

Mental Health Recovery Newsletter



May, 2003

Volume 4.2

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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, giving credit to Mary Ellen Copeland.

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Come to Vermont for Mental Health Recovery Seminar II: Facilitator Training

The next Mental Health Recovery Facilitator training is scheduled for September 8-12, 2003 in Brattleboro, Vermont. If you come to this training you will work with four highly skilled teachers who have years of experience in this field, as well as several interns and the other participants. You will learn the values and ethics that guide mental health recovery work, and how to: 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. 4) How to begin to integrate mental health recovery into your health care system.

You will become part of an ever-expanding network of mental health recovery facilitators that now numbers over 500. 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 that 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 a basic understanding of mental health recovery and WRAP. You can get this basic understanding by taking the Correspondence Course described later in this newsletter. You can also get it by attending one of the thousands of WRAP and recovery groups being held around the country. You can find out about such programs in your area by contacting your local mental health agencies and organizations. If you don't have success there, contact my office.

People have successfully secured the funding to attend this training through: 1) Their State Department of Mental Health, sometimes the Office of Consumer Affairs. 2) Consumer operated services. 3) Vocational rehabilitation. 4) Groups that serve people with disabilities. 5) Local or regional mental health agencies and organizations. 6) Their church or some other local organization. and 7) 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.

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.

After one of the snowiest, coldest, and longest winters I can remember, spring has finally come to Vermont. That being said, I am sure we will get at least another snowstorm or two before winter finally lets go of its grasp.

It has been a busy winter season. Right after the first of the year, Ed and I did a two day introduction to WRAP and Mental Health Recovery. Then we held a facilitator training here in Brattleboro. Fifteen exceptional people came to learn how to lead groups on mental health recovery. Early February found us in Phoenix for a new training, Implementing Recovery and WRAP in your Mental Health System I will report on that very successful training later in this newsletter.

In March I was privileged to attend a national meeting on peer support. It was sponsored by NASHMPBD. The meeting brought together people from across the country who are working on exemplary peer support based projects. In this meeting I learned how much is being done in this vital area—and how much there is still to be done. I was humbled by the use of WRAP as part of peer support initiatives everywhere. At the end of the month Ed and I led an all day workshop at the New Mexico Behavioral Health Conference.

In this newsletter, I want to re-emphasize several points I made in the last newsletter. The first is my deep commitment to research that proves the effectiveness of mental health recovery values and strategies in general and Wellness Recovery Action Planning in particular. I will not feel comfortable with any research until I know that it is based on questions and issues that the researchers learned from those of us who experience these difficult symptoms on a daily basis—those of us who have to figure out how to do the things we want to and need to do even when we are having a difficult time. It is not possible to know the answers until we know the questions.

As I have made it my business to learn more about research and research options, I have learned about a kind of research where the people being studied—in this case those who experience psychiatric symptoms—become the researchers. We work together to decide what the issues are, talk to each other to discover possible solutions, test the possible solutions, and refine them to better meet our needs. This becomes an on-going process of discussion and discovery, testing refinements, assessing and further refining solutions. When research is done in this way it benefits everyone. I have been working with a close colleague, Shery Mead, to design such a research project. I hope that within the next year, I will be able to give you a report on my work on a participatory action research project that is “for us and by us”.

In the last newsletter I also spoke about how important it is that we continue our advocacy work in these hard times. Budgets are being cut everywhere. Human services budgets seem to be the first place that cuts are made. It is most important that we all keep a close watch on what is happening in mental health at the local, state and national level and do the best we can to keep the focus on recovery and to assure that important programs are not cut.

A 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@mental-healthrecovery.com. Your experience will be helpful to others. Thanks.

Wellness Tool—Peer Support

When people first come to mental health recovery and WRAP groups, they often report that their only supporters are their care providers. Except for those times when they are receiving services, they have little or no contact with others. Often, they became disconnected from family members and close friends when their symptoms worsened. And yet most people report that having others in their lives is an important key to recovery. Rebuilding a personal support system in the community may be your top priority. However,

for me and for many others, developing and keeping a strong support system takes time and focus. It doesn't just happen.

