

# Mental Health Recovery Newsletter



January 2004 Volume 5.1

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## Introduction

Welcome to Mental Health Recovery Newsletter, begun in March 2000 and published quarterly from the office of Mary Ellen Copeland. This newsletter is available free to anyone who wants to learn more about recovering from uncomfortable and often disabling emotions, feelings and behaviors. If you do not have a subscription to this newsletter and would like one, please contact the office of Mary Ellen Copeland (by E-mail is easiest). Subscription is free by E-mail or ground mail. Multiple copies are available: 50 copies for \$25 plus mailing; 100 copies for \$45 plus mailing. *Please contact us and let us know whether we can send you the E-mail version to save a tree. You may freely copy and distribute this newsletter or sections of it, giving credit to Mary Ellen Copeland.*

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## The Copeland Center for Wellness and Recovery

I am delighted to announce the January 1, 2004 opening of the Copeland Center for Wellness and Recovery. This center is the result of collaborative efforts that have been going on for several years.

As many of you know, I have been trying to reduce my travel and to have a greater focus on resource development and research. At the same time, I want to insure that the message of wellness and recovery that I, along with many others, care about, continues to be spread around the world. This Center will meet that need. Its work is to develop the structure, supports, resources, and activities to promote, disseminate, and advance my work, and eventually the work of others who share my vision, values and goals for this work.

The Copeland Center for Wellness and Recovery, as described in its mission, promotes personal, organizational, and community wellness and empowerment, shifts the system of mental health care toward a prevention and recovery focus by creating system reform through education, training, and research initiatives developed and implemented by the people being served and persons who care for them and by helping to build interdependent networks that reflect mutual support.

The values that will guide the work of the center include hope, empowerment, choice, the belief that recovery is possible for everyone and that every person deserves the opportunity to achieve his or her highest levels of wellness, support and peer support, education, diversity and integrity.

The Center will:

- Provide WRAP and recovery education and training throughout the United States and around the world.
- Create a pool of dedicated core trainers available to conduct WRAP and recovery training.
- Assist in the dissemination of mental health recovery and Wellness Recovery Action Planning resources through a website and mailings.
- Represent the mental health recovery and Wellness Recovery Action Planning perspective at meetings, conferences, and forums.
- Work collaboratively with all stakeholders to promote wellness and recovery.
- Refer individuals, groups, and organizations to additional resources for strengthening supports and services.

As The Center begins its work, it will be sponsoring mental health recovery training at the Brattleboro, VT site and at other sites around the country. These will include:

## Copeland Center cont.

- Basic teaching of WRAP and Mental Health Recovery concepts
- Mental health recovery and WRAP facilitator training which includes a Master Level training component
- Implementing Mental Health Recovery and WRAP in the system
- WRAP and Peer Support
- The annual Mental Health Recovery Refresher

In addition, The Center will sponsor the Mental Health Recovery Correspondence Course. There is more information about these trainings and the correspondence course in this newsletter, and at the websites:

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

[www.copelandcenter.com](http://www.copelandcenter.com)

You can contact the center and make arrangements to have a highly skilled trainer come to your area and teach about mental health recovery and WRAP. If you have been trained as a mental health recovery facilitator and want to be referred by the Center as a national trainer, contact the Center for more details.

Contact the Center at (802) 254-2092 or  
E-mail [mcopeland@copelandcenter.com](mailto:mcopeland@copelandcenter.com)



## Copeland Center Scholarship Fund

There are many people who would like to take the Correspondence Course and/or attend a mental health recovery and Wellness Recovery Action Planning training. However, many of them lack the needed resources. To meet that need the Copeland Center has set up the Copeland Center Scholarship Fund. Monies donated to this fund will be used to fund people to attend training. You can send your tax-deductible contribution to this fund to:

The Copeland Center  
PO Box 301  
W. Dummerston, VT 05357

## Wellness Tools:

### Addressing Anxiety

Like many others, I have a difficult time with anxiety. It often wakes me up at night and I have difficulty getting back to sleep. At other times it comes up unexpectedly in the midst of a busy day, even when I am having a very good time. It is always unexpected and scary. In talking with others I have found that many people have this same experience, some even worse than I do. It can be almost incapacitating. I don't have it as often as I used to and I have talked to many people who used to have a very difficult time with anxiety who very rarely experience it now.

