tools active in our lives, so when tough times occur, we can more easily increase the number of wellness tools we are using.*

*One of my favorite things to do is to invent wellness tools. Sometimes I invent them on purpose when a "Trigger" or "Early Warning Sign" happens and I don't have an action plan that is suitable. On other occasions, wellness tools just seem to invent themselves.*

*continued on page 10*



PLEASE JOIN US FOR THE FIRST INTERNATIONAL  
**WRAP AROUND THE WORLD CONFERENCE!**

**COPELAND CENTER FOR WELLNESS AND RECOVERY**

**AUGUST 1-3, 2011 AT HISTORIC SHERATON SOCIETY HILL  
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WRAP FACILITATOR FEE: \$300 WITH CERTIFICATE

ADVANCED LEVEL WRAP FACILITATOR FEE:  
\$285 WITH CERTIFICATE

**FOR MORE INFORMATION:**

<http://copelandcenter.com/conference>

**WRAP  
AROUND  
THE WORLD  
CONFERENCE**



*Copeland Center*  
For Wellness and Recovery



## WRAP and Recovery Books by Mary Ellen Copeland, PhD

The Depression Workbook Second Edition.....	\$24.95 x	_____
Fibromyalgia and Chronic Myofascial Pain Syndrome: A Survival Manual w/D. Starlanyl .....	\$24.95 x	_____
Healing the Trauma of Abuse: A Women's Workbook with Maxine Harris, PhD .....	\$24.95 x	_____
The Loneliness Workbook.....	\$16.95 x	_____
Recovering from Depression: A Workbook for Teens with Stuart Copans, MD.....	\$29.95 x	_____
Winning Against Relapse.....	\$16.95 x	_____
The Worry Control Workbook.....	\$16.95 x	_____
WRAP: Wellness Recovery Action Plan 1-9 copies, \$10 each; 10-99 copies, \$8; 100-999 \$7; 1000+ \$6	\$10.00 x	_____
WRAP: Wellness Recovery Action Plan for People with Dual Diagnosis.....	\$10.00 x	_____
Plan de Acción para la Recuperación del Bienestar WRAP-Spanish Version .....	\$10.00 x	_____
WRAP: Wellness Recovery Action Plan for Veterans & People in the Military.....	\$6.00 x	_____
WRAP: A Wellness Recovery Action Plan for Kids 1-9 copies, \$14.95 each; 10-99 \$11.95; 100+ \$10	\$14.95 x	_____
My WRAP brochure .....1-9 copies, \$2.00 each; 10-49 \$1.75; 50-99 \$1.50; 100+ \$1.00 .....	\$ 2.00 x	_____
WRAP for Your Computer contains both adult and teen versions.....	\$19.95 x	_____
WRAP Plus.....	\$19.95 x	_____
The WRAP Story .....	\$19.95 x	_____
WRAP and Peer Support Manual: Personal, Group & Program Development w/Shery Mead.....	\$24.95 x	_____
Facilitator Manual: Mental Health Recovery including WRAP English or Spanish Version.....	\$129.00 x	_____
Community Links: Pathways to Recovery Program Implementation Manual w/Shery Mead.....	29.95 x	_____
<b>Video and Audio</b>		
Creating Wellness Workshop DVD.....	\$60.00 x	_____
WRAP DVD.....	\$19.95 x	_____
WRAP for Veterans and People in the Military DVD.....	\$19.95 x	_____
Wellness Tools audio CD.....	\$19.95 x	_____
WRAP: Step-by-Step audio CD.....	\$19.95 x	_____
<i>Mail order to Mary Ellen Copeland, POB 301, West Dummerston, VT 05375</i>	Subtotal \$	_____
<i>Shipping/Handling: \$4 for first item, plus \$1 each additional item</i>	\$	_____
<b>Total Amount Due: (for resource items and shipping costs)</b>	\$	_____

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**NEW!** *New Look, New Layout and More!*

**A WRAP® Workbook for Kids**  
Wellness Recovery Action Plan®  
By Mary Ellen Copeland, PhD  
*with assistance from*  
Akincana Webb, Esther Smith, and Heidi Wheelock




