

Biographies of Presenters at IMHREC Sligo Conference

Piers Allott trained as a social worker after entering the mental health field in 1966. He has been committed, since that time, to seeing services delivered more effectively and to thinking differently about people's experiences. In the 1980's and early 1990's he was interested in service systems design and helped to bring the whole systems approach to the UK through organising visits to the US. Since the mid 1990's he has been committed to the promotion and development of recovery knowledge, practice and development. He was the main developer of Scallagrigg House (later Anam Cara) that provided a peer-operated alternative to psychiatric hospital inpatient treatment based around recovery principles. He is a recognised Recovery and WRAP (Wellness Recovery Action Planning) trainer with Mary Ellen Copeland and is approved to run WRAP Facilitators training. He retired as the NIMHE National Fellow for Recovery in January 2007 and now is self-employed working as WRAPWorks; wrapworks@blueyonder.co.uk

Mary Ellen Copeland is an author, educator and mental health recovery advocate. She specializes in the successful self- management of psychiatric symptoms. Her work is based on her studies of thousands of people who experience psychiatric symptoms and on her own personal struggle with these symptoms—rising from total incapacitation to enjoying a rich and rewarding life. She studies how people who have experienced psychiatric symptoms relieve or prevent these symptoms, improve their quality of life and move on to accomplish their life goals and dreams. She has lectured and given seminars all over the world, teaching recovery concepts, skills and strategies to people who experience symptoms, and to their supporters and care providers. One of the groups she worked with developed the popular Wellness Recovery Action Plan (WRAP) and she has made it available to people everywhere.

Phil Chambers, Senior Social Worker in Mayo Mental Health Services., teacher and accredited family mediator, has extensive social work experience in family, child protection, welfare, fostering work and mental health. She was introduced to the Mary Ellen Copeland Recovery and WRAP Programme at the North South Mental Health Conference in 2005. She has integrated the Recovery Model into her social work practice within the multidisciplinary team. As a practice teacher for NUIG and University College, Dublin Masters in Social Work Post Graduate Course, she has introduced Recovery and WRAP to her social work students. As a senior social worker on a multidisciplinary team she has worked jointly with nursing staff and other health professionals using the Recovery and Wrap programme within sector one, Castlebar Mental Health Services. She is a member of SWAMH, Social Workers in Adult Mental Health. From a social work perspective, the Recovery and WRAP model encompasses the values and ethos of innovative social work practice thus enabling and empowering people with mental distress to enjoy a rewarding and renewed quality of life.

Karen Colligan is a member of Sefton Recovery Group Network (SRGN), a network of over 400 people who have experienced trauma and who practice Wellness Recovery Action Planning (WRAP). SRGN publish the anglicised version of the WRAP book ISBN: 978-0-9549295-1-0 written by Mary Ellen Copeland. She is currently facilitating WRAP workshops in Wales, Liverpool, Merseyside and NE England. She has also co-facilitated MH Recovery and WRAP Educator Training and the Trainers' programme at St Patrick's Hospital, Dublin in 2008. Also having worked as lead researcher for the Journey of Recovery research project, Thames Valley University London 07/08, she is Assistant Fellow for Recovery Care Services Improvement Partnership (CSIP) based in East Midlands with Piers Allott Fellow for Recovery CSIP 06/07. Karen trained as a Mental Health Recovery and WRAP Educator with Mary Ellen Copeland, Vermont, USA (www.mentalhealthrecovery.com) in Southport, Sefton in 2003.