

# Mental Health Recovery Newsletter

## Published by the Copeland Center for Wellness and Recovery

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**Check out the newly redesigned  
Copeland Center for Wellness and Recovery website at  
[www.copelandcenter.com](http://www.copelandcenter.com).**

## INTRODUCTION

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

## WRAP in These Hard Times

Many, many people in our country are dealing with horrific, war related situations in their lives. Some families have had one or several people deployed to Iraq or Afghanistan. One or both parents may be deployed, leaving behind young children left in the care of family members. People expect to come home from a war zone, only to learn that their tour of duty has been extended, that they will be away much longer than they had originally been told. People returning from wars are traumatized by what they have seen and experienced. They have horrific nightmares and flashbacks. They may feel anxious, irritable and afraid. They may be tempted to use alcohol or street drugs to relieve their pain. Many soldiers have been seriously maimed. Their lives will never be the same. And some soldiers will never come home, leaving behind grieving families, changed forever. The mental health needs of all these people will likely overwhelm the mental health system.

People will do the best they can to get by day by day. It will be harder than we can imagine. However, while it can never make the pain go away, it is possible that developing and using a Wellness Recovery Action Plan could make things a little bit easier. For instance, a person or group of people might think about those things that make them feel even a little bit better—watching a funny video, listening to favorite music, playing with a child, reading a book or romping with the dog. They might notice that they feel better if they at least comb their hair, take a shower or eat something healthy. Then they could use these tools to develop a basic list of things they need to do, or not do, every day to feel as well as possible. Things like eating breakfast, getting up at 7:00 in the morning, staying away from bars and avoiding alcohol. If they get upset they might try some relaxation exercises, go for a long walk or have a chat with a friend. If they start to feel badly, they may want to spend time playing a musical instrument, reading, or sharing a meal with a buddy. If they find they are really upset, they may want to do some peer counseling, go to a support group, do some vigorous exercise or work on a project that takes a lot of concentration.

Each person has to develop their own plan to meet their own needs. They may not feel like doing this for themselves, but they may be convinced to work on this if they realize how helpful it will be to everyone if they are doing even a little bit better.

Many Veterans Hospitals have WRAP groups. If your VA hospital doesn't provide this service, you could tell them about it and let them know that it is an inexpensive way to help people who are having a hard time. Perhaps you could help get a WRAP group started there.

There is more information on developing Wellness Recovery Action Plans at the website [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com). You could call your local mental health agency or the Copeland Center to find a WRAP class in your area.

## **Wellness Tool:** Changing Negative Thoughts to Positive Ones

You may have difficulty with troubling thoughts and feelings. I know I do. I have discovered they don't do me any good. In fact they make me feel much worse. Having more negative thoughts and feelings is, for me, an early warning sign that I might be getting depressed. Over the years I have learned some tricks that help me get rid of these negative thoughts. When the negative thoughts are gone, or at least I don't have so many, I feel better.

Negative thoughts or messages are often very specific things I say to myself, like "*I am a jerk*", "*How could you be so dumb?*" or "*You are just a loser.*" They are often short, like "*Stupid*" or "*Idiot*". I tend to believe them no matter how untrue they are. I find myself repeating them to myself in my mind very quickly, without thinking, over and over again. Sometimes they include words like *should*, *ought*, or *must*.

From what I have learned in all my years of talking to people who have mental health difficulties, each person has her or his own negative thoughts. Everyone says these thoughts are hard to turn off.

They may include:

- self-doubts such as, "I'm not smart enough to go to college", "I am not creative", "I am not likable", or "I am not good at anything".
- irrational fears of specific objects or situations, which seem unreasonably frightening, like snakes, spiders, crowds, heights, airplanes, and darkness.
- making assumptions about how others feel without really knowing
- expecting the worst will happen
- continually comparing yourself unfavorably with others
- feeling that you are personally responsible for everything
- thinking everything must be fair or equal
- believing everything you feel must be true
- assuming your happiness depends on the actions of others and that if they would change, things would improve
- making someone else responsible for whatever is going badly
- expecting never to make mistakes, to always be perfect
- having a rigid set of indisputable rules about how everyone should act including yourself

The first step, for me, in getting rid of these thoughts was to make a list of my negative thoughts. Unfortunately, when I first began doing this, my list was very long. Now, because I have been working on it, my list is much shorter and I don't have to work on it so much.