**Introductory Special!**  
\$9.95 until April 30, 2011 (regularly \$14.95)  
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## A WRAP® Workbook for Kids

A WRAP® Workbook for Kids is a unique book for children. The Wellness Recovery Action Plan® has helped many, many people take control of their future. Through hard work, commitment and support, adults and teens have transformed their lives through WRAP®. WRAP® is not only for those who've struggled with mental health challenges; it can be used by anyone who wants to create positive change in the way they feel, or increase their enjoyment of life. Who better to enjoy the benefits of positive change and enjoyment than children?

The original publication of the Workbook for Kids included WRAP®s developed by children who have had success, and continue to thrive. By listing sample

wellness tools and ideas for actions to take that make themselves feel better, it helps children think about the special things they have that helps them feel good. They can also get new ideas from seeing what other kids are doing.

### What's in the new version?

The new, updated workbook not only has a new layout, an additional child's WRAP® has been added! Akincana's contributions add another perspective and voice to an already dynamic book. Mary Ellen's unique writing style makes this workbook easy to read while she explains all of the sections with just the right amount of detail. Kids reading this book will feel empowered and will enjoy the functional layout with note pages as well as the colorful and vibrant pictures that

*continued on page 8*

# What I'm Learning

by Christine Allers

"I breathed my soul back into me" –  
Edna St. Vincent Millay, *Renascence*

*I enjoy reading poetry, and sometimes writing it; it's one of my most important wellness tools. When I find a poem like this one, it brings on so many emotions. The first time I read it, it was like an action movie in my head. The poem is about an awakening, and for those Millay fans, you know that she has an uncanny way of leaving the reader with a bewildered sense of hope. I like this best about her and any piece that leaves me believing in something, while at the same time, not quite knowing how I got there.*

*This line inspires me. It reminds me of the power we have within ourselves. I know when I felt alone, sad, hopeless and just plain awful, I wished so hard for something or someone to save me. I was lost, my soul was lost.*

*The thought of having strength*

*within myself seemed unimaginable. Slowly, I pulled myself out of those places and sometimes someone did help me (if I asked). "I breathed my soul back into me" should have been my mantra. I love that it's past tense, it happened, I did it—me. Read it out loud and see if it has an affect on you. Maybe you'll write your own mantra.*

*The common theme I've heard from WRAP® users, facilitators and in recovery stories has been the incredible empowerment WRAP® can unleash. We are amazing creatures, capable of incredible things. This is evident in the recovery stories I've read and heard since joining Mary Ellen's team. What courage to share personal journeys for others to find hope; a true gift.*

*My personal goal in life and with my WRAP® is to be a better person, the person that peeks out sometimes when I'm at the top of my game, the same person who hides when I'm hard on myself. I want that person to be confident and know that however empty I may feel, I have the power to breath my soul back into me.*

*continued on page 8*

## FIDELITY

*continued from page 2*

### ADAPTING VS. ALTERING

Mary Ellen encourages creativity as mentioned in her "Enhancing WRAP®" webinar.

In our experience, this has been misinterpreted to mean "altering content and format". As stated above, the material and sequence is a result of research, experience and careful development, which is why it is protected by copyright laws. The power of WRAP® is in the consistency and bonds that form through connections we make; with ourselves and with others. This consistency is jeopardized when the curriculum and terminology is altered from its intended goal.

Trained WRAP Facilitators sometimes adjust their presentations to meet the needs of the group and the time available, picking which slides to use as time allows, sharing all the elements of WRAP, while emphasizing the particular needs of the group.

When Mary Ellen speaks of adapting WRAP® and incorporating creativity, she is referring to HOW the material is covered more than WHAT material is covered. In other words, activities and group work can be enhanced using art or role-play for example. The intention behind this is not to change the content of the curriculum, but the way in which the curriculum is used.