One place to begin is to reconnect with family members and friends. A good way to start is to give them a call, tell them you are working on your recovery, and you would like to share with them what you are doing. Set up a short informal get together and tell them about WRAP and other recovery oriented work you are doing. Then, and this is important, ask them what they are doing. Then listen closely to what

they are saying without interrupting. When they are finished ask them some questions that encourages them to share even more. Don't give them advice and don't criticize or judge what they are saying. Then suggest you get together again—perhaps for an activity you have enjoyed together in the past like going to a movie or taking a hike. Set up a time and a place to meet. Just remember to spend at least half the time you are together focused on the other person—listening closely to what they are saying, validating and supporting them.



You can also meet new friends and supporters by going to support groups, drop-in centers, taking an educational course, volunteering, going to a special interest group like stamp collecting or hiking, or joining a church group.

One thing that can spoil relationships with others is behaving in old ways, using responses that we needed in more difficult times. For instance, if we have been treated badly in the past, we may become very angry and yell at someone who inadvertently bumps into us, rather than accepting an apology or ignoring the incident. If someone doesn't understand what we are saying, we may accuse them of not paying attention to us

rather than trying to explain what we meant in a different way. We may leave a situation, isolate ourselves, or treat someone else badly before we begin to understand that this is a new situation and the people we are with are well-meaning and supportive.

If you are having difficulty getting along with others, you may want to think about why you respond the way you do and consider making some changes that would benefit both you and others.

Spend time with people who treat you well. Treat others well. Avoid people who treat you badly. ■

WRAP: Triggers

After you work on your list of Wellness Tools that fill your Wellness Toolbox (I have discovered that this is an on-going process—I discover new tools every day) and work on your Daily Maintenance Plan, the next section of WRAP is Triggers. Triggers are external events or circumstances that may make you feel like you are getting ill. These are normal reactions to life events but if you don't respond to them, they may actually make you feel worse.

A trigger happens to you. It may be someone treating you badly, an automobile accident or a computer malfunction. It may be something like a smell, a taste, or an anniversary date that reminds you of something bad that happened to you in the past. It may be hearing about something bad that has happened to someone else or that is happening in the world. My WRAP list of triggers includes things like the anniversary dates of losses, my birthday, someone treating me badly, hearing of a child or an animal being hurt, hate crimes, computer problems, and governmental policies that ignore our well-being.

These days, with terrorist alerts at high levels and the media full of talk of the spoils of war, this part of the plan is more important to me than ever. I may find myself triggered by a statement on the radio, a headline in newspaper, a picture of a tragedy—many things that are not on my list of triggers. Still, because I have listed my most common triggers and know what it feels like to be triggered, I know that I need to act right away or the downward spiral will begin. Having previously listed some of my most common triggers, I know what to do and take immediate action.

How do I know that I am triggered—even if what has occurred is not on my list of triggers? I notice that I am starting to feel very uneasy and anxious. This is often accompanied by feelings of sadness, despair, hopelessness and a drop in self-esteem. Depending on the trigger, I may also feel overwhelmed. Often I find myself wanting to take some compulsive action that would not help and might even make things worse—like an angry outburst, running

away or smashing something (like my computer). It may feel like this to you, or it may feel different. It may be helpful for you to think or write about how you feel when you are triggered.

I know that, for myself, I have to have at my fingertips a list of things I can do immediately when I am triggered. As situations vary, I need a list of different options. My list is quite long. I review it often so I am familiar with it. You may want to make a copy of the list of actions you might take if you are triggered. Post it in a place where you see it often. You may also want to keep a copy in your wallet or purse. Then, if you are triggered, you can quickly act to help yourself feel better.

My list of possible actions includes: turning off the television or radio, not reading the newspaper, avoiding reading the headlines in the newspapers at the newsstand, taking a few deep breaths, doing a reality check, getting away from the situation, checking in with a friend, doing something I enjoy, grabbing a favorite snack, putting on some good music, studying a picture I really like, calling one of my grandchildren, reading a good book for a little while, putting on some lotion that smells nice, taking a time out, going for a meditative walk, taking a shower or a bath, writing a letter to the editor of the newspaper, playing with my dog or doing something nice for someone else. ■



Reminders About WRAP

WRAP (Wellness Recovery Action Plan) is now used widely across the country and around the world. It is considered an exemplary practice by the SAMSHA Center for Mental Health Services. It has helped people like me, people who have experienced difficult psychiatric symptoms, some for many years, take charge of our lives and move on with our recovery. It is important to be clear about what WRAP is, and what it is not.

