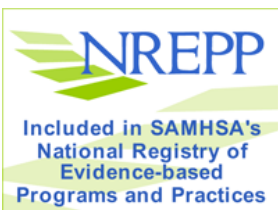




## Answers to Your Questions About WRAP® as an Evidence-Based Practice



WRAP® is now recognized by the Federal Substance Abuse and Mental Health Service Administration (SAMHSA) as an evidence based practice. That means that the WRAP model designed by Mary Ellen

Copeland, PhD, and described in the *Facilitator Training Manual: Mental Health Recovery Including WRAP*, has been rigorously studied by researchers who are well known for their mental health research. Through the hard work of the researchers at the University of Illinois in Chicago, we now know what we have long suspected—WRAP® is helping people move forward with their recovery and that they experience greater levels of wellness. For more information on the research project, go to UIC WRAP Research. To review the listing in the National Registry of Evidence-Based Practices, go to National Registry of Evidence-Based Practices/WRAP.

### What does this mean?

Proving the efficacy of WRAP® means that, if you are providing a WRAP program to the people in your department, company, agency, organization, facility or community that replicates the model described in the manual, the same one that was so intensively studied, and if this training is facilitated by WRAP facilitators that have been trained by the Copeland Center for Wellness and Recovery, or who have been trained by people who are qualified to lead a WRAP facilitator training, you can expect that the people you are serving will understand that they have personal resources that they can use to help themselves stay well, and to help themselves feel better, that they have learned about

Advance Directives, and may even have developed one of their own.

In the past these people may have looked to others, and used intensive services to relieve their mental health issues. Now they will understand that they have the capacity to do this for themselves. In the long run, this means that you can meet more people's needs with lower costs for you and better outcomes—a win-win for everyone.

WRAP® programs, based on the model that was, and continues to be studied, are being offered in all kinds of circumstances and facilities all over the United States and all over the world. Although there is no way we can know this, many people believe that WRAP® is the most widely used mental health recovery program.

### What is the best way to provide WRAP®?

We believe, and the research proves, that people who attend a group based on the model described in the manual will clearly realize the greatest benefit. If you want to start a WRAP® program, contact the Copeland Center for Wellness and Recovery. They will work with you step-by-step to make this happen. The process will include:

- A two- or three-day Introduction to WRAP for up to 50 people.
- Up to 18 people who choose to become WRAP facilitators attend a five-day training led by Advanced Level\* [see footnote] WRAP facilitators.

*continued on page 4*

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## WRAP®

### *A Universal Key for Whole Health*

by Matthew R. Federici, Executive Director

The Wellness Recovery Action Plan can Save Lives! I recently attended a SAMHSA (Substance Abuse and Mental Health Service Administration) Wellness Steering committee, when it became clear that we need to shine a light on the whole health tool that WRAP® has been in the lives of so many of us. The SAMHSA Wellness Steering committee is a multidisciplinary Steering Committee representing consumers, providers, and researchers guiding national strategies to tackle the issues of whole health for people who are served by the mental health system, as a result of alarming numbers of people with mental health diagnosis who are having significant medical issues including heart disease, diabetes, respiratory disease and are receiving inadequate access to medical care. You can learn more about the committee at <http://www.promoteacceptance.samhsa.gov/10by10/>

WRAP is like a universal skeleton key that can unlock many aspects of wellness in one's life. As a WRAP Facilitator following the values and ethics taught in the Copeland Center Trainings, the discussions and learning we discover about wellness recovery has always been one of whole health. Our focus on Hope, Personal Responsibility, Education, Self Advocacy and Support as a foundation for self-directed recovery and the planning process for recovering our wellness encompasses our minds, body and souls. The simple, accessible and safe wellness tools we discovery with each other, have benefits on multiple aspects of our health, not just our thoughts and emotions.