*continued on next page*

## FIRST INTERNATIONAL CONFERENCE

*continued from page 1*

along the *Benjamin Franklin Parkway* capped by the *Philadelphia Museum of Art* and the famous *Rocky Steps*. Registration is \$350 (see box on page 3) with special rates for *WRAP® Facilitators* and *Advanced Level® WRAP® Facilitators*. If you register as a *WRAP® Facilitator*, you will need to bring a copy of your *WRAP® Facilitator* training certificate.

For more information: <http://copelandcenter>



The Copeland Center for Wellness and Recovery is a non-profit, 501(c)(3) organization that was 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 in the Wellness Recovery Action Plan® (WRAP®). It is the only organization in the world which conducts the training required become a certified Advanced Level WRAP® facilitator.



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*Please contact Katie Wilson, Director of Marketing and Special Projects,  
for more information, 802-254-5335 or [katiejwilson@gmail.com](mailto:katiejwilson@gmail.com)*

## FIDELITY

*continued from page 6*

Please feel free to incorporate creativity in the activities, methods and other facilitation methods that best suit your audience's needs. This can be done with the material, as it exists. Below are detailed guidelines on copyrighted material rules. If you have questions, please contact [Christine@mentalhealthrecovery.com](mailto:Christine@mentalhealthrecovery.com).

### *GUIDELINES FOR USE AND DISTRIBUTION OF COPYRIGHTED MATERIALS*

Wellness Recovery Action Plan® and WRAP® are registered trademarks. The books, software, videos and audio cds de-

veloped by Mary Ellen Copeland are protected by copyright. All rights are reserved by the author. Any copying, translation or inclusion in other materials for distribution must be approved in advance, in writing.

Contact us before you begin any project which includes copying, excerpting, revising or translating Mary Ellen's Mental Health Recovery and WRAP® resources. Email or mail a detailed description of what you propose doing, who will receive the materials, how much you will charge for them, how many copies you intend to produce, and where they will be distributed. Each year, an updated report detailing these elements should be submitted.

*continued on page 9*

## Story Telling

*continued from page 1*

*Why did I need happy beginnings, middles, and endings? How could I share stories honestly? What discoveries could lead me to be honest? Most importantly, I wanted to tell others where I saw myself going. This was my true reason for being a storyteller.*

*The first time I shared a newly crafted story with complete honesty was on the phone with a dear friend in Maryland. I guess it felt easier to try this out on the phone. The worst that could happen; she would hang up. After checking up about the weather, I said, "Remember that story about my brother's birthday? Well there are a few things I'd like change." My palms were sweaty; my stomach was tight. Yet the re-crafting of that story wasn't a big deal to my friend.*

*WOW, I had exercised PERSONAL RESPONSIBILITY. Away went the blame. I was now in charge. EDUCATION began to rule. I was learning much about myself. Honesty didn't bring ridicule. I yearned to know more about what would assist me. The simple act of re-crafting that story was one of my first remembered acts of SELF-ADVOCACY. Telling my story with complete honesty also strengthened the SUPPORT from my friend. More importantly I discovered that my new stories shared with clear intent are an important part of my SUPPORT-the whole process is supportive.*

*Today I am frank about myself and am confident that I accept myself-freckles and all. Newly crafted stories flourish, describing a much happier person. Doesn't that sound like a person who has HOPE in their life?*

*continued on page 10*

## A WRAP® Workbook for Kids

**Introductory Special!**  
**\$9.95 until April 30, 2011**  
 (regularly \$14.95)

*continued from page 5*

bring this book to life.

### How you can use A WRAP® Workbook for Kids:

Although it's written for kids, parents play a key role in helping children understand what the program means and why it can be helpful while actively supporting and guiding children through the development of their WRAP®. An important part of using WRAP® for kids is trust; thinking of adults who can help with their WRAP. If they have a WRAP® of their own, adults can set a great example of how WRAP is yours and no one else's, and the value of using it consistently.



This is also a great workbook to use in a group. The power of the stories from Esther, Hawk and Akincana can be used with groups of kids who are interested in using WRAP®. Sharing ideas, experiences and fun wellness tools can bring kids together in a safe, productive way.