WRAP is a structured system for keeping yourself well and for responding to difficult symptoms or troubling things that happen to you when you are not feeling well. WRAP doesn't tell you what to do. You figure it out for yourself. WRAP is totally self-determined. You develop it for yourself. It can be very simple or it can be more com-

plex. You can choose to do some parts of it or all of it. You can do some of it now and some later.

If someone says that they will develop a WRAP for you, it is not a WRAP. If someone else tells you that they will develop a WRAP for you, tell them they can't do that. You know more about yourself than anyone else, and you know more about what helps you and what doesn't. You also know what you are willing to do and what you are not willing to do. These are all personal choices. If someone else develops it, it is a treatment plan, not a WRAP. However, if you want to, you could ask someone to assist and support you as you write your own WRAP.

It is not okay for someone else to insist they keep your WRAP for you so you don't lose it. This is your WRAP. You keep it for yourself. If you lose it, you develop another one. However, if you do not have a good place to keep your WRAP, (maybe you are staying in a home-

less shelter or sharing space with several other people) you could ask someone else to keep it for you. But that choice must be yours.

Sometimes people attend a session or series of sessions in which they learn about WRAP, but they never develop one. They still say they got a lot out of hearing about the process, learned a lot about themselves, became aware of many new wellness tools, tried some of them out, and began working in earnest on their recovery. That's great. The important thing about WRAP and mental health education is that it be available. People who learn about it choose to use it in any way that works for them.

If you are in a program in which you are told everyone must develop and use a WRAP, please tell the facilitator that a WRAP is an opportunity to learn about options and to learn more about yourself, not to be told what to do. ■

A Story of Success by Michele Krasinski

Saturday, March 29, 2003, I sang Happy Birthday to myself all day long. It was not my birthday, but the one-year anniversary of my graduation from Peer Support training at Meta Services. It felt like my birthday because it was an occasion that started my life. The past year has been filled with exciting experiences that have taken me to places that I have never been in my forty-two years on this earth. I have grown through challenges and learned more than if I had spent the year studying at a university.

My personal growth has enabled me to work as a committed employee, a feat I had not been able to accomplish before because I lacked the self-confidence. Working in an environment that is conducive to recovery has enabled me to open doors that I never knew even existed. I have traveled when the weather was stormy but thanks to the support and *love* available to me at any given time I have been able to weather these storms. What may have seemed like a major hurricane at the time has often turned out to be nothing more than a tropical breeze. I say this because every time I experience what used to be "symptoms," I am able to figure out what is happening, deal with it, and move on.

I have recovery education to thank for that. I have not yet had an experience that I wish had not happened. Each experience leads me to a better place. I have learned that in the midst of my pain and "big feelings," there is some-

thing new about recovery and myself that I can discover. I have incorporated this philosophy that into my life and it has helped me to know that I am going to be okay, more than okay. I will always move to another level in my personal recovery and growth.

Another giant piece of this philosophy that keeps me going is knowing that I can share this knowledge with others to help them with their recovery. A year ago I thought I had finally accomplished something when I finished Peer Support Class. Much to my surprise it was the beginning of a life-long journey that has enabled me to accomplish something new and meaningful every day. Wow! I look forward to traveling down this magnificent "yellow brick road" to a new place every day. I am so grateful to the dreams of my instructors and mentors. Their dreams and visions have made life, *real* life, attainable to all who want it. They have helped pave the way for LIFE in the future of many individuals that we haven't even encountered yet. Another wow!

As I begin to finish my formal education, I will continue to write my experiences, hopes, dreams and visions, not because I want to boast or give myself recognition, but to share so that others can have the opportunity to learn from me. I am The Evidence, Michele Krasinski I.T.E. (my first real title). I am living proof that recovery can happen and if there is anything I can do to keep this movement moving forward I will do it.

I am so lucky to have been chosen to have this thing called mental illness. Without it I would not have all the gifts that I have and that I want to share with the world. ■

Implementing Recovery and WRAP in your Mental Health System

I had been thinking about the need for a new level of training for several years; in February of this year, the first of these trainings, Implementing Recovery and WRAP in your Mental Health System, was held in Phoenix, Arizona. I wanted people who have been committed to integrating this work into their system to hear and see how it has been done by organizations across the country. Ed and I developed this seminar in collaboration with Gene Johnson and Lori Ashcraft of META Services. We chose to work with Gene and Lori because in just two brief years they have done an exceptional job of integrating WRAP, peer support, and other programs based on recovery values, throughout their system.

