

Registration

“Introduction to Mental Health Recovery including WRAP®”

March 12 & 13, 2012

8:30 am - 5:30 pm

Registration 8:00 am - 8:30 am

Cost: \$229 per person.

Space is limited to 30, please register early.

- Enclosed is my check for \$229. Please register me for the March 12 & 13, 2012 training.
- Enclosed is a purchase order for this training. Please register me for the March 12 & 13, 2012 training and send me an invoice for payment.

Please complete a separate form for each individual.

Name _____

Organization _____

Address _____

City _____ Zip Code _____

Phone _____

E-mail _____

- Vegetarian Meal
- Special accommodations, i.e. hearing interpreter.
(10 day notice is required)

Please indicate the kind of attendance verification desired:

- Continuing Education Credit (social workers, psychologists, licensed professional counselors and therapists)
- Certificate of Attendance (nurses and all other disciplines)

Please mail or fax back registration
by Thursday, March 8, 2012 to:

The WRAP Outreach Project

1521 S. Edgewood St., Ste. C • Baltimore, MD 21227

Phone: 410-646-0262 • Fax: 410-646-0264

Directions

The Meeting House
5885 Robert Oliver Place
Village of Oakland Mills
Columbia, Maryland
410-730-4090



From Baltimore or Washington:

1. Take I-95 to Maryland Route 175
2. Exit onto westbound Route 175, toward Columbia
3. Turn left at Thunder Hill Road
4. Thunder Hill Road dead-ends at The Meeting House; the parking lot is on the opposite side of the building

From points north or south of Columbia:

1. Take US 29 to Maryland Route 175
2. Exit onto eastbound Route 175, toward Jessup
3. Turn right at the first traffic light onto Thunder Hill Road
4. Thunder Hill Road dead-ends at The Meeting House; the parking lot is on the opposite side of the building

From Maryland's Eastern Shore:

1. Take westbound U. 50 to and across the Chesapeake Bay Bridge
2. Exit onto northbound I-97, toward Baltimore
3. Exit onto westbound Maryland Route 32, toward Columbia
4. Exit onto northbound US 29, toward Baltimore
5. Exit onto eastbound Route 175, toward Jessup
6. Turn right at the first traffic light onto Thunder Hill Road
7. Thunder Hill Road dead-ends at The Meeting House; the parking lot is on the opposite side of the building

Wellness Recovery Action Plan



“Introduction to Mental Health Recovery including WRAP®”

with Denise Camp,
WRAP® Coordinator, WRAP® Outreach Project

Wednesday & Thursday,
March 12 & 13, 2012
8:30am - 5:30pm

The Meeting House - Columbia, MD



GENERAL INFORMATION

The On Our Own of Maryland, Inc. WRAP® Outreach Project is proud to offer “Introduction to Mental Health Recovery including WRAP®” training on March 12 & 13, 2012. This two-day training will be held at The Meeting House in Columbia, MD. The Recovery Revolution is here! Are you on board?

Recovery is possible for those with serious mental health and/or substance abuse issues. One tool being used around the world is WRAP® – the Wellness Recovery Action Plan. Thousands of people have used this tool to lead happier, healthier, and more satisfying lives.

WHAT IS WRAP®?

WRAP® is a self-designed, self-management and recovery system that was developed by a group of people with mental health difficulties who were struggling to incorporate wellness tools and strategies into their lives. Although WRAP® was developed by and for people who have difficulties with mental and emotional stressors, it is often used to help with substance abuse problems and the many physical issues that often co-occur causing uncomfortable or distressing feelings. In fact, WRAP® can be used for any issue or area of one’s life such as smoking cessation, pain and stress management, or relationships. WRAP® is a tool a person develops for themselves to help themselves - it is not a replacement for therapy, medication or any other tools one already uses in their recovery. It is a tool to complement existing treatments, therapies and strategies. WRAP® is an evidence-based program,

and is recognized as an effective tool for recovery, and is registered with the Substance Abuse and Mental Health Services Administration (SAMHSA) as such.

WHO SHOULD ATTEND?

The training is open to anyone who wants to increase their understanding of mental health recovery concepts, skills and strategies, including the WRAP® process. It is also for anyone who is looking for an introduction to WRAP®. It is required for anyone interested in becoming a WRAP® Facilitator but has not taken a WRAP® class. This training is being offered to providers as well as consumers. Per the Copeland website, this training is offered only in local areas in either a 2 or 3 day format. This training is in the 2-day format. CEUs & COAs are being offered for this training. In order to get CEUs & COAs, you must attend both days and turn in a completed evaluation.

PRESENTERS

Your facilitators for this training will be Denise Camp and Miriam Yarmolinsky. Both are Advanced Level WRAP® Facilitators, trained and certified by the Copeland Center. Ms. Camp is the WRAP Project Coordinator at On Our Own of Maryland and Ms. Yarmolinsky is the Founder/Executive Director of Peer Wellness & Recovery Services, Inc.

COST

The cost of the training is \$229 per person. Space is limited to 30 people per class, so register early. Your fee includes:

- All books and materials
- Continental breakfast, lunch and snacks for each day

INFORMATION COVERED IN THE TRAINING INCLUDES...

- Creating Participant Agreements
- What do we mean by “Recovery”
- Recovery Topics to Explore
- Copeland’s Key Recovery Concepts
- Wellness Tools
- The Daily Maintenance Plan
- Triggers and Early Warning Signs – what’s the difference
- Rethinking the concept of “crisis”
- Crisis Planning
- The importance of a Post Crisis Plan
- How to become a WRAP® Facilitator

This training is co-sponsored by the University of Maryland, Mental Health Services Training Center.

A Certificate for 13.5 Continuing Education Units; 13.5 Continuing Education Credit Hours of Category 1; or 13.5 Continuing Education Units of Category A will be awarded upon completion of this 2-day 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.