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RETHINKING CRISIS

By Stephen Pocklington

Over the last couple of months I have worked hard at redeveloping my Crisis Plan and, with the help of my supporters, I think I’ve finally worked out a plan that will support me to learn and grow through even the worst of times. Along the way I had to change some of my thinking and I would like to share some of the insights I gained.

When I wrote my first Crisis Plan several years ago, I was only thinking about psychiatric crises. Thinking only in terms of a mental health crisis raised for me the specter of another “psychotic break” and all the haunting associations that accompany the mental health system’s institutionalized response to one—just thinking about it yanked me back into a disabling illness worldview.

Part of my preparation work for a new Crisis Plan included rereading Shery Mead’s Crisis as an Opportunity for Growth and Change, in which she wrote:

*The concept of crisis in mental health is an interesting one. In spite of the fact that many traditional theorists have*

*viewed crisis as an opportunity for growth and as an essential experience in the context of one’s development (Erikson, 1976), we in mental health want to medicate it, lock it up, and restrain it. We have*

*forgotten that perhaps there is something we can learn from this experience, something that will enable us to “do” it differently and understand ourselves in new ways. (2001) continued on page 6*

WRAP in a Forensic Setting

By Erica Buffington

In July, 2006 WRAP came to the Wisconsin Resource Center (WRC), a forensic facility located in Winnebago, Wisconsin. Fifty staff members attended the 3-day Introduction to Mental Health Recovery and WRAP training. From this group 20 moved on to the 5-day Facilitator Certification Training. All signed up voluntarily. Walter Hudson and I facilitated both trainings.

During the 3-day training the staff developed their own personal WRAPs and then I suggested we tailor a WRAP for the inmates. You could see and feel the excitement in the room. This made WRAP very relevant to the staff. Walter and I then led them through the process from an inmate’s per-

spective. The plan that emerged was awesome. The staff really became involved and vested in the plan. It was clear they could see the possibilities.

Since the training I have kept in touch with our contact person and in late April received an update. Some truly amazing and awesome changes have taken place within the WRC.

A two hour training on recovery and WRAP has been developed for all staff. It is available, but not mandatory on all shifts. Over 300 people have attended to date. Recovery is also now a part of their New Employee Orientation so all new staff receive information on

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## Introduction

Welcome to the Mental Health Recovery Newsletter. This quarterly newsletter is available free of charge by e-mail or the postal service. For subscriptions go to [www.copelandcenter.com](http://www.copelandcenter.com). For multiple copies contact us at our website. You may freely copy and distribute this newsletter or parts of it, giving credit to Mary Ellen Copeland Mental Health Recovery and WRAP and the Copeland Center for Wellness and Recovery.

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## FORENSIC SETTING

recovery and WRAP right from the beginning.

WRAP classes began several months after the 5-day training in mid July 2006. A group has been meeting every 8 weeks ever since. The staff who received the training have also been working one-on-one on the units. WRAP is being incorporated as part of the program for men being released back into the community. The transfer unit is also using some of the recovery and WRAP principles to help inmates develop a plan to cope with the stresses of regular prison before they leave the WRC to return to a regular prison. The plan is for inmates to co-facilitate this group. WRAP has also been incorporated into the dual diagnosis program as part of the relapse prevention plan. WRAP is becoming a part of the WRC culture.

One of the best successes so far has been one inmate who has really embraced wellness. He has been in prison for 10-12 years, coming in at age 17. He has 8 years before release. He has been in segregation for most of his time, unable to handle prison life. He now seems like a different person and is taking pride in taking care of himself. He is co-facilitating a coping skills class and it is benefiting his fellow inmates as well as continuing to help him. This really embraces the idea of peer support.

The WRC is working with he state employment office to

develop an appropriate job description for a peer specialist. The belief is that this will make what has started at the WRC blossom.

