

## **Module II**

### **Recovery**

#### **Reference List**

Many recovery resources are available in printed materials and on the web. Although not an exhaustive list, below are several widely known web sites which may be accessed by consumers, family members, providers, researchers and others. Inclusion on this list is not intended as an endorsement of any particular group.

#### **Advocacy Unlimited**

Founded by Yvette Sangster, AU offers a model program in which consumers learn advocacy skills and networking in order to help themselves and others gain access to the services they need and want and by doing so, work to effect changes in mental health policy and services through grassroots community, social, and legislative action. Developed in Connecticut, AU also has a program in Boston, Massachusetts.

Contact info: Advocacy Unlimited  
300 Russell Road  
Wethersfield, CT 06109  
Phone: (860) 667-0460  
Toll Free in Connecticut: 1-800-573-6929  
Fax: (860) 667-2240  
URL: <http://www.mindlink.org/>  
Email: [webmaster@mindlink.org](mailto:webmaster@mindlink.org)

#### **Boston University's Center for Psychiatric Rehabilitation**

Information is available on how to register for trainings to learn and teach recovery techniques, how to sign up on-line to receive the Mental Health and Rehabilitation eCast and how to order printed materials such as Leroy Spaniol's Recovery Workbook.

Contact info: Center for Psychiatric Rehabilitation  
Boston University  
940 Commonwealth Avenue West  
Boston, MA 02215  
Phone: (617) 353-3549  
Fax: (617) 353-7700  
URL: <http://www.bu.edu/cpr/>

#### **Mary Ellen Copeland**

Information includes The Wellness Recovery Action Plan (WRAP), one of the most utilized consumer-directed guides on how to recover. Instructions are also available on how to order her books and how to register for training sessions to become qualified to teach using her philosophy and methods. Her newsletter is available on-line or one can sign up to have it sent electronically or by mail.

Contact info: Mary Ellen Copeland, MS, MA  
P.O. Box 301  
West Dummerston, VT 05357  
Phone: (802) 254-2092  
Fax: (802) 257-7499  
URL: <http://www.mentalhealthrecovery.com/>  
Email: [copeland@mentalhealthrecovery.com](mailto:copeland@mentalhealthrecovery.com)

### **National Empowerment Center**

A consumer/survivor/expatient-led organization offering resources including a newsletter and information on an alternative to the P/ACT programs called PACE, Personal Assistance in Community Existence.

Contact info: The National Empowerment Center  
599 Canal Street  
Lawrence, MA 01840  
Phone: 1-800-POWER2U or 1-800-769-3728  
(Outside the U.S.) +978-685-1518  
(Fax) +978-681-6426  
(TTY/TTD) 1-800-TTY-POWER or 1-800-889-7693  
URL: <http://www.power2u.org/>

### **National Mental Health Consumers' Self-Help Clearinghouse**

The Self-Help Clearinghouse is a national consumer-run technical assistance center which connects individuals to self-help and advocacy resources. Expertise is offered to self-help groups and other peer-run services for mental health consumers, and those interested in the consumer/survivor/ex-patient movement.

Contact info: National Mental Health Self-help Clearinghouse  
1211 Chestnut Street, Suite 1207  
Philadelphia, PA 19107  
Phone: 1-800-553-4KEY [4539] or (215) 751-1810  
Fax: (215) 636-6312  
URL: <http://mhselfhelp.org>  
Email: [info@mhselfhelp.org](mailto:info@mhselfhelp.org)