Million Hearts, another national initiative, is guided to prevent one million heart attacks and strokes over the next five years and has joined forces with the Wellness Committee. To illustrate why, 73.7% of those with coronary heart disease in our nation have been identified as having one or more "behavioral health problem(s)." Obesity, diabetes and smoking are three main areas discussed as contributing to the alarming numbers of pre-mature death and linked to higher risks for heart problems. These three aspects of wellness are also popular areas where people have used WRAP to achieve significant positive results. You can learn more about Million Hearts at <http://millionhearts.hhs.gov/>

Here are just a few examples from real people who feel WRAP is useful for multiple aspects of their health:

- "Frankly, I use my WRAP plan for everything in my life, and I do have health issues including diabetes. It is as important as my daily meds..." - Angel
- "I have three WRAPs. One for my Mental Health, one for my diabetes, and one for work. It is an amazing tool." -Tammie
- "I use WRAP for living well with MS." - Nannette
- "I used WRAP with my WRAP buddy for weight loss and more importantly, as a tool to get through a Stage 3 cancer and 6 subsequent surgeries." - Margo

If you want to experience greater wellness, not just based on one aspect of health, then try WRAP and approach it as being about your whole health. If you want to improve the life span and whole health of people you serve in the mental health field contact the Copeland Center and bring a WRAP Facilitation to your community. As it has been said many, many times, WRAP SAVES LIVES, it's for you, and "only **you** can do **your** WRAP!"

Welcome to the Copeland Center Newsletter. This quarterly newsletter is free of charge by email or postal service. For subscriptions, go to [www.copelandcenter.com](http://www.copelandcenter.com). For multiple copies call 802-254-2092 or email: [books@mentalhealthrecovery.com](mailto:books@mentalhealthrecovery.com). You may freely copy and distribute this newsletter or parts of it, giving credit to Mary Ellen Copeland and the Copeland Center for Wellness and Recovery.

Published by: The Copeland Center

#### Copeland Center for Wellness and Recovery

The Copeland Center for Wellness and Recovery is a non-profit, 501(c)(3) organization founded in 2005 to provide training, consultation, and program activities to support the wellness and recovery journeys of individuals and to enhance the effectiveness of recovery groups, care providers, organizations, and systems. The Copeland Center provides training on the Wellness Recovery Action Plan® (WRAP®). It is the only organization in the world which conducts the training required to become a certified Advanced Level WRAP® facilitator.

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Mary Ellen Copeland - Mental Health Recovery & WRAP®

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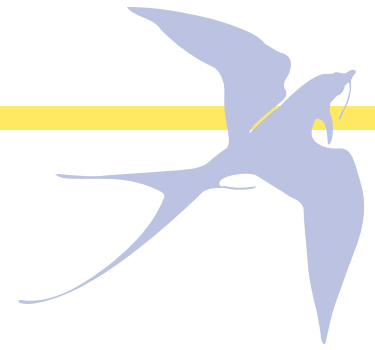
Box 301 West Dummerston, VT 05357-0301  
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#### Book Orders:

Phone: 802-254-2092, Fax: 802-257-7499  
Resource Distribution Manager: Anne Reed  
Email: [books@mentalhealthrecovery.com](mailto:books@mentalhealthrecovery.com)  
Order Online: [www.WRAPandRecoveryBooks.com](http://www.WRAPandRecoveryBooks.com)



# Message from Dr. Copeland



## A Note About WRAP®

by Mary Ellen Copeland PhD



I am absolutely delighted with this new listing in SAMHSA's National Registry of Evidence-based Programs and Practices. It is the result of many, many years of intensive work and rigorous research. My goal has always been, and continues to be, to get WRAP

and the other mental health recovery information, key concepts and values and ethics I have learned through over twenty years of intensive research, out to more and more people, people with mental health challenges who are desperate to reclaim their lives.

### A Word of Warning:

The WRAP intervention that is listed on the NREPP site has been rigorously studied. We know that this model is what works. And we know that it can be easily adapted, staying within this model, to make it work well for people with all

kinds of issues and in all kinds of circumstances. People who have serious mental health challenges and other major life issues deserve the best intervention possible. They deserve WRAP as it has been studied so intensively over time.

However, from time to time, I hear about agencies and organizations that are "short changing people":

- giving them some modified, untested version of WRAP,
- changing the order of the plan,
- not including information on the Key Concepts,
- not following the values and ethics,

- not referring to the manual and other resources that have been developed to describe this innovation,
- not adequately training WRAP facilitators, or
- not making information and resources available to people who would benefit from it.