It helps me to analyze my negative thoughts by asking myself if these negative thoughts are really true, and if a nice person would say this to another nice person. If my answers are no, then I ask myself why I should be saying it to myself. Sometimes I ask other people that I like and trust if my negative thoughts are true. For instance, I might ask my daughter, "Is it true that no one likes me?" Perhaps most important, I ask myself, "What do you get out of saying this to yourself? How does it help? How does it hurt?" By this time I usually realize that this thought is not at all helpful, and it is making me feel badly.

Then I work on developing positive things to say to myself to replace these troubling thoughts. In developing these positive responses to negative statements, I avoid using negative terms such as *worried, frightened, upset, tired, bored, not, never, can't*. I don't make statements like "*I am not going to worry any more.*" Instead, I say something like "*I will focus on the positive.*" I use only positive words like *happy, peaceful, loving, enthusiastic, warm*. I substitute *it would be nice if* for *should*. I always use the present tense, for example "*I am healthy, I am well, I am happy, I have a good job*", as if the condition already exists. And I use *I, me, or my own name*.

Some of my most common ones are:

**Negative thought:** I will never feel good again. **Positive Response:** I feel great.

**Negative Thought:** I am not worth anything. **Positive Response:** I am a valuable person.

**Negative thought:** It is not OK to make mistakes. **Positive Response:** It is OK to make mistakes.

**Negative thought:** There is no reason for me to go on living. **Positive Response:** There are many reasons why I should live.

Troubling thoughts have often become so familiar that change takes persistence, consistency and creativity. It takes several weeks to several months of replacing the troubling thought with a positive response to effectively change it. You may want to spend some time each day, maybe right after you get up or before you go to bed, working on reinforcing your positive statements by:

- repeating them aloud or to yourself over and over,
- writing them down over and over again-10 or 20 times,
- asking someone you trust to read your positive responses to you,
- making signs which say the positive response to post in obvious places around your home and then reading them to yourself every time you see one,
- making a tape of your positive thoughts that you can listen to over and over, or,
- every time the negative thought comes up during the day, say, "stop" to yourself, visualizing a big red stop sign, then repeating your positive response several times.

### **Developing Supports Alice Tsai**

One idea I have for developing supports for people is having post-WRAP support groups. I actually do that right now. It's a post-WRAP support group and a primer for people who haven't taken WRAP who want to get a taste for it. It's called the Recovery/WRAP Support Group. After we graduated our first class of WRAP graduates in the community, we wanted to give some follow-up support for the people who were asking about how they could continue to talk about WRAP and stay in contact with the people they'd met in WRAP. A Recovery self-help support group I was already leading decided to include WRAP elements. For example, we start the group by doing a Wellness Tool exercise - like focusing, guided imagery, or relaxation - and then we talk about whatever issues people are dealing with at the time. At the end of the group, each person writes about a Wellness Tool they like, what it is, how it works and how it helps.

## **Northeast WRAP Conference**

**Experience the POWER of WRAP!**

**Three days full of WRAP: July 18-21, 2005**

**University of Massachusetts Conference Center - Amherst, Massachusetts.**

**Register at the website [www.copelandcenter.com](http://www.copelandcenter.com) or [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com) or call 602-636-4445**

**Attend the first regional WRAP conference with Mary Ellen Copeland.** Mary Ellen will be the keynote presenter and speak each day of the conference. She will be joined by many other highly trained WRAP experts who will lead workshops on a wide variety of topics for people who want to develop or refine or improve a personal WRAP, want to or are already working with others on developing a WRAP, and people who want to include WRAP in their organization, agency or facility.

Workshop topics will include detailed instructions on how to develop a WRAP, the most popular wellness tools and some that may be new to you, developing a WRAP for special needs like substance abuse or chronic illness, using WRAP in specific settings like jails, prisons and institutions, sharing WRAP effectively, and implementing WRAP in your facility, agency or organization.

By the end of the Conference you can complete a WRAP for yourself, including an Advance Directive. Personal assistance in developing your WRAP will be available.

Attending all of the plenary sessions and sessions that guide you through the process of developing a WRAP qualifies you to attend the Mental Health Recovery and WRAP Facilitator II Training in the future.

The workshop site is easily accessible by car, bus, train or plane. Inexpensive housing options are available, as low as \$15 a night if you bring your own bedding or sleeping bag. Agencies wanting to send groups of participants can contact the Copeland Center for reduced rates. Your \$245 registration fee covers all workshop activities as well as breakfast, lunch and snacks on all three days. The one-day registration fee is \$85.