Several suggestions that may be helpful:

1. There are lots of good books on this topic. Two of the most popular are written by Dr. Edmund Bourne. They are the *Anxiety and Phobia Workbook* and *Healing Fear*, published by New Harbinger Publications. They are filled with ideas for lessening anxiety.
2. Find one or more simple relaxation exercises you enjoy that take between five and ten minutes. You can find them in most of my books and on tapes at health food stores or on the internet. A very simple one is to sit down or lie down and take several deep breaths. Then tense and relax each part of your body, starting with your right foot or the top of your head. **Once you have learned the exercise, repeat it five to ten times a day.** I know that sounds like a lot, but after a few days you will notice a profound difference in the way you feel. Keep doing that until you notice that you are not having episodes of anxiety.
3. A cranio-sacral therapist I went to see suggested I try to be aware of where I feel the anxiety in my body—that's easy, I feel it in my chest. When the anxiety comes up, try to stay with it for a few minutes, feeling it and examining it. Then when I can't stand it anymore, focus my full attention on another part of my body that feels fine, like my foot, or on a lovely place where I enjoy being. When I feel ready I can go back to the anxiety place for a few moments and then return again to the place that feels good to me. I can keep doing this until the anxiety subsides.
4. If your anxiety comes up during the day, take a break from what you are doing, spend as much time as you can, fifteen minutes, a half hour or more doing something you really enjoy. For me, it would be working on a quilt or reading a good book. Another thing that really helps is vigorous exercise. Walking as fast as you can, running or doing some aerobics will help.
5. If you are feeling anxious and you are in a situation that you can't leave, take a few deep breaths. Then think about someone you love or someplace you like to be.
6. If you have this option, go to see a counselor who has expertise in addressing anxiety.



WRAP:

### When Things are Breaking Down

In past issues of this newsletter, we have talked about a Daily Maintenance Plan, triggers, and early warning signs. In this issue I wanted to focus on that crucial time, when things are breaking down or have gotten much worse. When things are this bad, you can quickly get worse and find yourself in a crisis where you do things you wouldn't usually do and when others step in and take over control. I have had many such crises in my life. They are horrible memories. I do everything I can to avoid having that happen to me again. And I have been successful for a long time now.

What are the key things that have made a difference for me? First, it was most useful when I took the time to write those feelings and behaviors that let me know I am having a very bad time—when I developed my WRAP. Some of the signs I notice are that I am much more anxious than usual. In fact I may feel so anxious that I can't do anything. I am very irritable, lashing out at others over inconsequential details. I feel like I want to run away or hide. I may cry uncontrollably. Sitting still becomes very difficult. I may not feel like eating at all or I may feel like eating much more than usual—especially things that I know make me feel worse, like sugar and caffeine. I am obsessed with negative thoughts, mostly about myself. I sleep very little or not at all.

In the past, when I was feeling this badly, I might do some things impulsively, things I later wished I hadn't done, like drive the car too fast, spend money I didn't have, or argue with a friend, or even get admitted to the hospital. Now I know that

there are many, many things I can do to help myself feel better, and I have a good track record of doing those things and pulling myself out of the deep hole I have gotten into without getting into a situation where I can't do anything to help myself.