The goals of the training were to:

- 1) Define a recovery-oriented system.
- 2) Immerse the attendees in a recovery oriented mental health system (META, Inc.).
- 3) Introduce them to various implementation options.
- 4) Give them opportunities to network with others who are working on sys-

tem change. 5) Assist them in developing implementation plans. 6) Discuss options for furthering the work and defining needed supports. At the end of the training, participants felt the goals of the training were met or exceeded.

At the beginning of the training, the group discussed the values of a recovery-oriented system and what those values would look like in practice. They were then introduced, through presentations and visits, to the recovery system at META. Participants were introduced not only to WRAP programs, but to programs that teach daily living skills, programs that assist people in planning their own recovery, and programs that train peers to support each other, and even hire them to do it. They heard about the Living Room, a peer-run respite center that people can choose as an alternative to traditional services.

Four consultants representing WRAP programs attended. They described various aspects of their programs, how they became part of the

system and how they work within the system. Jane Winterling described the Vermont Program that is sponsored by Vermont Psychiatric Survivors. Cheryl Stevens and Margo McMahon led discussions on their training and implementation in Western Massachusetts. Erica Buffington shared information about Minnesota's statewide WRAP program and its success in getting it recognized as a medicare billable service. Sharon Kuehn described her countywide program in Contra Costa County in California and the exemplary work she has done networking WRAP and mental health recovery in the state.

As the week drew to a close, participants worked with the staff to develop plans for integrating WRAP and mental health recovery in their agencies. They looked carefully at the challenges and barriers they face, and got input from other attendees on how the process might be facilitated.

This training will be held again in February of 2004. Make plans now to attend.

Educational Opportunities

See the cover for information on the Facilitator Training

Please send me a registration packet for:

Correspondence Course

Seminar II: Facilitator Training

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____ Fax _____

E-mail _____

COPY and MAIL, FAX, or E-MAIL to
Mary Ellen Copeland

(see contact information on page 1 of newsletter)

Mental Health Recovery Correspondence Course

The four-part Mental Health Recovery Correspondence Course will teach you mental health recovery concepts and skills as well as how to develop a Wellness Recovery Action Plan for yourself and/or to share with others. It meets the prerequisites for attending Mental Health Recovery Seminar II: Facilitator Training. If you want to attend the Facilitator Training in the fall, this is a good time to begin the Correspondence Course.

In some areas where several people are taking the course, participants are gathering, usually once a week, to discuss and work on the assignments together. I have found that this works very well. If several people in your area are planning to take the course, you might consider this option.

Val Everton, an experienced recovery educator at The Recovery Education Center at Meta Services Inc., administers the correspondence course, reviewing and responding to assignments.

The course includes reading, written assignments, projects, activities, and phone discussion with the instructor. The three texts for the course are: *The Depression Workbook*, *Living Without Depression and Manic Depression*, and *Wellness Recovery Action Plan*. The cost is \$200 per participant, plus the cost of any needed textbooks.

Two New *Creating Wellness* Videos Available:

Wellness Tools and WRAP

You may be familiar with the video *Creating Wellness-Key Concepts*, produced by the Mental Illness Education Project. In this video, I discuss the key concepts of mental health recovery—hope, personal responsibility, education, self advocacy and support, as well as getting good health care and medication management, with a group in a workshop setting. I am delighted to announce that two new videos are now available—*Wellness Toolbox* and *Wellness Recovery Action Planning*. Again, using an interactive workshop format, I describe the most common wellness tools and get more ideas from the group, and then work with the group in developing a Wellness Recovery Action Plan including the Crisis Plan or Advanced Directive.

These videos can be used by individuals who are working on their own recovery, and can supplement or be used as the discussion focus for groups. Order them using the enclosed order form.

Curriculum Revision

The *Mental Health Recovery and WRAP Curriculum* is now divided into four sections: 1) Key Concepts 2) Wellness Tools 3) Wellness Recovery Action Plan 4) Recovery Topics. Recovery Topics has two new sections, Peer Support and Work Related Issues, in addition to Building Self Esteem, Changing Negative Thoughts to Positive Ones, Trauma Recovery, Suicide Prevention, and Lifestyle Issues.