There's great opportunity for creativity also, such as:

- Have children draw pictures of what they're like when they're feeling well,
- Role play items on their action lists and how to make yourself feel better,
- Play a game to see how many ways you can use your WRAP®.

*The possibilities  
are endless!*

## What I'm Learning

*continued from page 6*

*As I create my own WRAP®, I am anxious to find an exchange listening partner. I've also found a new friend in WRAP®Plus; it definitely speaks to me. After reading WRAP® and putting together my plan, WRAP® Plus is helping me put that plan to life. Being a huge fan of journaling, I gravitated to that section towards the end of the book. Of course I thought I knew everything there was to know about the topic. However, I found wonderful, new ideas that took my journaling to a new level (and inspired me to do it more often!). Having journaling goals was new to me and gave my writing time a purpose. Suggestions on where*

*to journal were so simple, yet they have such an impact.*

*"You may want to choose a special place in your home that you decorate and reserve for journal writing. Lighting candles may feel good. I sometimes like to write in my journal by candlelight."*

*I felt as if someone was speaking to me as I read through WRAP® Plus. I've incorporated the journaling activities into my WRAP® as a wellness tool.*

*Now I'm working through the "Focusing" section, which is often difficult for me. These tools are so valuable in my search for myself. One challenge I have is routine, beginning things and not finishing them. I've had more gym memberships than any average person should with*

*total attendance of less than a month (my shortest was 2 days). Stacks of recipes gather dust as I plan 5 course meals while I'm in the shower, only to revert back to my standard repertoire. Doing something every day and building it into my life is difficult for me. WRAP® has helped me realize that having something for myself every day is important and valuable; because I am important and valuable. Within the flexible structure of the program, I can include things that are truly important to me. Defining those things is part of the journey, and for me, it cannot be rushed.*

Christine Allers is the Marketing & Promotions Coordinator for WRAPand Recovery Books. She joined Mary Ellen's team in July of 2009 and works out of her home in Williamsville, VT. [Christine@mentalhealthrecovery.com](mailto:Christine@mentalhealthrecovery.com)



## FIDELITY TO FACILITATING WRAP®

*continued from page 7*

1. There are clear guidelines in the front of the Facilitator's Manual that describe what parts of the manual can be copied and given out to group, workshop, and seminar participants. You can copy and give out the handouts in Section 3 and the transparency thumbnail sketches in Section 2. You cannot copy and distribute Section 1 except for pages that are clearly forms to be filled out by facilitators.

2. All copies of handouts, thumbnail sketches and forms need to be clearly attributed as follows:

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Phone: (802) 254-2092 e-mail: [info@mentalhealthrecovery.com](mailto:info@mentalhealthrecovery.com) Website: <http://www.WRAPandRecoveryBooks.com>. All rights reserved.

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3. You cannot take portions of this Facilitator's Manual, even the handouts and thumbnail sketches, or any other resources copyrighted by Mary Ellen Copeland and include it in another manual or materials you develop for distribution within your agency or outside of your agency without written permission from the author.

4. You cannot copy any of the books or resources copyrighted by Mary Ellen Copeland without written permission. You cannot copy more than three pages of any of these books for distribution to groups without the author's written permission. If pages are clearly forms to be filled out, they can be copied and distributed if they include the attribution information in #2 above.

5. You cannot put copies of copyrighted resources on the web without the author's written permission.

6. You cannot purchase copies of these materials and then sell them on the web without the permission of the author.

7. You need written permission from the author before translating for distribution any of the copyrighted resources by Mary Ellen Copeland.

8. The names Wellness Recovery Action Plan® and WRAP® are trademarked and cannot be used to describe any other plan or piece of work other than the plan described in the book Wellness Recovery Action Plan (M. Copeland, Peach Press, Dummerston, VT 2002) and other books authored and published by Mary Ellen.