**Register for the conference through the website [www.copelandcenter.com](http://www.copelandcenter.com) or [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com) or call 602-636-4445**

## **2005 Copeland Center for Wellness and Recovery Training Schedule**

### **Mental Health Recovery and WRAP Correspondence Course**

Enhance your own recovery. Fulfill the prerequisites for the Mental Health Recovery Facilitator Training. Learn basic mental health recovery attitudes, skills and strategies working by mail, e-mail or phone with an experienced recovery educator. There is more information on the Correspondence Course in this newsletter and on the Copeland Center website.

### **Mental Health Recovery and WRAP Seminar II: Facilitator Training**

May 2-6 and September 26-30 2005 in Brattleboro, VT

Explore the concepts, values and ethics of mental health recovery and WRAP with people from all over the world. These popular trainings will teach you how to facilitate Mental Health Recovery and WRAP groups and become a recovery educator. Join the growing ranks of over 750 people who have been trained and are networking recovery concepts far and wide.

### **WRAP and Peer Support** with Shery Mead and Heather MacDonald

March 14-18, 2005 in Brattleboro, VT

Combine these two exemplary recovery strategies to make your mental health program come alive. People learn how to develop and use a WRAP while working with others in mutually responsible relationships. Register for this one right away to reserve a space.

### **Mental Health Recovery and WRAP Advanced Facilitator Training**

March 28-April 1, 2005 in Brattleboro, VT

This training is for people who have been facilitating WRAP groups for at least one year, and who want to teach others how to facilitate these groups.

### **Mental Health Recovery and WRAP Refresher**

April 4-6, 2005 in Brattleboro, VT

**This session is open to anyone who facilitates mental health recovery and WRAP groups.** It will focus on:

The values and ethics of mental health recovery and WRAP

WRAP for people with special needs

WRAP for people who are homeless and in restricted settings like institutions, prisons and jails

Program evaluation

## **Crisis Respite Training** with Shery Mead

April 18-22, 2005, Brattleboro, VT

The President's New Freedom Commission on Mental Health has recently endorsed peer support as a major component in people's recovery. Although it's long been known that peer programs are able to either prevent or help people move through even the most difficult times, crisis respite programs have really begun to challenge the traditional notion of crisis response. In these programs, peers support each other by using the crisis as an opportunity to break out of old patterns while learning how to stay connected. In doing this many people find that they are no longer the "powerless victim" of the crisis and discover skills and abilities that help prevent future crises.

In order to maintain this difference it is crucial that peers learn specific skills to help them respond in new and different ways. This five-day training offers:

- A review of trauma informed peer support
- New skills for working through conflict and difficult situations
- A method for using crisis as a relational learning opportunity
- Skills for proactively negotiating crisis situations
- Practices for maintaining values in high risk situations
- A model of on-going evaluation to help maintain program integrity.

## **Implementing Mental Health Recovery and WRAP in Your System**

November 2005 Exact dates to be announced. Phoenix, AZ

Consult with experts on how they quickly implemented mental health recovery and WRAP in their systems. Develop a plan for implementing mental health recovery and WRAP in your system. You can get more information and register for any of these training opportunities at the website [www.copelandcenter.com](http://www.copelandcenter.com) and [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

## **Advanced Facilitator Training**

In the past, mental health recovery educators who have already attended the facilitator training and want to be trained to teach facilitators, attended the facilitator training a second time. They have sometimes been referred to as "shadows" or "master level trainers". The Copeland Center staff has decided that they can better meet the needs of people who want to lead Facilitator Trainings by having a week of advanced training. This training will be held at the Brattleboro, Vermont training site March 28-April 1, 2005. You are eligible to attend if you:

- Attended and successfully completed a Mental Health Recovery and WRAP facilitator training,
- Have led participants through the process of understanding the mental health recovery key concepts and Wellness Recovery Action Planning in at least three series, over a period of at least one year,
- You have developed your own WRAP and/or assisted others in developing and using a WRAP plan,
- You have read, studied and used the concepts and ideas in the book, WRAP & Peer Support, to lead WRAP workshops. Copeland, M.E. & Mead, S. (2003) WRAP & Peer Support. Dummerston, VT: Peach Press.
- You have at least 15 evaluations from participants in workshops you have led, five from each workshop that support your efficacy as a WRAP trainer.

Contact the Copeland Center to determine your eligibility for this training.

## **Mental Health Recovery Correspondence Course**

If you want to learn about mental health recovery and WRAP and there is no group in your area, you can sign up for the four-part Mental Health Recovery Correspondence Course. In this course you will work, either by phone, mail or e-mail, with Val Everton, a mental health recovery educator with years of experience, to learn:

- mental health recovery concepts like hope, personal responsibility, self advocacy and support,
- how to develop a personal Wellness Toolbox, and
- how to develop a Wellness Recovery Action Plan for yourself and/or to share with others.