I have developed a list of things I must do when I am feeling this badly. They came from the Wellness Toolbox that I wrote when I began developing my WRAP (I keep adding to my Wellness Toolbox whenever I discover something else that helps me to feel better). Some of the things I know I must do when I am feeling this badly are to: ask someone to take over my household responsibilities for several days, avoid sugar and caffeine, talk to someone or several people that I feel really comfortable with, walk for at least 1/2 hour, do at least three fifteen minute relaxation exercises, spend at least one hour doing something I enjoy like working on a quilt or reading a good book, and take a break from my work tasks. I also include several peer counseling sessions in my day. Often it helps me to watch a funny video or go out for a meal with a friend.

The signs that things are breaking down are different for each of us. The tools that are helpful are also different. For instance, someone else might go fishing, shoot baskets, crochet for an hour, paint a picture or have a romp with a dog. You may have a care provider you want to contact. You may even find it is helpful to stay at someone else's home for a bit, or stay at a peer respite center. You have to figure out what will work for you.

Sometimes we can't quite catch it and end up in a situation where others have to take care of us. But I have noticed that for me, and for many others, it happens less and less as we learn to take charge of our lives and do the things we know we need to do to support our wellness.

### Challenges to using WRAP

It is admittedly very hard to do anything to help yourself feel better when you are in a situation where others have a lot of control over your life, like prison, a group home, a hospital or institution, a shelter. You may be living on the street or dealing with a severe disability or serious illness. These situations make it especially difficult to develop and use a WRAP. However, it can be done. I am hearing reports from people who are doing it and improving the quality of their lives. Some of them have even gotten out of the difficult situations they were in and moved on.

Whatever the circumstances of your life, there are things you can do for yourself. They may seem insignificant, but if they help you to begin regaining some control over your life, they are well worth doing. Give yourself credit for even small steps you take. For instance, someone else may be making your bed every day. You can take over and make it yourself. Or others may be making your food choices. You can tell them that you want to make these choices yourself. You may be feeling so discouraged that you don't wash each day and comb your hair. You can begin to do that and perhaps you will notice that you feel better. You can wear clothes that make you feel better. Even if you are living on the streets, you can say something nice to a friend or spend time each day in a place that feels safe to you. Again, while they may seem small, these changes often mark the beginning of bigger changes. As you get in the habit of making one change, think of another you can make and add that to your list.

If you can't think of any changes you could make that would be helpful to you, ask a friend, supporter or care provider for possible ideas.

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## Repeating this Special Request

If any of you are working with mental health recovery and WRAP programs that are reaching people who are often hard to reach and difficult to engage, people who are in prisons or institutions, have repeated involuntary treatment or hospitalizations, are homeless or living in shelters, live in very remote areas, are very poor, etc. I would like to hear about what you are doing and your successes and your challenges. Please e-mail me at [copeland@mentalhealthrecovery.com](mailto:copeland@mentalhealthrecovery.com). Your experience will be helpful to others. Thanks.



# The Thyroid Connection

When I was in Great Britain last fall, I met a remarkable woman who is using her time and energy to educate people about the connection between thyroid disorders and mental health difficulties. She has committed herself to this work since she learned that a thyroid disorder was causing the extreme distress she was experiencing. Many people don't know that an underactive or overactive thyroid, or thyroid disease, can cause symptoms like depression, extreme fatigues, irritability, anxiety, mania and hallucinations. Busy health care providers may overlook this possible solution. It is up to us to request complete thyroid tests and insist that we get them. Discovering that I had an under active thyroid and receiving treatment (taking a daily thyroxine replacement pill) gave my recovery journey a big boost in the right direction. I now have regular thyroid tests and my thyroid medication needs adjustment from time to time. I recommend that anyone who has mental health difficulties have a complete battery of thyroid tests at least annually. You may want to take your test results to an endocrinologist to get a second opinion.