This is unfair. People who have mental health issues deserve the best. If you are not sure whether your program meets the standards that will most benefit everyone, please contact The Copeland Center for Wellness and Recovery at [info@copelandcenter.com](mailto:info@copelandcenter.com) or (802) 254-5335.

We have also heard—and seen—resources and training models

that are clearly plagiarized from my work and the work of the Copeland Center. They often have slightly different wording, leave out important information, add information that is not part of this program, leave out or change the values and ethics, and may be retyped and designed as a form

of disguise. These materials are always ethical violations and are often legal copyright violations. They are not evidence-based. They siphon financial resources from our organization which is doing everything it can to develop, publish and distribute legitimate, well-studied materials wherever they are needed, while keeping the cost of these resources low and accessible to everyone who needs them—often even giving them away. We are so appreciative of the many, many people who use this program and materials as they have been so intensively studied.

Happy WRAPing. And thanks for all your good work. .

“People who have mental health issues deserve the best.”



**I WANTED TO SHARE WITH YOU** this picture of a bulletin board at a mental health facility in California. My niece, an architect, was visiting this facility in anticipation of doing some work for them. Imagine her surprise when, right before her, was a WRAP bulletin board. So she took a picture and sent it to me. WRAP bulletin boards seem like a great way to spread the word about WRAP. If you have a WRAP bulletin board or exhibit in your facility, please do send me a picture so I can share it with others. If you don't have one, perhaps now is a good

time to put one up. - **Mary Ellen Copeland**

# Answers to Your Questions *Continued...*

WRAP facilitators lead WRAP groups in your organizations.

People can also meet the prerequisite for becoming a WRAP facilitator (instead of taking the 2-3 day Introduction) by taking a Correspondence Course offered by the Copeland Center.

WRAP and Recovery Books provides the materials needed by facilitators and participants. You can contact them at WRAP and Recovery Books

If you already have qualified WRAP facilitators and Advanced Level WRAP facilitators available in your area, they know the model and they can help you get started. If you are not sure if your WRAP facilitators are qualified or you need more information, contact the Copeland Center for Wellness and Recovery at (802) 254-5335 or e-mail <mailto:info@mentalhealthrecovery.com>

## **Why do we need the training? Why can't we just do this ourselves without any training?**

You can do it yourself without any training. But if you do it yourself without the training, it is not the highly respected evidence-based model. It may be difficult to get it approved and funded. And the participants may not get the benefit of what we know they will get if the evidence-based model is used.

The evidence-based trainings are highly interactive courses that were designed by Dr. Copeland with input from many, many peers and from health care providers to ensure that a critical set of values and ethics are practiced in implementation of the WRAP® program. WRAP® is powerful in recovery because it evolved from people's life experiences. The WRAP® Facilitator's Course is all about bringing that lived experience into the curriculum for a transformative group process.

## **We have a small support group. I have a WRAP and I am working with some of the other people**

## **in the group to help them develop a WRAP. Would I benefit from taking the Correspondence Course and attending the Facilitator Training?**

Yes, you would benefit from taking the Correspondence Course and taking the Facilitator Training. In the Correspondence Course, you will be working directly with a teacher who has years of experience as a WRAP facilitator. You will benefit from the information, assistance and support you receive. In the Facilitator Course, in addition to learning about WRAP group facilitation, you will learn about the key concepts of recovery and the WRAP Values and Ethics, all essential components of what you are doing. When you have completed these courses, you may decide to do more WRAP work in your area, or use your skills in an agency or organization.

## **I am informally sharing WRAP with others. And I know lots of people are developing a WRAP just by using one of the books. Is that OK?**

People who for one reason or another simply do not have the means or access to complete the WRAP Facilitators Training may use the manual and steps outlined to share the ideas and materials in the manual but this is only to keep free flow of information to people in recovery that could benefit from the information. It does not meet the evidenced-based practice and is not the equivalent of the Copeland Center WRAP Facilitation training.

Organizations receiving funding to offer WRAP and any other support services should be planning to implement evidenced-based practices. People who have been coping with serious mental health challenges for many years deserve the very best that we can offer.