This course is a great way to work on your own recovery. If you are a care provider, it gives you the information and experience to work with someone on their recovery. If you want to become trained to facilitate mental health recovery and WRAP groups, this could be your first step in that process. It meets the prerequisites for attending *Mental Health Recovery Seminar II: Facilitator Training*. If you want to attend the Facilitator Training in May or September, this is a good time to begin the Correspondence Course.

In some areas where several people are taking the correspondence 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 taking, or considering taking the Correspondence Course, you might consider this option.

The course includes reading and written assignments, projects, activities and discussion with the instructor. The three texts 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. You can register at [www.copelandcenter.com](http://www.copelandcenter.com), [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com) or call the Copeland Center at (602) 636-4445.

## **Recovery and WRAP Workshops, Seminars, and Keynote Speakers Available through the Copeland Center**

To promote the spread of mental health recovery and WRAP around the country and around the world, The Copeland Center for Wellness and Recovery has a roster of highly trained presenters and compelling key note speakers who can come to your area and present or train on many recovery subjects. Topics include an Introduction to Mental Health Recovery and WRAP, Facilitator Training, Using WRAP and Peer Support, Crisis Respite Training, and Implementing Mental Health Recovery and WRAP in Your System. The Copeland Center has upcoming presentations in New Zealand, Pennsylvania, Delaware, Alaska and New York. Many other presentations are in the planning stages. Contact Linda Simpson at the Copeland Center for more information and assistance with planning an event in your area, [www.copelandcenter.com](http://www.copelandcenter.com), [copeland@mentalhealthrecovery.com](mailto:copeland@mentalhealthrecovery.com) or (602) 636-4445.

## **Implementing Mental Health Recovery and WRAP in Your Area**

You may have heard of the exemplary recovery initiatives that have been undertaken in places like Minnesota, Illinois, Vermont, Pennsylvania, Arizona and New Mexico. The Copeland Center can connect you with people who have been instrumental in developing these programs. They can provide you with the information, assistance and support you need to move things forward in your state, region, community, mental health agency or health care facility. Contact the Copeland Center at (602) 636-4445.



## **Focus on Resources**

The following resources focus specifically on Wellness Recovery Action Plans (WRAP). These plans have been helpful to people in all kinds of circumstances. They are being used for things like healing from the effects of trauma including war, losing weight, relieving anxiety, depression and mania, going back to work, keeping relationships strong and working with others in a group.

### **Creating Wellness Video Series**

These three popular videos, available singly or as a set, can guide anyone through the process of developing an understanding of the key recovery concepts and developing a WRAP. Mary Ellen Copeland was videoed facilitating a workshop of people who are working on their recovery and people who care about them and support them. This series can be used by groups or individuals. The videos are especially helpful if a person is having a difficult time focusing and reading is difficult. The videos are titled *Key Concepts for Mental Health*, *Wellness Tools* and *Developing a Wellness Recovery Action Plan*.

### **WRAP: Wellness Recovery Action Plan**

*WRAP: Wellness Recovery Action Plan* is a basic users guide for developing a Wellness Recovery Action Plan. This book is being used by individuals and in support groups, mental health programs and hospitals around the world. It is now available in a Spanish Version, *Plan de Acción para la Recuperación del Bienestar* and a version for people who have a dual diagnosis, *WRAP: Wellness Recovery Action Plan for People with Dual Diagnosis*.

### **Winning Against Relapse**

*Winning Against Relapse: A Workbook of Action Plans for Recurring Health and Emotional Problems* is a detailed description of the Wellness Recovery Action Plan process for staying well, for identifying and responding to symptoms and for developing an intensive crisis plan. It includes lots of information on wellness tools, guidance in using WRAP to address specific issues, information on working with groups and on developing plans with people who have special needs.

### **Winning Against Relapse Program**

This audio tape provides is a step-by-step description of the process of developing a WRAP. It is ideal for people, who would prefer to hear rather than read the instructions,

### **WRAP on CD-ROM**

This easy to use CD allows you to easily download both the instructions for developing WRAP and to fill in that guide you through the process. The CD-rom includes instructions and forms for a teen version of WRAP as well.

### **Wellness Recovery Action Plan and Peer Support: Personal, Group and Program Development**

WRAP and Peer Support are key words in the mental health recovery movement. Shery Mead and Mary Ellen Copeland worked together to develop this values-based guide to combining these two important concepts for personal use, in groups and in peer operated service settings. Response to this new book has been overwhelmingly positive.