## Educational Opportunities

### Register Now for Mental Health Recovery Trainings

Sponsored by

*The Copeland Center for Wellness and Recovery!*

- **Implementing Recovery and WRAP in Your Mental Health System**  
*February 23-27*
- **Using WRAP and Peer Support,**  
*March 8-12*
- **Mental Health Recovery and WRAP Facilitator Refresher**  
*April 13-15*
- **Mental Health Recovery Seminar II: Facilitator Training**  
*May 3-7, 2004*

To get more information or to register for any of these trainings go to:

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)  
or phone (802) 254-2092 to request a registration form.

### Implementing Recovery & WRAP in Your Mental Health System

*February 23-27 at META Services in Phoenix, AZ*

Join us for an exciting week to learn from agencies across the United States who have made significant progress in integrating recovery into their programs and services. The workshop will include presentations of effective recovery and WRAP programs and personal consultation on your program or agency's issues.

#### Learn....

- Effective WRAP formats and implementation strategies.
- How developing WRAP creates the opportunity for more recovery-oriented programs.
- How to create a resource of peer facilitators through training, coaching, and support.
- Ideas for funding WRAP and recovery programs.

#### Design...

- Use the WRAP format to create the vision for your optimal service delivery system.
- Plan the optimal recovery program for your agency with consultation from the Recovery Education Center faculty and your peers.

#### Implement...

- Become part of a national support network that will provide continued consultation and support for your implementation during the year following the workshop.

Topics to be covered include: An introduction to Recovery-oriented services; an overview of META's Recovery Education Center; WRAP and other recovery programs; information on developing a peer workforce; and designing your recovery-oriented program with individual and group consultation and feedback.

The cost of this five-day seminar is \$975.



### Using WRAP & Peer Support Training

led by Shery Mead with Mary Ellen Copeland

authors of the WRAP and Peer Support Manual: Personal, Group and Program Development

March 8-12, 2004 Brattleboro, Vermont

Peer support centers and programs all over the country are including WRAP groups as part of their program. At a recent meeting in Washington DC, the directors of these peer support programs reported on the positive effects of this connection on both personal and group recovery process. In order to make that connection possible for more and more centers and groups, Shery Mead and Mary Ellen Copeland have written a manual, WRAP and Peer Support Manual: Personal, Group and Program Development. This training will be based on the manual.

Using WRAP and peer support can be a very powerful combination. But what makes doing WRAP in the context of peer support different than doing it in other contexts? How can we use the combination of WRAP and peer support to develop alternative ways of thinking about recovery,

wellness, and healthy, mutually transformative relationships? How can we also use WRAP and peer support to explore issues of conflict, power, trauma re-enactment, and relational phenomena that keep us stuck in victim, "mental patient" roles?

When we think of peer support's underlying task as exploring and examining "how we've come to know what we know," we begin to see that WRAP can become much more than helping individuals just stay well. In fact, using peer support skills with WRAP can help people challenge each other to move beyond old ways of thinking and old relational (often hierarchical) dynamics. If used thoughtfully, this combination can offer people (and whole groups or communities) the opportunity to try out new ways of thinking, acting, making meaning, and redefining who they can become.

The combination of WRAP and peer support can be incredibly powerful in helping us grow, learn from each other, and challenge each other beyond what we thought we were capable of. Using some of the peer support theory, we can begin to use WRAP to help each other discover the context within which we've learned about ourselves, and then help each other develop plans that build a new "story."

Participants can include people who are currently working with peer run programs, peer groups and/or peer programs that exist in the context of other mental health services in combination with other mental health services.

The text for this training will be WRAP and Peer Support Manual: Personal, Group and Program Development.

The cost is \$975.



### Mental Health Recovery Seminar II: Facilitator Training

Led by Mary Ellen Copeland

May 3-7, 2004 in Brattleboro, Vermont

In this training you will work with highly skilled teachers who have years of experience in this field. You will learn from them, the other participants and several interns, the values and ethics that guide mental health recovery work, and 1) Lead interactive groups in developing Wellness Recovery Action Plans and other mental health recovery topics 2) Share information in ways that make it easy for people to understand, even people who are struggling with very intrusive symptoms 3) Motivate others to take back control of their lives and make their lives the way they want them to be and 4) How to begin to integrate mental health recovery into your health care system. Combining WRAP and peer support initiatives will also be included in this training.

