

BOOKING FORM *continued*

Please complete the following form (one form per delegate) and return to the relevant IMHREC address on the reverse as soon as possible and no later than 5 working days prior to the date of the relevant conference:

Title: _____ Forename: _____

Surname: _____

Position (if applicable): _____

Organisation (If applicable): _____

Address/Organisation Address: _____

Daytime Telephone No.: _____

Email address: (please print clearly): _____

Please state any other requirements _____

Please tick all that apply: **(optional)**

Person with self experience of mental health difficulties

Family member

Community Worker

Mental Health Professional

Please tick if you would like more information on our upcoming events?

2-Day Workshop

5-Day WRAP facilitator Education



People who have experience of recovery say:

“Hope is a more constant feeling.”

“I am increasingly accepting my life and gaining contentment.”

“Although I’m still dealing with my mental health difficulties, I’ve recovered sufficiently to want to live and participate in my community”.

People who are using WRAP as a tool for mental health recovery say:

“WRAP has fast forwarded my recovery.”

“WRAP gets me in touch with my inner manager.”

“WRAP is an invaluable aid that we are putting into practice across our rehabilitation and recovery service. I cannot recommend it too highly.”

Dr Glenn Roberts *FRC Psych MD*
Consultant Psychiatric Rehabilitation and Recovery. Co-editor: Healing stories: Narrative in Psychiatry and Psychotherapy.

“WRAP puts practical teeth into the rhetoric of strengths based and user centred services.”

Professor KWM (Bill) Fulford
Co-editor: Oxford Textbook of Philosophy and Psychiatry

Evaluation

The project is being evaluated by a group of researchers from University College, Cork, the University of Nottingham and Trinity College, Dublin and is led by Dr Agnes Higgins from the School of Nursing and Midwifery at Trinity College, Dublin.



How can I find out more?

To attend the 1 day launch conference, please complete and return the attached **Booking Form** to the appropriate IMHREC email/postal address or call relevant no. to make a telephone booking. See below for conference dates and venues.

For general enquiries, please e-mail/phone the relevant contact for your area. (Contact details below)

Funded by the Department of Justice, Equality & Law Reform and managed by Pobal, under the Enhancing Disability Services project.



Dublin Conference:

Date: Thursday, 26th March 2009
Location: Red Cow Moran Hotel, Naas Rd., Dublin 22.
Time: 9.30am to 4.00pm
Contact: dublin@imhrec.ie/086 085 8702

Cork Conference:

Date: Tuesday, 7th April 2009
Location: Charleville Park Hotel, Charleville, Co. Cork.
Time: 9.30am to 4.00pm
Contact: cork@imhrec.ie/086 085 8073

Sligo Conference:

Date: Tuesday, 5th May 2009
Location: Glasshouse Hotel, Sligo.
Time: 9.30am to 4.00pm
Contact: sligo@imhrec.ie/086 085 8667

IMHREC



IRISH MENTAL HEALTH
& RECOVERY EDUCATION CONSORTIUM

Facilitating
New
Approaches in
Mental Health
Recovery

What is IMHREC?



Under the Enhancing Disability Services programme, funded by the Department of Justice, Equality & Law Reform and managed by Pobal, the Irish Mental Health & Recovery Education Consortium (IMHREC) has been established to develop and deliver a facilitated learning programme on Mental Health Recovery and WRAP in three regional hubs throughout the country. The IMHREC consortium consists of Ballyhoura Development Ltd. (Limerick), EVE Limited (Dublin), Mayo Mental Health Association, Slí Eile (Cork) and STEER Ireland (Donegal).

What is Recovery

Recovery is the unique journey people experience in realising a satisfying and fulfilling life whilst dealing with the challenges that can be associated with mental health difficulties. Recovery principles emphasise the importance of fostering hope, building a network of supports and harnessing personal strengths, whilst underlining the values of personal choice and responsibility. Recovery provides a shift in focus from mental illness to mental wellness and recognises that people can have occasional setbacks on their recovery journey.

What is WRAP?

Wellness Recovery Action Planning, or WRAP as it is more commonly known, provides a systematic, planned approach which assists people in recovering and maintaining wellness. Developed by Mary Ellen Copeland (1989, www.mentalhealthrecovery.com), it has been designed by people with mental health difficulties and provides individuals with a means of managing their own recovery. It is internationally recognised as being successful for the large numbers of individuals who actively use it.

Key elements of WRAP:

- Gathering a menu of Wellness Tools
- Creating a Daily Maintenance Plan
- Developing a step-by-step plan to deal with the challenges faced throughout the recovery process

Why become involved?

People in recovery: This recovery education programme will provide you with a practical way through which you can work towards wellness on a daily basis.

Mental Health/Social Care Professionals:

Recovery principles form an integral part of high quality mental health service provision internationally and underpin A Vision for Change, the Government's strategy for Irish Mental Health Services. The programme provides an opportunity to gain a deeper understanding of recovery and explore how WRAP may be used to facilitate recovery.

Family and Community members can find out ways in which they can support the person in recovery in managing and maintaining their wellness.

1-Day Conference

IMHREC is hosting a 1-day launch conference in each regional hub (Dublin, Cork and Sligo). National and international speakers will share their experiences on working in a recovery context using WRAP. The 1-day conference will provide participants with an overview of the principles of recovery and examples of how these principles can be turned into practice using the internationally recognised WRAP programme.

2-Day Recovery Workshop

There are limited places available in each regional hub for a 2-day recovery education workshop where participants will have an opportunity to begin developing their own WRAP.

5-Day WRAP Facilitator Education

Participants may progress to complete a 5-day WRAP facilitator education programme. Completion of the 5-Day facilitator education programme will enable participants to equip themselves with the skills to facilitate Recovery Education and WRAP programmes with people in recovery.

Piers Allott has been commissioned to facilitate the programme in the three regional hubs. Piers is the Emeritus NIMHE National Fellow for Recovery in England and an approved Mental Health Recovery Educator with Mary Ellen Copeland, (both pictured above).



BOOKING FORM



I am interested in attending:
(please tick one of the following)

Dublin Conference:

Email booking form to dublin@imhrec.ie or
Post to: IMHREC Dublin Conference,
EVE Ltd,
Emmet House,
138-140 Thomas St,
Dublin 8.

Cork Conference

Email booking form to cork@imhrec.ie or
Post to: IMHREC Cork Conference,
Slí Eile,
Dromina,
Charleville,
Co Cork.

Sligo Conference

Email booking form to sligo@imhrec.ie or
Post to: IMHREC Sligo Conference,
STEER Ireland,
5 Rosemount Villas,
Letterkenny,
Co Donegal.

Alternatively, to make a phone booking please call the relevant number below:

Dublin: 086 085 8702
Cork: 086 085 8073
Sligo: 086 085 8667

What is the charge?

FREE

Cancellations: For people in remunerated employment, written notice of cancellations must be received no later than 5 working days before the conference or a cancellation charge of €50 will be invoiced to you. When booking, please wait for written confirmation from IMHREC before arranging travel to ensure that you have received a place.