The following are comments from a few of the participants at the 5-day training:

*"The training has helped fuel the message of hope for our institution in an environment where that message has been buried by decades of negativity. This group will serve as a catalyst to improve the services we provide to perhaps the most hope less segment of our community."*

*"Attending the Wellness and Recovery Training was powerful. The WRAP can work if you want. Help is near."*

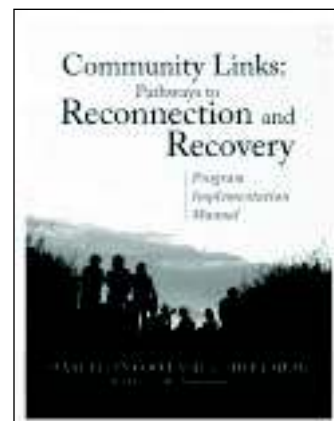
*"Prior to WRAP I would find myself totally out of control and not know how it happened. I am now looking forward to not only success on a personal level but also to help those I work with achieve their goals."*

For me personally the training experience at the WRC was gratifying and rewarding. I learned so much from participants and was impressed by their openness and obvious desire to do what they could to make the lives of the inmates better. The overall impression I received was the WRAP just might be the answer. They were anxious to get started. Based on updates I have received I would say WRAP has definitely made a difference. There is a culture change occurring. To me that only confirms once again WRAP works!

## Community Links: Pathways to Reconnection and Recovery

Are you an agency or organization working to assist people in their recovery and promote community integration? If so, this manual addresses that need.

Community Links is a voluntary program that matches peers or community members with people who have: (a) court orders of non-hospitalization or involuntary commitment; (b) are dependent on the mental health system for assistance support; and/or (c) feel isolated from their community due to mental health difficulties. Peers or community members have been trained to assist and support others in developing positive reciprocal relationships, regaining their independence, integrating themselves into their community, and improving the overall quality of their lives. The Community Links relationship diminishes over time as the person develops natural supports and becomes more comfortable in the community. The manual includes complete instructions for developing and administering a Community Links Program including a 3-day training for links, and a CD with training slides and handouts.

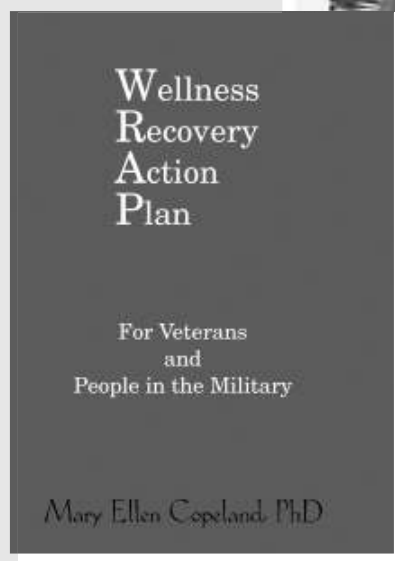


## Recovery Resources From Mary Ellen Copeland

### A WRAP Workbook for Kids



With the help of two great kids, Hawk and Esther, this delightful book will guide a child through the process of developing their own Wellness Recovery Action Plan. It will help them discover all the things they can do to feel good, stay well, and even feel better even when the going is hard. It starts with listing all those good and fun things that they can use to develop their action plans like running with the dog, coloring, and talking to a friend. Once they have completed their WRAP, kids will have a powerful personal guide to daily living. Developing a WRAP is creative, fun, and life-changing for everyone involved.



### WRAP for Veterans and People in the Military

This newest version of WRAP was developed with input from people who are currently serving in the military, veterans, and people in veteran's hospitals and has become an important tool in helping veterans reconnect. Veterans may be having a hard time coping with the hardship, trauma, and loss related to military service. Many veterans have feelings and symptoms or occurrences in their life that are difficult to deal with. Family members and friends may not understand what they are experiencing, know how to respond, or how to help.

*"If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today I still have a dream."*

Martin Luther King, Jr.