As a Mental Health Recovery and WRAP facilitator, you will become part of an ever-expanding network of mental

health recovery facilitators that now numbers in the thousands. Interest in this work continues to grow as people become more and more committed to programs and initiatives that are focused on hope, empowerment, self-determination, recovery and wellness. This focus is right for those of us who are working to reclaim our lives. It is also right for agencies and systems who are dedicated to assisting people in the wellness process, and who are being forced to provide services at the least cost possible. Prerequisites for the training include having a basic understanding of mental health recovery and WRAP. You can get this basic understanding by attending one of the thousands of WRAP and recovery groups being held around the country or by taking the Mental Health Recovery Correspondence Course. For more information on the Correspondence Course, go to the website [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com).

These courses fill up early so make your plans soon. The cost of this seminar is \$975, including the Facilitator Training Manual. Add your travel and personal expenses. As soon as we receive your registration, we will send you an informational packet on travel arrangements and other details.



## Educational Opportunities

### Mental Health Recovery and WRAP Facilitator Refresher

*April 13, 14 & 15 in Brattleboro, Vermont*

If you have been teaching Mental Health Recovery and WRAP, you will find that this three-day refresher will teach you new skills and strategies, connect you with others who are doing work similar to yours, re-energize you, validate the significance of the good work you are doing and introduce you to the latest thinking on Mental Health Recovery and WRAP. As an attendee, your ideas and experience will become part of the body of knowledge that is being developed in the mental health recovery field.

The focus of this refresher will be: 1) using participatory action research to evaluate and improve your program 2) integrating WRAP and peer support programs 3) values and ethics 4) outcomes based on recovery values. In addition there will be ample time for you to work with the instructors and other group members to find solutions to problems in your program.

The cost of this training is \$475 including lunch. You are responsible for your personal expenses.

### Please Send Me a Registration Packet For:

Implementing WRAP in Your Health Care System

Using WRAP and Peer Support Training

Mental Health Recovery and WRAP Seminar II:  
Facilitator Training

Mental Health Recovery and WRAP Facilitator Refresher

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

**COPY and MAIL, FAX, or E-MAIL this form to:**

Mary Ellen Copeland  
PO Box 310

W. Dummerston, VT 05357

## Funding for the Trainings

People have successfully secured the funding to attend these trainings through: 1) their State Department of Mental Health. 2) State offices of consumer affairs or statewide organizations of people who have used services. 3) Consumer-operated services. 4) Vocational rehabilitation 5) Groups that serve people with disabilities 6) Local or regional mental health agencies and organizations 7) Churches and other local organization 8) family members and friends. You may need to reach out to several different funding sources. If you are having difficulty with securing funds, e-mail my office and I can send you a handout on how to find funds.



## Resources

### SAMHSA Booklets

Don't forget to order your free copies of the popular mental health recovery booklets that are available free by calling 1-800-789-2647, or through <http://www.mentalhealth.org/highlights/whatsnew/>. The titles and numbers of the booklets are: SMA-3715 Building Self-esteem; SMA-3716 Making and Keeping Friends; SMA-3717 Dealing with the Effects of Trauma; SMA-3718 Developing a Recovery and Wellness Lifestyle; SMA-3719 Speaking Out for Yourself; SMA-3720 Recovering Your Mental Health: Action Planning for Prevention and Recovery; and SMA# 3504 Recovering Your Mental Health: A Self-Help Guide.

### E-group

Join the e-group "mentalhealthrecovery". Share your experiences and get ideas, advice and support from others with similar problems and issues. Go to [www.yahogroups.com](http://www.yahogroups.com). Then do a search for mentalhealthrecovery. It will pull up two—that is the Mary Ellen Copeland group and one that is in the UK. You may want to join both. Then follow the instructions to register and participate in the group. There have been many lively discussions over the last few years.