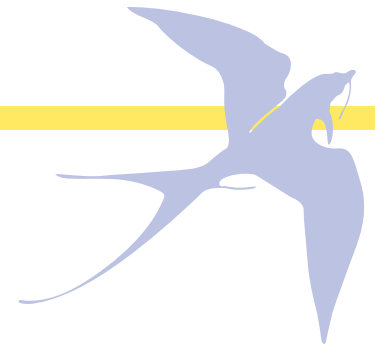
The Copeland Center for Wellness and Recovery is currently the only organization qualified to train and certify Advance Level WRAP Facilitators [ALF's] who can teach others how to be WRAP facilitators.

### Resources:

Copeland, M.E. (2012) Facilitator Training Manual: Mental Health Recovery Including WRAP. Dummerston, VT: Peach Press.

Available only through WRAP and Recovery Books WRAP and Recovery Books, PO Box 301, W. Dummerston, VT 05357, (802) 254-2092 or [books@wrapandrecoverybooks.com](mailto:books@wrapandrecoverybooks.com).





## Insight of Interconnection

### Key to My Recovery

by Nanette V. Larson

Gaining insight into the relationship between my body, mind and spirit was one of the keys to my recovery, and continues to be one of the chief methods by which I am able to successfully work through challenges in my life. Sadly, it also seems to be the least understood aspect of mental health in general.

I am often asked questions like, “I’ve heard that mental illness is caused by a biochemical imbalance in the brain. Is that true?” Another common question I have heard is, “Isn’t mental illness really a spiritual sickness? If the person makes a healthy spiritual connection, they will get better, right?” And it is not at all uncommon to hear things like, “That’s just a lot of negative thinking. People don’t need all those (psychiatric) drugs. They just need to think positive thoughts, right?”

The sad thing is that all of these questions reveal how deeply misunderstood this whole process of recovery can be. It is my hope that, in sharing a bit of my experience, it may help others to gain a deeper understanding and possibly even some personal insight!

Body. Mind. Emotions. Choices. Spirit. All are part of me. And all are inter-related. When my body hurts, which it often does, I have thoughts about that. Sometimes those thoughts are positive (*Wow, my body hurts less today than it did yesterday!*). Other times those thoughts are negative (*Oh my goodness, I cannot believe how bad I hurt today... what have I done?!*). Either way, those thoughts lead to emotions, which lead to choices. And those thoughts, feelings and decisions have an impact on my spiritual condition at that moment (on the one hand, feeling thankful, and giving glory to God; on the other hand, feeling sad and frustrated, which leads to self-pity, which results in my feeling disconnected from God).

“The sad thing is that all of these questions reveal how deeply misunderstood this whole process of recovery can be. It is my hope that, in sharing a bit of my experience, it may help others to gain a deeper understanding and possibly even some personal insight.”

Prior to my gaining an understanding of this interconnection, I operated under an assumption that there was only one correct answer to the question, “What is wrong with me?” But with this new insight, I have come to understand that any time I am experiencing distress, it is happening on all of these levels at once. So if I am feeling depressed, I need to attack it on as many levels as possible. There is a physical element to depression. I’ve got to get my body moving. Exercise is an excellent intervention. There is a mental element to depression, so I’ve got to deal with my thoughts. I have to take time to “think about what I’m thinking about.” Usually, once I’ve done that, I am able to identify the emotions and choices I have been making which are related to those thoughts, even if they’ve been on a subconscious level. And there is a spiritual element to depression as well. When I’m feeling depressed, I can lose track of the things that matter to me the most, the things that give my life meaning and purpose. So I have learned the importance of connectedness. Reaching out to others in my faith community is an excellent intervention.

What is most important is doing a little bit of all of these things. If I do only one of these things, or if I only do things that are helpful in one area, the depression remains. It is only when I attack it on all levels—when I apply that key insight of the interconnectedness of who I am (body, mind, emotions, choices, spirit) to my recovery effort—that I experience breakthrough. Perhaps this is why WRAP (Wellness Recovery Action Plan) has been so meaningful to me. It is a way that I can work on all of these things at once, rather than having just one answer to a very complex problem.

As you discover these connections, may you also experience breakthrough in a whole new way!