## Self-Help Resources by Mary Ellen Copeland

<b>The Depression Workbook: A Guide to Living with Depression and Manic Depression</b> Second Edition .....	\$19.95 x _____
<b>Fibromyalgia and Chronic Myofascial Pain Syndrome: A Survival Manual</b> with Devin Starlanyl.....	\$19.95 x _____
<b>Healing the Trauma of Abuse: A Women's Workbook</b> with Maxine Harris, Ph.D .....	\$24.95 x _____
<b>Living Without Depression and Manic Depression: A Guide to Maintaining Mood Stability</b> .....	\$21.95 x _____
<b>The Loneliness Workbook</b> .....	\$16.95 x _____
<b>Recovering from Depression: A Workbook for Teens</b> with Stuart Copans, MD.....	\$24.95 x _____
<b>The Worry Control Workbook</b> .....	\$16.95 x _____
<b>WRAP: Wellness Recovery Action Plan</b> .....	\$10.00 x _____
<b>WRAP: Wellness Recovery Action Plan for People with Dual Diagnosis</b> .....	\$10.00 x _____
<b>Plan de Acción para la Recuperación del Bienestar</b> WRAP-Spanish Version.....	\$10.00 x _____
Quantity pricing for the above WRAP books: 1-9 copies - \$10 each • 10-99 copies - \$8 each • 100+ copies - \$7 each	
<b>WRAP for Veterans and People in the Military</b> .....	\$6.00 x _____
<b>A WRAP Workbook for Kids</b> .....	\$12.00 x _____
Shipping for all WRAP books: \$4 for one WRAP book, plus \$0.50 for each additional copy	
<b>The WRAP Story</b> First person accounts of personal and system recovery and transformation .....	Available Summer 2007
<b>WRAP Software</b> CD with printable worksheets and instructions, contains both adult & teen versions .....	\$19.95 x _____
<b>WRAP and Peer Support: Personal, Group &amp; Program Development</b> with Shery Mead.....	\$40.00 x _____
Quantity pricing for WRAP and Peer Support: 1-4 copies - \$40 • 5-9 copies - \$35 • 10-49 copies - \$30 • 50+ copies - \$25	
<b>Winning Against Relapse: A Workbook of Action Plans for Recurring Health &amp; Emotional Problems</b> .....	\$16.95 x _____
Expanded version of WRAP with suggestions for group work	
<b>Facilitator Manual: Mental Health Recovery including WRAP</b> .....	\$129.00 x _____
Curriculum includes a CD-ROM of transparencies, one WRAP book, and complete instructions for teaching WRAP	
Quantity pricing for Manuals: 1-11 copies - \$129 each • 12+ copies - \$110 each	
Shipping for Manuals: \$8 for one manual, plus \$6 for each additional copy	
<b>Community Links: Pathways to Reconnection and Recovery</b> with Shery Mead.....	\$70.00 x _____
Program Implementation Manual & CD	
<b>Creating Wellness Workshop on DVD</b> produced by MIEP .....	\$60.00 x _____
Contains all 3 sessions on one DVD: Key Concepts for Mental Health, The Wellness Toolbox, and Wellness Recovery Action Plan	
<b>Wellness Tools</b> audio CD.....	\$19.95 x _____
<b>WRAP: Step-by-Step</b> audio CD .....	\$19.95 x _____

Subtotal: \$ \_\_\_\_\_

Shipping/Handling\*: \$4.00 for first item, +\$1.00 for each additional item: \$ \_\_\_\_\_

\*Please use special shipping rates listed above for multiple WRAP books and Facilitator Manuals

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# A Personal Introduction to Our New Workshops

By Stephen Pocklington

*Dear Friends,*

*The last few months have been wonderfully busy for me. We have been developing and piloting several new workshops that the Copeland Center will be offering starting in January of 2008. Check our website ([www.copelandcenter.com](http://www.copelandcenter.com)) for dates, costs and details about:*

**WRAP Facilitator Refresher Course:** A three-day refresher for WRAP Facilitators that provides an opportunity to connect with peers and share what we have been learning through our classes. Includes a review of values, an update on effective practices and a problem-solving session to help us meet the ongoing challenges we face as facilitators.

**The Essentials of Peer Support for WRAP Facilitators:**

An intensive three-day workshop designed to strengthen facilitation skills through the principles and practices of Intentional Peer Support. Participants will explore and practice the four tasks of peer support and learn how these tasks integrate into highly effective WRAP Facilitation.

**Advanced Crisis Planning:** A three-day intensive workshop that brings hard-won insights about “crisis planning” together with insights about “peer support,” to provide new

ways of building networks of mutual support that create more opportunities to stay at home, or in the community, and to learn and grow our way through times of “crisis.”

**Creating, Supervising and Administering WRAP Programs:** An intensive three-day workshop for agency staff interested in starting up WRAP programs or improving the effectiveness of an existing program. The focus is on empowering people to create the necessary infrastructure for an effective, self-sustaining WRAP program and provide ongoing support to peer-run initiatives. No previous experience with WRAP required.

