

Mary Ellen Copeland

Here is one of my heroes, big time. So I was really thrilled when she invited me to contribute my story to her newsletter. It's 14 pages but lots of good stuff and her web site as well has more articles.

Mary Ellen's mother spent many years in psychiatric hospital but recovered and lived a full and happy life. When she did pass away the family had to organize two memorial services to accommodate all her friends. See her article "Remembering Kate" on the site.

Mary Ellen became very ill with manic depression 1986 but even as she worked through her illness she determined to search out and formally study the ways that people who recovered found their way back to good mental health. What a concept! Instead of studying illness, study what people found worked for them to keep themselves healthy.

What worked for her was the study itself which evolved into a career for her; books, speaking engagements, (I first heard her on an audio tape of a very powerful presentation at a 1994 NAMI conference) and now intensive training workshops and this very cool newsletter - all focused on recovery using the insights gained from her own and others' experience.

When I read her workbook I was somewhat put off, thinking, "Sure, but how many can make a career out of this stuff?" Well, now helping others find hope, information, and strategies for coping with the challenge of mental illness is a very satisfying part of my life. I hope it will be so for many of my peers. All that pain and loss and lesson learning has got to count for something! We have much to contribute to mental health recovery in our communities.

Best Regards, Bruce



Mary Ellen Copeland is a mental health recovery educator and author. Her focus is on self-help. She has learned the concepts, skills and strategies she teaches from her own personal experience with extreme moodswings and from her ongoing studies with people who experience psychiatric symptoms. Her teachings and writings include topics like getting a sense of hope, Wellness Tools, Wellness Recovery Action Planning, Relapse Prevention, Crisis Planning, Developing a Strong Support System, Education, Personal Responsibility, Self-Advocacy, Building Self-Esteem, Healing from the Effects of Trauma, and Relieving Loneliness and Worry. Her expertise is not related to psychiatric medications, psychiatry, or legal advocacy. She does not provide counseling services. The skills and strategies she teaches are not necessarily a replacement for other kinds of treatment, but complement any other treatment.

Mary Ellen Copeland, MS, MA
Copeland@mentalhealthrecovery.com
PO Box 301, W. Dummerston, VT 05357
802-254-2092 (phone)
802-257-7499 (fax)
www.mentalhealthrecovery.com
www.maryellencopeland.com