9. The Wellness Recovery Action Plan® is, as described in the resources Mary Ellen developed, a set format that includes a listing of Wellness Tools, a Daily Maintenance Plan, Triggers and a Triggers Action Plan, Early Warning Signs and an Early Warning Signs Action Plan, When Things are Breaking Down and an Action Plan, a specific Crisis Plan or Advance Directive and a Post Crisis Plan. If you remove parts of this plan or change the order of the parts, it can no longer be called WRAP®. However, it is not legal to change WRAP® so that it is still recognizable as WRAP® and then call it something else.

10. There are many free resources on our website <http://www.mentalhealthrecovery.com/> that you can copy and distribute with the appropriate attribution in #2 above. Also the booklet series Mary Ellen developed for the SAMHSA is not copyrighted. Those materials are in the public domain and can be used as you would like. You can order them at [www.samsha.gov](http://www.samsha.gov).

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*Again, if you have any question about use of the mental health recovery and WRAP® materials written and published by Mary Ellen Copeland, contact us directly. The best way is by e-mail at [info@mentalhealthrecovery.com](mailto:info@mentalhealthrecovery.com). You can also call (802) 254-2092 or write Mary Ellen Copeland, PO Box 301, W. Dummerston, VT 05357.*

## WEBINARS

FIND OUT MORE AT:  
<http://copelandcenter.com>

Discover our upcoming schedule  
Review recordings and handouts  
from previous webinars!



### FACEBOOK GROUPS

#### Mental Health Recovery and WRAP®

- Wellness Recovery Action Plan

*A group for learning more about WRAP*

#### WRAP® Facilitators

*For all WRAP® Facilitators*

\*\*\*

### FACEBOOK PAGES

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for Wellness and Recovery

*Learn the latest from the Copeland Center*

#### Mary Ellen Copeland -

Mental Health Recovery & WRAP®

*Mary Ellen's WRAP page*

## CORRESPONDENCE COURSE

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/>



## Inventing Wellness Tools

*continued from page 3*

*I was on vacation with my sister and her friends on the island of Martha's Vineyard one summer. We spent one afternoon browsing through some very exclusive and artsy shops. I was on a very limited budget, and everything looked so tempting so I started taking photographs of the things I wanted to buy. It turned out to be really fun and I learned a very important lesson. It wasn't those things I wanted – it was the idea of those things! I think if had spent a lot of money, I would have felt stupid, and I wouldn't have been very proud of myself when I got home. I still have those pictures, and they are a better memory of a fun shopping trip than any actual merchandise! To this day, when I want to buy something impulsively, I might take a picture instead! (I ask permission.)*

*Recently I saw a baby in a stroller, and I thought about how babies always make me smile, and then I thought about other things that make me smile. I decided to make a list of ten things that make me smile, which made me smile even more -- puppies or kittens playing, a beautiful flower, any sunrise or sunset, robins in the Spring (and the way they hop around), people dancing -- especially at a wedding, an older couple holding hands, a younger couple holding hands, children holding hands, anyone holding hands, a nice big avocado, sock monkeys. I enjoyed the idea of that list so much that a few days later, I made a list*

*of 100 things that make me smile! The afternoon I spent compiling my list of 100 smile makers was really fun, and I am sure I could have listed many more things. I felt so grateful to have so many things to smile about! That list is a wellness tool that keeps on giving!*

*For years, our Laughing Club has laughed to the tune of "Roll Out the Barrel" (or "The Beer Barrel Polka"). One morning as we were laughing, I realized that it could be "Roll Out the Carol"! Since I am definitely not a morning person, I decided to make that part of my "Daily Maintenance". Now every morning when I wake up, before I even get out of bed, I start laughing to the tune of "Roll Out the Carol" – it's an energizing and fun way to start my day.*

*Another wellness tool I have invented is my "Pretend Charm Bracelet Diary". I have real charm bracelets that I love and it's fun to buy a charm to celebrate an occasion, but since I am the kind of person who tends to celebrate a lot of things, I figured out a way to get some of my charms without spending any money. I have a little blank book and I draw little charms in it that are symbolic of the special events of my day. I date each page, and explain each charm. When I started, I was really doing it to be a little silly, but it is fun to look back and see how the charms reflected those days' events. For example, I have a little shirt on a hanger for the day I cleaned out the closet, a "1" for 1/1/11, a tooth for spending three hours at the dentist, wild boots like the ones I bought, and a snowflake for a beautiful wintry day.*