# Self-Help Resources by Mary Ellen Copeland, MS, MA

## Books

<i>The Depression Workbook: A Guide to Living with Depression and Manic Depression</i> Second Edition	_____	copies at \$19.95
<i>Fibromyalgia and Chronic Myofascial Pain Syndrome: A Survival Manual</i> with Devin Starlanyl	.....	_____ copies at \$19.95
<i>Healing the Trauma of Abuse: A Women's Workbook</i> with Maxine Harris, Ph.D	.....	_____ copies at \$22.95
<i>Living Without Depression and Manic Depression: A Guide to Maintaining Mood Stability</i>	.....	_____ copies at \$19.95
<i>The Loneliness Workbook</i>	.....	_____ copies at \$14.95
<i>Recovering from Depression: A Workbook for Teens</i> with Stuart Copans, MD	.....	_____ copies at \$22.95
<i>WRAP: Wellness Recovery Action Plan</i> 1-9 copies, \$10 each	.....	_____ copies at \$10.00
<i>WRAP: Wellness Recovery Action Plan for People with Dual Diagnosis</i>	.....	_____ copies at \$10.00
<i>WRAP-Spanish Version— Plan de Acción para la Recuperación del Bienestar</i>	.....	_____ copies at \$10.00
WRAP Quantity pricing: 10-99 copies, \$8 each. 100+ copies, \$7 each. Call for shipping quote.		
<i>WRAP</i> on CD-ROM (Contains both adult and teen versions)	.....	_____ copies at \$19.95
<i>WRAP &amp; Peer Support: personal, Group and Program Development</i> with Shery Mead	.....	_____ copies at \$40.00
<i>Winning Against Relapse: A Workbook of Action Plans for Recurring Health &amp; Emotional Problems</i> Expanded version of WRAP with suggestions for group work	.....	_____ copies at \$14.95
<i>The Worry Control Workbook</i>	.....	_____ copies at \$16.95
<i>Facilitator Manual: Mental Health Recovery including WRAP</i> <i>with CD ROM of transparencies and complete instructions for teaching WRAP</i> (\$8 shipping)	.....	_____ copies at \$129.00
<i>Facilitator Manual Upgrade</i> with new CD ROM	.....	_____ copies at \$29.95

## Video and Audio Tapes

<i>Coping with Depression</i> video co-produced with William Hood	.....	_____ copies at \$39.95
Creating Wellness Workshop Video Series: produced by Mental Illness Education Project		
<i>Key Concepts for Mental Health</i> video	.....	_____ copies at \$39.95
<i>Wellness Tools</i> video	.....	_____ copies at \$39.95
<i>Developing a Wellness Recovery Action Plan (WRAP)</i> video	.....	_____ copies at \$39.95
<i>Living with Depression and Manic Depression</i> audio tape	.....	_____ copies at \$39.95
<i>Winning Against Relapse Program</i> step-by-step WRAP audiotope	.....	_____ copies at \$11.95

Total number of items \_\_\_\_\_ Subtotal \$ \_\_\_\_\_

Shipping/Handling: total # items x \$3.00 per item \_\_\_\_\_

Total amount due (for resource items and shipping costs) \_\_\_\_\_

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Phone \_\_\_\_\_ E-mail \_\_\_\_\_

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Phone: 802-254-2092 Fax: 802-257-7499

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## WRAP & Peer Support: Individual, Group and Program Development

*By Mary Ellen Copeland and Shery Mead*

The combination of WRAP and peer support can be incredibly powerful in helping us grow, learn from each other, and challenge each other beyond what we thought we were capable of. Using some of the peer support theory, we can begin to use WRAP to help each other discover the context within which we've learned about ourselves, and then help each other develop plans that build a new "story."