All of the transparencies have been redesigned, reformatted and updated to match the curriculum sections and there are transparencies for the new sections. The CD Rom has all transparency files available in both black and white for ease of copying (and less expense) and color, specifically designed to be used with a computer projector.

The CD Rom also has a short video (about ten minutes) of me, Mary Ellen Copeland, giving the introduction I usually give before I begin a Mental Health and WRAP presentation. You will need a computer to watch it, and a computer projector to show it on a screen or wall. You can share it with your group or use it as a guide in developing your own introduction.

All manuals purchased after September 1, 2002 have these new sections and the new CD. If you purchased a manual before September 1, and you want these new additions, you can purchase an upgrade package that includes a new CD Rom, new thumbnail sketches, and additional information and handouts that can easily be inserted in your manual. However, the old manual and CD are just as useful as ever.

SAMHSA Booklets

Don't forget to order your free copies of the popular mental health recovery booklets 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*.



Website

There are so many new, good resources and web sites becoming available all the time that it has become impossible for me to keep my written resource lists updated. Therefore, I am going to try and do it through my website. If you want the latest resource information, you can refer to the resource list at the mentalhealthrecovery.com website or download it for easy reference.

I have been collecting information on WRAP programs from around the country. I will be putting them up on the website. If you are looking for ideas on how to proceed with your own program, check this out.

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. Then do a search for *mentalhealthrecovery*. Follow the instructions to register and participate in the group. There have been many lively discussions over the last few years.



Resources

by Mary Ellen Copeland, MS, MA

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, MD _____ copies at \$19.95

Healing the Trauma of Abuse: A Women's Workbook with Maxine Harris, PhD _____ copies at \$22.95

Living Without Depression and Manic Depression:

A Guide to Maintaining Mood Stability _____ copies at \$19.95

The Loneliness Workbook _____ copies at \$16.95

Recovering From Depression: A Workbook for Teens with Stuart Copans, MD _____ copies at \$22.95

WRAP: Wellness Recovery Action Plan _____ copies at \$10.00

WRAP—Spanish Version:

Plan de Acción para la Recuperación del Bienestar _____ copies at \$10.00

WRAP: Wellness Recovery Action Plan for People with Dual Diagnosis _____ copies at \$10.00

WRAP quantity pricing 10-99 copies, \$8 each (call for shipping quote) _____ copies at \$8.00

100+ copies, \$7 each (call for shipping quote) _____ copies at \$7.00

WRAP on CD-ROM contains both adult and teen versions _____ copies at \$19.95

Winning Against Relapse:

A Workbook of Action Plans for Recurring Health & Emotional Problems
(Expanded version of WRAP with suggestions for group work) _____ copies at \$14.95

The Worry Control Workbook _____ copies at \$14.95

Facilitator Manual: Mental Health Recovery including *WRAP* _____ copies at \$129.00
with CD ROM of transparencies and complete instructions for teaching WRAP (\$8 shipping)

Facilitator Manual Upgrade with new CD ROM _____ copies at \$29.95

Audio and Video Tapes

Coping with Depression video co-produced with William Hood _____ copies at \$39.95

Creating Wellness Workshop Video Series: produced by Mental Illness Education Project

Key Concepts for Mental Health _____ copies at \$39.95

Wellness Tools _____ copies at \$39.95

Developing a Wellness Recovery Action Plan (WRAP) _____ copies at \$39.95

Winning Against Relapse Program step-by-step WRAP audiotape _____ copies at \$11.95

Total number of items _____ Subtotal \$ _____

Shipping/Handling: total # items x \$3.00 per item _____ (minimum \$4)

Total amount due (for resource items and shipping costs) _____

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Come to Vermont for Mental Health Recovery Seminar II: Facilitator Training

September 8-12, 2003 in Brattleboro, Vermont.

Work with four highly skilled teachers, including Mary Ellen Copeland, who have years of experience in this field. Learn the values and ethics that guide mental health recovery work, and how to: lead interactive groups in developing WRAP; share information in ways that make it easy for people to understand, even people who are struggling with very intrusive symptoms; motivate others to take back control of their lives and make their lives the way they want them to be; and begin to integrate mental health recovery into your health care system

For more information, go to the website: www.mentalhealthrecovery.com,
e-mail: copeland@mentalhealthrecovery.com or phone: (802) 254-2092.