*continued on page 11*

## Story Telling

*continued from page 7*

*I no longer slip through the night, but rather bask in the warm sunshine of HOPE.*

*I admit I don't always remember I am the source of my newly found authority and power. I developed a lifelong habit of questioning myself; I never measured up to the insurmountable standards I set. This default mechanism is quite comfortable. It surfaces occasionally without my noticing. I mentioned a lack of spiritual belief casually in an email to a friend recently. Default*

*mechanism: proficient at putting myself down through habit. This incredible friend responded, "I have never sensed a 'lack of belief' from you; rather a selectivity in what you believe..."*

*Suddenly HOPE fueled my source of authority and power and glowed within me again.*

### *About the Author*

*Responsible for overseeing trainings and workshops for consumers and prospective facilitators, John came to PEERS in 2002 after participating in his own path to recovery. John discovered and successfully completed a WRAP workshop through Kaiser. Encouraged*

*by the personalized approach of self-empowerment promoted by his facilitators, he eventually learned, practiced, and became an Advanced Level Facilitator of WRAP through the Copeland Center. PEERS is a consumer-run non-profit organization that serves individuals with lived experience of mental health challenges, their families and the community.*



Peers Envisioning and Engaging in Recovery Services

# INVENTING WELLNESS TOOLS

*continued from page 10*

Any wellness tool is a friend of mine, but unusual wellness tools are particular favorites. If I can invent a wellness tool out of the clear blue sky, it is like a wondrous gift. If things are tough, and I don't have a wellness tool that I can turn into just the right action plan, I have developed the confidence that I can invent one. I have deep appreciation to all the people over the years who have shared and created wellness tools, as well. There is a particular beauty in the way that wellness tools operate in the context of WRAP®.

*If you have wellness tools to share, email me at [info@mentalhealthrecovery.com](mailto:info@mentalhealthrecovery.com)  
Join the 1,000 Fun Things to Do Challenge at [celebratepossibilities.blogspot.com](http://celebratepossibilities.blogspot.com)  
or email [carol@mentalhealthrecovery.com](mailto:carol@mentalhealthrecovery.com) with wellness tools to share.*

## SCHOLARSHIPS AWARDED

In 2010, the Copeland Center gave out scholarships to 53 people to participate in WRAP® Facilitator Trainings and the WRAP® Wellness Retreat. Donations and training fees supported the Copeland Center in being able to offer \$25,455 in scholarships. The demand for scholarships exceeds this amount. The more donations received the better able the Copeland Center is at meeting the needs in communities across the U.S. and the world. Please consider donating today.

Scholarship recipient, Diana K., wrote: *"I wanted to thank you*

*for your kindness and generosity that enabled me to participate in the WRAP® Facilitator group. The facilitators were dynamic! They helped me get organized and motivated to run WRAP® groups. I can't express what your generosity meant to me. I will be forever grateful."*

The Copeland Center offers partial scholarships to its trainings. If you are interested in attending a Copeland Center training, please contact us by phone, 802-254-5335. To see a list of things people have done recently to fund their trainings, please check our website:

*<http://copelandcenter.com/trainings/funding-your-training/>*

## "THE ESSENCE OF FACILITATION"

*continued from page 1*

*of others in the group. I came upon my own realizations and discoveries about myself. I applied what I chose to practice in my own life, my own wellness and recovery and then incorporate it into my personal WRAP®. I owned it; it was mine, its content was what I wanted it to be.*

*As facilitators, when we come to the table, we shed all of our judgments, assumptions and preconceived expectations. This is not an easy task; it takes a strong commitment, to represent, in its truest sense, the "Values and Ethics of WRAP®". We share our "Wellness" story so that others might recognize the power of self. As facilitators we create a partnership with the group. We all learn how valuable our life's experiences are, continually changing and growing. We are "with" you, not "above" you. Together we create a learning environment that empowers each one of us. Facilitating WRAP® workshops is my most used and valued "Wellness Tool", as I am constantly learning and growing in my own wellness. It keeps me grounded, it keeps me alive and inspired by others. It is a great gift of "Hope".*