*Our intention is to offer these workshops widely throughout the country and we welcome inquiries from people who are interested in co-hosting any or all of them in their region. For more information co-hosting a workshop, please contact Nancy Haldeman at [nancy@copelandcenter.com](mailto:nancy@copelandcenter.com) or by calling 1-866-436-9727.*

*Wishing you all my best,  
Stephen*



*Looking Back: Massachusetts Conference*

**“The Wellness Recovery Action Plan can help you in the process of recovery, of getting well and staying well, and of assisting you in becoming who you want to be and making your life the way you want it.”**

**“It will also be helpful to you in adapting to any challenges you have in your life like chronic illness, serious disability, being on active duty or dealing with extreme loss or grief.”** *Mary Ellen Copeland*

## Copeland Center for Wellness and Recovery

[www.copelandcenter.com](http://www.copelandcenter.com)  
1-866-436-9727 Toll Free Line

There are many options for developing a project in partnership with the Copeland Center that fits with your specific needs. You might be considering a state WRAP Program or perhaps your agency or group

wants to strengthen its recovery-focus. Whatever your direction might be, the Copeland Center bases its collaborations on empowerment and creating supporting environments. If your project shares these objectives, we are happy to offer training and supports. WRAP complements all treatment modalities and easily adapts to projects focusing on such topics as jail diversion, working with adolescents,

dealing with effects of trauma, and so forth. Partnering with the Copeland Center, people have opportunity to learn ways to take control of their lives and to sustain their wellness. Workshops are designed to help participants shift their mindset from that of “chronic illness” to one of “wellness” where recovery is possible. Copeland Center will work with you to create a package to meet your needs and budget.

## RETHINKING CRISIS *continued from page 1*

I have worked hard to move away from the illness worldview of “medicate it, lock it up, and restrain it,” but I was “stuck” when it came time “to ‘do’ it differently.” Then I found a different way of thinking about “crisis” that got me to start moving toward making the most of any opportunity for growth.

What helped most was to reframe Crisis Planning as planning for any time that I might be truly overwhelmed. Suddenly, crisis planning applied to a host of times and situations that, more often than not, have nothing to do with a mental illness diagnosis. There is an array of awful but ordinary human events that can overwhelm anybody—the death of someone close, a divorce, someone we love being in harm’s way, financial catastrophes, being close to human tragedy, or even the slow, unrelenting accumulation of Life’s bitter turns.

The planning process really changed once I took a step further and defined crisis not in terms of any or all of these overwhelming events, but rather in terms of our human response to any of them. When we are overwhelmed by any of Life’s events or circumstances, then we are simply, by definition, overpowered and temporarily rendered incapable of making well-reasoned decisions on our own behalf. That’s all. We can always return to our response-ability, our ability to choose our response to Life’s events, once we have gotten through the time of being overwhelmed.

The thing that really eased my heart and allowed me to embrace crisis planning in a new way was when I realized that no judgment

has to apply to being overwhelmed. I am not weak, or sick, or other than human—there is nothing wrong with me. I am simply temporarily overwhelmed and need support to get through this time. In truth, in being overwhelmed I am fully human—not merely human, fully human. And if our experience has shown us anything it is that being overwhelmed is a temporary state of being, especially if we receive supported to grow through the time of being overwhelmed. And that, I realized, is what my crisis plan really needed to be about.

Redeveloping my crisis plan was still the work of months, involving lots of intentional peer support. My supporters challenged me to do even more critical learning around my assumptions, and together we negotiated a plan built around what experience showed would really work to support me. This time crisis planning was a celebration of learning and growing together, and it all started with a shift in how I understand “crisis.” *Peace, Stephen*

## COMMUNITY LINKS

This new program is based on the findings of the Moving Ahead Research Project (Shery Mead and Mary Ellen Copeland, co-principal investigators, Vermont Real Choices Grant, 2004). In this qualitative research project, the researchers interviewed 28 people who were on orders of non-hospitalization or involuntary commitment. They found that people want to end their dependency on the mental health system, become more fully integrated into the community of their choice, develop the skills and strategies needed for independence, and work toward meeting their own life dreams and goals.

Community Links: Pathways to Reconnection and Recovery is available through mental health recovery website at [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com), phone 802-425-3660 fax: 802-425-5580 or email [books@mentalhealthrecovery.com](mailto:books@mentalhealthrecovery.com) The cost is \$70 for the manual and CD.

## New Training Opportunity! WRAP One on One

This electronic course (E-Learning) is an overview of the Wellness Recovery Action Plan (WRAP)<sup>®</sup> written by Mary Ellen Copeland. It is designed for people who are helping others develop WRAP plans. While WRAP is a simple system, its use and the values and ethics that surround it are far-reaching and highly complex. Upon completion of this course you will be able to guide, facilitate, advise, support and encourage another person (patients, clients, peers, friends, family members) as they develop a Wellness Recovery Action Plan using the values and ethics that have evolved as people used this mental health recovery innovation.