# Save the Date!



**is coming to...**

# California!

**WRAP Around the World Conference**

**January 26-28, 2013**

**Marriott Oakland City Center**

**Oakland, California**

*Stay tuned for more information!*

# Fluent in the Language of Wellness

by Marina Gresham, Cornerstone Clubhouse, Phoenixville, PA



At the beginning of August, I had the honor of attending the WRAP Around the World Conference in Philadelphia and presenting a workshop there. There were about 550 conference attendees—people from about ten countries and

forty states in the U.S.

I also had the great pleasure of meeting Mary Ellen Copeland and holding her hand, and she lived up to my expectations. What a terrific hero! I am very grateful to her for creating this wonderful and growing environment of great kindness. One thing that I really appreciate about WRAP is its respectful openness to individual interpretation. This approach seems to breed more possibilities and conversations. And to create a culture of people who use this wellness tool in their individual way, based on their own experience, have new ideas that may reach others, as long as people are true to the 5 Key Concepts and the Values and Ethics of WRAP.

The conference was an amazing learning experience. I learned new ways to understand WRAP. I learned that the 5 Key

Concepts on which WRAP are based are more important than I knew previously. I also learned that the WRAP process can be applied to groups and organizations—Cornerstone Clubhouse could have a WRAP... maybe it already does by another name. I learned about a possible future scenario of what WRAP can and may grow to be eventually. The Tennessee Experience in which 6000 mental health consumers were trained in the WRAP process. The presenters described that on this level WRAP can become a common language, lifestyle.

Lately, there are a variety of new ways to keep up with the WRAP community. For example, you can have an intensive WRAP experience on a WRAP retreat for completing or updating a WRAP. You can create special kinds of supportive WRAP relationships with a mentor or “pal.” You can listen to recordings of Mary Ellen Copeland’s recent messages on YouTube’s WRAP Channel. You can friend and network with other WRAPPERS on Facebook. You can write articles in the Mental Health Recovery Newsletter. You can go to conferences, networking events and read a number of books on WRAP topics. You can even attend WRAP classes here at Cornerstone Clubhouse!

## Resources

# Wellness Tools for Everyone

by Carol Bailey Floyd

Everyone uses Wellness Tools, whether or not they have a WRAP (Wellness Recovery Action Plan). Wellness Tools in action are the things we do to relax and enjoy ourselves that take us away from the cares of everyday living. They can also invigorate and energize us. In the context of WRAP, they can become Action Plans in the event of Triggers, Early Warning Signs, or When Things Are Getting Worse. They can also be part of our daily planning and surface in other parts of WRAP, too.

My number one Wellness Tool is journaling, and because of it, I can get to a positive turnaround for just about any situation. I also enjoy walking, reading, movies, photography, doing Zentangles (see [zentangle.com](http://zentangle.com)) and finding usual fun things to do. Using Wellness Tools regularly has become a fun way of life for me, but

I have also noticed that I am stronger, more light-hearted, and better equipped to handle life’s ups and downs.

I’ve really come to believe that we’re all in this together, and we all have challenges to overcome throughout our lives. That’s why WRAP is relevant for anyone, and Wellness Tools are universal in their application. The more Wellness Tools we have at our disposal, the better equipped we are to face life’s everyday challenges and even rougher times. It’s much easier to increase the level of Wellness Tools when they are active in our lives, than to try to add them from out of nowhere when we are feeling low. Using Wellness Tools regularly is a great way to build energy and resilience.

Carol has a blog on Wellness Tools (Fun Things to Do) [www.celebratepossibilities.blogspot.com](http://www.celebratepossibilities.blogspot.com)

# Announcing...

## WRAP Wellness Retreat

May 6-10, 2012

Genesis Spiritual Life and Conference Center  
53 Mill Street, Westfield, MA 01085

Join experienced recovery educators for a week of activities, workshops, and fun while expanding your wellness toolbox, trying new things, and focusing on your personal wellness. Recovery educators will be on hand to support participants in writing and expanding their WRAPs.



fully into your own life. The Retreat wraps up on Saturday at lunchtime when all participants will receive certificates for their participation at a celebration of continuing wellness.

The Wellness Retreat is open to anyone from WRAP beginners to Advanced Level WRAP Facilitators. Attending the Wellness Retreat will qualify participants for WRAP Facilitator Training.

