



# Spotlight on Mental Health

## VISIONARY CONVERSATIONS

ON OUR OWN OF MARYLAND PRESENTS

### Wellness Recovery Action Planning: A Do-it-Yourself Power Tool

with

#### Mary Ellen Copeland, Ph.D.

Internationally known mental health educator.  
Founder & Chair, The Copeland Center for Mental Health Recovery

Getting well and staying well for the long term is the focus of Mary Ellen Copeland's work as author, distinguished educator and mental health advocate. Her work is based on the study of the day-to-day coping and wellness strategies of people who have experienced mental health difficulties. It centers on self-help, recovery and long-term stability.



Dr. Copeland undertook these studies out of frustration with dealing with her own recurring symptoms. In collaboration with others, she developed the popular Wellness Recovery Action Plan (WRAP®) as well as many other self-help resources which are widely used nationally and internationally. Her latest books are revisions of books she wrote in the past. *WRAP Plus* is a revision of the popular *Living Without Depression and Manic Depression* which she wrote in 1994. And an updated version of *WRAP for Kids* is now available.

#### 1:00 – 2:00 Part One: "Understanding the Blueprint"

WRAP® is a key resource in the mental health recovery movement. Dr. Copeland will discuss the use of WRAP® as a powerful tool in self-directed recovery, long-term wellness and stability. Emphasis will be placed on the values, ethics, key concepts and evidence base that support this work.

#### 2:15 – 3:30 Part Two: "Learning to Use the Tool"

Evidence has shown how important WRAP® is as a transformational tool for consumers; what you may not know is that it is also a great tool for providers. WRAP® works for any personal goal, from quitting smoking or losing weight to dealing with burnout and compassion fatigue. In this session, you'll learn how you can utilize this tool in your own life, and you'll have the opportunity to begin your own plan.

#### 3:40 – 4:30 Part Three: "Step into our Living Room: A Conversation with Mary Ellen Copeland"

Join us for a question and answer session about various facets of Dr. Copeland's work, research and interests. Audience members will have an opportunity to submit questions upon arrival for possible inclusion in the session.

For more information, please visit <http://visionaryconversations.wordpress.com>

**Sponsors:** Mental Health Services Training Center, University of Maryland, Baltimore

A Certificate for 3.0 Continuing Education Units; 3.0 Continuing Education Credit Hours of Category 1; or 3.0 Continuing Education Units of Category A will be awarded upon completion of this training and of a completed evaluation. The Mental Health Services Training Center of the University of Maryland, School of Medicine, Department of Psychiatry is authorized as a sponsor of Continuing Education Units. The Center maintains responsibility for this program. A Certificate of Attendance will be made available for all other disciplines. *Please choose the CEU/COA option when you register.*

**Spotlight on Mental Health: Visionary Conversations** is a series of seminars bringing you relevant, thought-provoking, and useful ideas and information about mental health. The Speakers Series is made possible through a Maryland Mental Health Transformation State Incentive grant from the Substance Abuse and Mental Health Services Administration.

#### WHEN

Tuesday, April 5, 2011  
1:00 PM - 4:30 PM

#### WHERE

**Turf Valley Resort ~  
Cameo Ballroom**  
2700 Turf Valley Road  
Ellicott City, MD 21042

#### REGISTRATION

Tickets starting at \$35 and on sale at:  
[visionaryconversations2.eventbrite.com](http://visionaryconversations2.eventbrite.com)



**CEUs & COAs available**

**Accommodations:** Should you require special accommodations, such as interpreter service, please contact On Our Own of Maryland, Inc. at 410-646-0262 or [oomd@earthlink.net](mailto:oomd@earthlink.net) with your request by March 22, 2011.

**REGISTER NOW**