

COMMUNICATOR

Recovery Lecture WRAP-Up



Carol Bailey Floyd presented the seventh Recovery Lecture on September 21 at Hancock High School. The presentation was originally planned for the Magnuson Hotel but a booking snafu caused a last-minute move. Thanks to great cooperation from agency staff and local radio stations, the lecture went off without a hitch. A total of 184 people attended both afternoon and evening lectures, the largest audience yet for this lecture series.

Carol works with the Copeland Center for Wellness and Recovery, founded by Mary Ellen Copeland. She travels around the country speaking about WRAP (Wellness Recovery Action Plan) and facilitating workshops for people interested in learning how to create their own.

Carol describes people as facing a mental health challenge rather than a diagnosis. She believes this change in language is an important one. Describing someone by a diagnosis implies a permanent condition while discussing someone as dealing with a challenge implies something which can be faced and managed.

WRAP is a complement to traditional treatment and guides people through the process of identifying and understanding their personal wellness resources ("wellness tools") then helps them develop an individualized plan to use these resources on a daily basis to manage their mental health challenges.

WRAP has the following goals:

- Teach participants how to implement the key concepts of recovery (hope, personal responsibility, education, self-advocacy, and support) in their day-to-day lives.
- Help participants organize a list of their wellness tools--activities they can use to help themselves feel better when they are experiencing mental health difficulties and to prevent these difficulties from arising.
- Assist each participant in creating an advance directive that guides the involvement of family members or supporters when he or she can no longer take appropriate actions on his or her own behalf.
- Help each participant develop an individualized post-crisis plan for use as the mental health difficulty subsides, to promote a return to wellness.

WRAP was first implemented in 1997. Since then, over 2,000 facilitators have been trained and millions of people have participated in WRAP groups in the US, Australia, Canada, England, Hong Kong, Ireland, Japan, New Zealand and Scotland. Based on the results of several scientific studies, SAMHSA (Substance Abuse and Mental Health Services Administration) now identifies WRAP as an evidence-based practice. (Note: There are two trained WRAP facilitators in the Houghton area, including one who works for CCMH.)

For more information on WRAP, go to www.mentalhealthrecovery.com.

CCMHS RECEIVES (MDCH) CERTIFICATION

This summer, the Division of Quality Management & Planning conducted an on-site review of Copper Country Mental Health Services. The purpose of the review was to determine CCMHS’s compliance with the certification rules promulgated in supplement No. 7 to the 1987 DCH Administrative Rule. This was required of CCMHS since our agency made the choice not to continue accreditation with CARF.

The DCH on-site review, which took place July 12-14, 2011 focused on discussions with program staff members, reviews of administrative policies and procedures, personnel files, past DCH site review activities, provider monitoring and other related materials.



During her visit to the CCMHS, DCH on-site reviewer, Jody Lewis, was especially impressed with the Northern Lights Clubhouse and the Baraga Center Day Program, noting the enthusiastic participation of members in each of these programs. Lewis was also impressed with CCMHS’ well organized personnel files and training records.

Certification through MDCH is effective until September 30, 2014. A special thank you to all the staff who assisted in preparing for this extensive review and participated in the on-site visit with DCH representative, Jody Lewis.

**Halloween Decorating Contest—
Jack O’Lanterns**

It’s October and time to think about the Halloween Decorating Contest again! This year there will be a theme, which will be “Jack O’Lanterns”. All entries will be judged on how well their decorations represent this theme. Group homes can use real or artificial pumpkins in any way they choose but Jack O’Lanterns should be prominent in the decorations. Good luck!!