### **Mental Health Recovery including WRAP: Facilitator Manual (Revised 2002)**

If you are facilitating WRAP groups, you definitely need this resource. This comprehensive manual gives complete instructions for working with mental health recovery and WRAP groups. It includes a CD-Rom of transparencies for all the recovery topics and many handouts that can be copied and distributed.

### **Sign up for the newsletter**

If you lead a Mental Health Recovery and WRAP group, participants in your group can sign up for the free mental health recovery newsletter. Send, by e-mail or snail mail, the names and addresses of anyone who would like to receive this quarterly publication.

### **E-GROUP**

Join the e-group "mentalhealthrecovery". Go to [www.yahoogroups.com](http://www.yahoogroups.com). Then do a search for mentalhealthrecovery. It will pull up two sites--one 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.

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

Use this form OR order books at website: [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

## **Book Order Form**

<b>Books</b>	<b>Price</b>
<b>Books</b>	<b># Copies each    total</b>
<u>The Depression Workbook: A Guide to Living with Depression and Manic Depression</u> Second Edition	_____ # at \$19.95 _____
<u>Fibromyalgia and Chronic Myofascial Pain Syndrome: A Survival Manual</u> with Devin Starlanyl	_____ # at \$19.95 _____
<u>Healing the Trauma of Abuse: A Women's Workbook</u> with Maxine Harris, PhD	_____ # at \$22.95 _____
<u>Living Without Depression and Manic Depression: A Guide to Maintaining Mood Stability</u>	_____ # at \$19.95 _____
<u>The Loneliness Workbook</u>	_____ # at \$18.95 _____
<u>Recovering from Depression: A Workbook for Teens</u> with Stuart Copans, MD	_____ # at \$22.95 _____
<u>WRAP and Peer Support Manual: Personal, Group &amp; Program Development</u> with Shery Mead	_____ # at \$40.00 _____
<u>Winning Against Relapse: A Workbook of Action Plans for Recurring Health &amp; Emotional Problems</u> Expanded version of WRAP with suggestions for group work	_____ # at \$14.95 _____
<u>The Worry Control Workbook</u>	_____ # at \$16.95 _____
<u>Facilitator Manual: Mental Health Recovery including WRAP</u> (\$8 shipping) with CD ROM of transparencies and complete instructions for teaching WRAP	_____ # at \$129.00 _____
<u>Facilitator Manual Upgrade</u> with new CD ROM	_____ # at \$29.95 _____
<u>Learning How to Lead a Mental Health Recovery and WRAP Facilitator Training</u>	_____ # at \$60.00 _____
<b>T Quantity pricing for items marked below (call for shipping quote)</b>	<b>1-9 copies at \$10.00 each</b> <b>10-99 copies at \$8 each</b> <b>100+ copies at \$7 each</b>
<u>TWRAP: Wellness Recovery Action Plan</u>	_____ # at \$ _____
<u>TWRAP-Spanish Version- Plan de Acción para la Recuperación del Bienestar</u>	_____ # at \$ _____
<u>TWRAP: Wellness Recovery Action Plan for People with Dual Diagnosis</u>	_____ # at \$ _____
<b>Audio Tapes</b>	
<u>Living with Depression and Manic Depression: Self-Help Strategies</u>	_____ # at \$11.95 _____
<u>Winning Against Relapse Program</u> step-by-step WRAP	_____ # at \$11.95 _____

**Video Tapes & CD-ROM**

Coping with Depression co-produced with William Hood \_\_\_\_\_ # at \$39.95 \_\_\_\_\_

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

✿ Key Concepts for Mental Health \_\_\_\_\_ # at \$39.95 \_\_\_\_\_

✿ Wellness Tools \_\_\_\_\_ # at \$39.95 \_\_\_\_\_

✿ Developing a Wellness Recovery Action Plan (WRAP) \_\_\_\_\_ # at \$39.95 \_\_\_\_\_

WRAP on CD-ROM Contains both adult and teen versions \_\_\_\_\_ # at \$19.95 \_\_\_\_\_

**Total number of items** \_\_\_\_\_

**Subtotal cost of items** \$ \_\_\_\_\_

**Shipping/Handling** \$ \_\_\_\_\_  
total number of items x \$3.00 per item

**Total amount due** (cost + shipping/handling) \$ \_\_\_\_\_

**Payment Method**

Enclosed is my payment. Make checks payable to: **Mary Ellen Copeland**

Charge to my credit card  MasterCard  Visa

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**Send Book Orders to:**

Mary Ellen Copeland  
PO Box 30  
West Dummerston, VT 05357

**For more information:**

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