Tuition: \$750 including all meals, activities, and lodging. Participants responsible for their own travel to the location.

To apply: <http://tinyurl.com/WRAPretreat-2012>

For more information, please contact Katie Wilson, Director of Marketing and Special Projects, [katiejwilson@gmail.com](mailto:katiejwilson@gmail.com)

Arrive Sunday, for dinner and get to know each other activities. Each day will start out with the full group delving into either writing or expanding their Wellness Recovery Action Plan with a special focus on balancing your wellness toolbox, identifying your triggers and early warning signs, and building support into your life. The afternoons will consist of concurrent workshops to get your mind and body moving. Workshops will include yoga, tai chi, art activities, journaling, mediation, Zumba, discussions on sex and intimacy, facilitating WRAP, and much more. Each activity will be followed by a chance to deeply reflect on how these things could fit



**“Reflecting on the past year that being with all of you  
at the Retreat in that magical time where we all let our true lights shine  
was the best event for me of the year.”**



# WRAP<sup>®</sup> and Recovery Books

MARY ELLEN COPELAND, PhD



## Did you know...

*The WRAP Facilitator Manual is now available in Spanish?*

*visit...*

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

...and find Books, CDs, Articles, Videos, Webinars, E-Learning Courses and more!

You'll find a wide variety of mental health recovery topics related to depression, WRAP for Kids, WRAP for Veterans, Trauma and more.



## The Many Faces of WRAP

By Marvel Boolman  
CRSS (Certified Recovery Support Specialist) and WRAP Facilitator

I am often encouraged by being a facilitator of the Wellness Recovery Action Plan (WRAP). In the six years of facilitating WRAP in a Mental Health Center setting I have seen many different faces of people that enter my class. I have seen the anxious faces; they feel scared and not sure what to think of the class. I have seen the bored face—the one who is so sick of going to groups and feel they get nothing out of them. I have seen the suspicious face. This face seems to be saying, “OK, who are you and what are you going to tell me that someone else hasn’t said already?” I have seen the faces of the downhearted—the ones who feel sick and tired of being sick and tired. The different faces seemed to have one thing in common. That common factor is hopelessness. But something happens in the WRAP classes that encourages me to stay at the peak of wellness with my own mental health issues. This something happens as I tell the story of Mary Ellen Copeland.

When I begin class, I explain that the WRAP program was developed by Mary Ellen Copeland and tell the story of Kate, her mother, who came out of a long eight year stay in a institution and went on to a very productive life. I start seeing heads go up and eyes turn toward me. I continue to explain that Mary Ellen Copeland also had mental health issues and wanted recovery from those issues. I further explain how she struggled with getting the answers to her recovery from the providers she was seeing. People in the room would become more alert and some would start to move up closer stating they wanted to hear better. As I explained that WRAP was developed with others who have or had mental health issues and that I myself have a mental illness, something awesome begins to happen.

As I look around the room faces start to change. The anxious seem to relax. The bored seem interested. The suspicious seem more comfortable. The downhearted seem to be hanging on every word. Among the change in the faces I notice another common factor begin to show. This common factor is the something that I said encourages me to stay well. It helps me to have strong visions of the possibilities of mental health recovery and recovery from catastrophic effects that mental illness can cause. This something I see in the faces around me. This something has changed the faces of millions with mental health issues. This something is **Hope!**

From *The Recovery Times*, Summer 2011

### WEBINARS

Find out more at:  
<http://copelandcenter.com>  
Discover our upcoming schedules.  
Review recordings and handouts  
from previous webinars!



### FACEBOOK PAGES

Copeland Center  
for Wellness and Recovery  
Learn the latest from the Copeland  
Center  
Mary Ellen Copeland -  
Mental Health Recovery & WRAP®  
Mary Ellen's WRAP page

### FACEBOOK GROUPS

Mental Health Recovery and WRAP®  
- Wellness Recovery Action Plan  
A group for learning more about  
WRAP®  
WRAP® Facilitators  
For all WRAP® Facilitators

### CORRESPONDENCE COURSE

Divided into six lessons with reading assignments, projects, activities, and discussion with the instructor, the Correspondence Course takes you through recovery topics, peer support, trauma, lifestyle issues, WRAP®, and reflection on your own recovery journey.