This course has been approved for continuing education credit from ANCC, ASWB, NBCC and many state specific accreditation bodies.

For more information and to enroll in this course, go to:  
<http://www.cequick.com/myeln/copeland/default.asp>

Our newest book is WRAP for Veterans and People in the Military. It now being used extensively in support groups and in hospitals around the country, has become an important tool for veterans and people in the military. This important book was adapted from the well-known and widely used Wellness Recovery Action Plan. This version of the plan was developed with input and guidance from people who are currently serving in the military as well as veterans and people in veterans' hospitals. While anyone can design and use their own WRAP, developing the plan with a supporter, in a group, or even as a family increases options and understanding. Each person will benefit from having their own copy.

If you are on active duty, in the reserves, or have been in the military you may be having a hard time coping with the hardship, trauma, and loss related to military service and being involved in war-related activities. You may have feelings and experiences that are extremely upsetting, that keep you from

## Wellness Recovery Action Plan for Veterans and People in the Military

being the way you want to be and doing the things you want to do. In addition, things may be happening in your life that are difficult to deal with. Family members and friends, who don't understand what you are experiencing and why you are behaving the way you are, may not know how to respond or how to help. Some may try to help and others may turn away. You may feel like the situation is hopeless - that you will never feel well and enjoy life again.

The Wellness Recovery Action Plan can help you in the process of recovery, of getting well and staying well, and of assisting you in becoming who you want to be and making your life the

way you want it. It will also be helpful to you in adapting to any challenges you have in your life like chronic illness, serious disability, being on active duty, or dealing with extreme loss or grief.

Mary Ellen is passionate about getting resources to people who are in the military or have been in the military, people who are searching for ways to feel better, develop and keep strong relationships with others and work toward meeting their life goals and dreams. The Wellness Recovery Action Plan (WRAP) for Veterans and People in the Military is a model that provides hope for recovery and a full life.

The WRAP for Veterans and People in the Military is a big hit. The guys love it and are using it for their personal WRAP Plan along with their Vet to Vet agenda. I want to personally thank you and Ms. Copeland on your work and hopefully this can be extended to all vets.

On DVD . . . Mary Ellen Does WRAP \$35      WRAP for Veterans and People in the Military \$35

### WEBSITE IMPROVEMENTS mentalhealthrecovery.com

Over the last few months, Mary Ellen has worked with Linda Dierkes and colleagues at Interactive Media Consulting to upgrade the website - mentalhealthrecovery.com - so it is easier to use, has more information we hope you will find helpful, informs you of the many mental health recovery and WRAP resources we have available and lets you order them on line. Please go to the website and check it out.

There are many new mental health recovery and WRAP stories, generously written for the site by people with a lived experience of mental health dif-

iculties. There are also descriptions of exemplary programs featuring mental health recovery from around the country and the world. More are being added. One of the stories describes a remarkable recovery program actually implemented at the Vermont State Hospital in late 1950's and 1960's that was responsible for the successful release of hundreds of people, people who had been considered "hopeless" <http://www.mentalhealthrecovery.com/documents/TheVermontStory.pdf>. It has many similarities to the community integration programs being developed today. Another describes the Community Links program developed by Mary Ellen Copeland and Shery Mead after their intensive study of people who have repeated orders of involuntary commitment. A new feature is FAQ or Frequently Asked Questions. Over

the years Mary Ellen Copeland has, through phone calls, e-mails and letters, received thousands of requests for information on all aspects of mental health recovery and WRAP. She has taken the most common questions and, for your convenience answered them on the site. If you want information quickly, that is the place to go. The link is [http://www.mentalhealthrecovery.com/faq\\_main.php](http://www.mentalhealthrecovery.com/faq_main.php). If you don't find your question answered there, e-mail [info@mentalhealthrecovery.com](mailto:info@mentalhealthrecovery.com).

Another new feature is sample exercises, one for developing a Wellness Toolbox, one for Planning and Scheduling and a Relaxation Exercise. Let us know how you like these so, if they work for you, we can add more. Please contact us at [info@mentalhealthrecovery.com](mailto:info@mentalhealthrecovery.com) with your feedback and ideas.

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- Peer support
- Recovery skills
- System transformation

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

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

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Check for Upcoming Trainings!

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Training seminars are structured so participants learn from and support each other in a safe atmosphere.

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- Correspondence Course*
- WRAP and Peer Support*
- and many more...*

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