*To me the "whole" of this is "The Essence of Facilitation". It is not the work of one person but the joining together of many. Through this growth and understanding the concept of "wellness" and the message that WRAP® brings can permeate all of humankind.*



### MAKE A DIFFERENCE TODAY

To give a tax-deductible donation, helping to support activities of The Copeland Center, complete this form. Make your check or money order payable to The Copeland Center for Wellness and Recovery, Inc., and mail it to: P.O. Box 6471, Brattleboro, Vermont 05302. Or, donate online at: [www.copelandcenter.com](http://www.copelandcenter.com)

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THE COPELAND CENTER FOR WELLNESS AND RECOVERY SERVES HUNDREDS OF PEOPLE EACH YEAR THROUGH WRAP® FACILITATOR TRAINING, INTRODUCING PEOPLE TO WRAP®, AND BY PROVIDING TECHNICAL ASSISTANCE TO AGENCIES AND ORGANIZATIONS. THE COPELAND CENTER WORKS WITH THE VETERANS ADMINISTRATION, STATE AGENCIES, COMMUNITY ORGANIZATIONS, AND INDIVIDUALS TO CREATE GREATER WELLNESS FOR PEOPLE WHO ARE STRUGGLING WITH LIFE'S CHALLENGES. YOUR CONTRIBUTION GIVES US THE MEANS TO OFFER MORE SCHOLARSHIPS IN OUR TRAININGS AND OFFER OUR TRAININGS IN AREAS THAT ARE UNDERSERVED. IF WRAP® HAS MADE A DIFFERENCE IN YOUR LIFE PLEASE CONTRIBUTE SO WE CAN EXTEND WRAP® AND WELLNESS FURTHER IN COMMUNITIES AROUND THE WORLD. THE COPELAND CENTER IS A NON-PROFIT (501c3) AND ALL DONATIONS ARE TAX-DEDUCTIBLE.

# 2011 Copeland Center Calendar

## INFORMATION AND REGISTRATION



April 11-15 Advanced Level WRAP@ Facilitator Training  
Baltimore, Maryland

April 27 Loneliness and WRAP - Sherri Rushman 2pm Webinar

May 9-13 Facilitator Training  
Greensboro, North Carolina

May 19 Research on WRAP@ - Judith Cook, PhD 2pm Webinar

August 1-3 WRAP@ Around the World Conference  
Philadelphia, Pennsylvania

August 15-19 WRAP@ Facilitator Training,  
Saratoga, Wyoming

September 19-23 Facilitator Training  
Brattleboro, Vermont

*WRAP Around the World Conference*  
*August 1-3, 2011*  
*Historic Philadelphia, PA*

**SAVE THE DATE!**

FOR THE MOST UP-TO-DATE INFORMATION , PLEASE VISIT:

<http://copelandcenter.com>

Look for upcoming Copeland Center Webinars on:

- *The WRAP@ Facilitator* with Matthew Federici, Executive Director, Copeland Center
- *Loneliness and WRAP@* with Sherri Rushman, Advanced Level WRAP@ Facilitator
- *WRAP@ and Diabetes* with Eric Larson, Advanced Level WRAP@ Facilitator
- *Research on WRAP@* with Judith Cook, PhD
- *WRAP@ Overview* with Katie Wilson, Director of Marketing and Special Projects, Copeland Center

*WRAP Around the World Conference*  
*August 1-3, 2011 ~ Historic Philadelphia, PA*

Featuring Keynotes:  
Dr. Mary Ellen Copeland  
Dr. Arthur C. Evans  
Matthew Federici  
and other field-related experts  
with workshops and caucuses  
Certified Peer Specialists  
Mental Health Professionals  
WRAP@ Educators  
and many more!



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