The course instructor is an experienced recovery educator. The Correspondence Course is an excellent way to prepare to become a WRAP® Facilitator.

For more information:  
<http://copelandcenter.com/trainings/correspondence-course/>

WRAP<sup>®</sup> Wellness  
Recovery  
FOR THE EFFECTS OF  
TRAUMA Action  
Plan

## New Book! WRAP for the Effects of Trauma

I have always suspected that the mental health challenges I have faced in my life, and those that affect so many other people, were actually caused by the “bad things” or trauma that they had experienced. Over time more and more people, both clinicians and people with lived experience, have come to share the view that the things we experience, like flashbacks, dissociation, anxiety, paranoia, nightmares and hearing voices, are the result of trauma. Now it is considered best practice to ask a person who is having a hard time, “What happened?” and “What do you need?” instead of “What is wrong with you?” And, given that focus, there are lots and lots of things that people who have been traumatized can do to help themselves feel better and stay well. WRAP is a great tool that you can develop for yourself to do just that.

This book is an adaptation of the basic WRAP program for people who recognize trauma as the cause of their mental health difficulties. It includes information specific to the experience of being a trauma survivor, examples of signs of distress that may be trauma-related, and lots of ideas for wellness tools and action plans that work. It can be your personal guide to recovery and wellness whether you are developing

your WRAP in a group, if you are working with a supporter to develop your WRAP, or if you are developing your WRAP on your own. Like the red WRAP book, it contains comprehensive instructions for developing your WRAP and in-depth descriptions of some of the most common Wellness Tools. In addition, it contains lots of information and examples that are specific to addressing issues related to trauma, information from people like yourself who are working on their wellness and recovery.

Wishing you a rewarding recovery journey,  
Mary Ellen Copeland

# Copeland Center

FOR WELLNESS AND RECOVERY



*promotes personal, organizational,  
and community wellness and  
empowerment through education,  
training, and research.*

The Copeland Center for Wellness and Recovery serves hundreds of people each year through WRAP<sup>®</sup> Facilitator Training, introducing people to WRAP<sup>®</sup>, and by providing technical assistance to agencies and organizations. The Copeland Center reached its highest annual scholarship level, awarding 60 individual scholarships for trainings and conferences in 2011

The Copeland Center works with the Veterans Administration, state agencies, community organizations, and individuals to create greater wellness for people who are struggling with life's challenges. Your contribution gives us the means to offer more scholarships in our trainings and offer our trainings in areas that are underserved.

If WRAP<sup>®</sup> has made a difference in your life please contribute so we can extend WRAP<sup>®</sup> and wellness further in communities around the world. The Copeland Center is a non-profit (501c3) and all donations are tax-deductible.

### *Make a Difference Today!*

To give a tax-deductible donation, helping to support activities of The Copeland Center, complete this form.

Make your check or money order payable to The Copeland Center for Wellness and Recovery, Inc., and mail it to: P.O. Box 6471, Brattleboro, Vermont 05302. **Or, donate online at: [www.copelandcenter.com](http://www.copelandcenter.com)**

Name \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Would you like to give this gift in honor/memory of someone? Name of honoree \_\_\_\_\_

# Copeland Center Calendar

## INFORMATION AND REGISTRATION

### Need New Calendar Dates And Events

#### February 29 - 2-3:30pm EST

Webinar: Creating A Culture of Wellness:  
A Path To Eliminating Seclusion and Restraints

#### March 21 - 2-3pm EST

Webinar: WRAP for the Effects of Trauma

#### April 9-13

WRAP Facilitator Training - Chicago, IL

#### May 6-10

WRAP Wellness Retreat - Westfield, MA

#### August 20-24

Advanced Level WRAP Facilitator Training - Texas

#### October 1-5

WRAP Facilitator Training - Brattleboro, VT

For more information on these and other trainings,  
please visit <http://copelandcenter.com>



is a website to share your WRAP® story,  
publicize your WRAP® group and recovery related events,  
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Please visit often as the content is always changing  
and the more we can share with each other, the more  
we strengthen the recovery movement.

<http://wraparoundtheworld.com>

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## Going Green!

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