

# Partners in Recovery:

A Community Conference on  
Wellness & Recovery



Thursday 16th October  
9am - 4pm  
Clayton Hotel Galway

# Rehab

Investing in People, Changing Perspectives

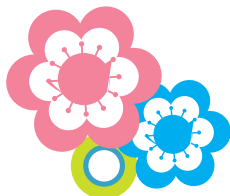
## Partners in Recovery: A Community Conference on Wellness & Recovery

The Rehab Group is delighted to present this day-long conference, celebrating wellness and recovery for everyone.

The event will be facilitated by Stephen Pocklington, Director of the USA-based Copeland Center for Wellness and Recovery and an internationally-recognised leader in promoting wellness and recovery in mental health services.

The conference will focus on the use of WRAP (Wellness Recovery Action Planning) in mental health. Stephen Pocklington will first take people through what recovery can mean when one looks at the world through the lens of wellness, rather than through the lens of illness.

In an engaging presentation, Stephen will then explore the five key concepts of recovery and the processes involved in WRAP – hope, personal responsibility, education, self-advocacy and support. He will follow this with an in-depth discussion of what is involved in wellness recovery action planning and how it can be used to transform people's lives.



## Who should attend?

*Everyone who is interested in Recovery*

People using mental health services, their family members and advocates, health professionals, mental health service providers, education professionals and business leaders are all invited to attend.

## How do you register?

- Fill in the registration form included in this brochure and post it with payment to: Rehab Group Mental Health Conference, National Learning Network, Breaffy Road, Castlebar, Co. Mayo.
- or
- Fill in a copy of the online registration form, available at [www.rehab.ie/mentalhealthconference](http://www.rehab.ie/mentalhealthconference). Then post your payment to the address above.

Phone enquiries to + 353 (0)94 904 3402.

## Cost

The cost per delegate is €100.

A limited number of free places for people who use mental health services and their supporters are available on application.

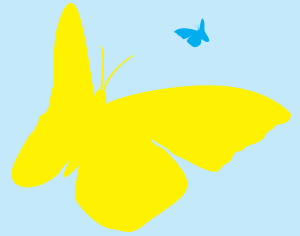
Please note that your place will only be confirmed once payment has been received. Payment can be made by cheque or postal order.

## Hotel accommodation

All hotel accommodation should be booked directly through the Clayton Hotel in Galway. To avail of the reduced B&B rate for delegates of €98 per person per night please mention that you are attending this conference.

Contact reservations at  
+353 (0)91 721 900 or at  
[reservations@clayton.ie](mailto:reservations@clayton.ie).

# CONFERENCE REGISTRATION FORM



*Partners in Recovery: A Community Conference on  
Wellness & Recovery, Thursday, 16th October*

Please reserve place(s) at the conference for:

Name \_\_\_\_\_ Job Title \_\_\_\_\_

Name \_\_\_\_\_ Job Title \_\_\_\_\_

Name \_\_\_\_\_ Job Title \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please state any special requirements (access, dietary requirements etc.)

\_\_\_\_\_

\_\_\_\_\_

## Payment

Please note that payment must be received before places can be confirmed.

The cost per delegate is €100.

A limited number of free places for people who use mental health services and their supporters are available on application.

I enclose a postal order/cheque for € \_\_\_\_ made payable to the Rehab Group.

Tick here if you would like to receive an invoice.

Post this form with payment to: Rehab Group Mental Health Conference, National Learning Network, Breaffy Road, Castlebar, Co. Mayo.

A finalised agenda will be sent to all delegates in advance of the conference.

## Conference Cancellation Policy

All cancellations must be submitted in writing 14 days in advance of the event. Refunds cannot be given after this time.

## Stephen Pocklington of the Copeland Center for Wellness and Recovery

Stephen Pocklington has worked in the mental health system for over 21 years. He has experienced mental health and substance challenges in his own life and is now an advocate of WRAP (Wellness Recovery Action Planning) in mental health.

Stephen Pocklington is a recovery educator and is currently the executive director of the Arizona-based Copeland Center for Wellness and Recovery. The world-renowned Copeland Center provides activities to enhance the wellness and recovery of individuals, groups, care providers and organisations.

He has worked in direct services (special education, vocational training, residential services, case management, horticultural therapy); programme management (supported employment, sheltered employment, residential services, psychosocial rehabilitation, early intervention with infants and toddlers, peer support and recovery education); and in administration, including quality management and staff development.

As a person with lived experience of both mental health and substance challenges, Stephen has also been a leader in advocacy in North Carolina, bringing WRAP to his State and helping to establish peer support and self-advocacy groups.

## The Rehab Group – providing responsive mental health services

The Rehab Group is a multi-national not-for-profit organisation which provides health and social care, training, education, rehabilitation and employment services and commercial services, to more than 56,000 people with disabilities, older people and others who are marginalised in 200 locations across Ireland, the UK, the Netherlands and Poland.

Rehab is committed to the development of a recovery ethos in all of its services and its range of mental health services is diverse and constantly developing. This conference is jointly organised by National Learning Network, Rehab's training and employment division and RehabCare, Rehab's health and social care division.

National Learning Network provides responsive training courses and personal development programmes which support people with mental health difficulties to make a new beginning through the development of new skills and the exploration of their further training and employment options.

RehabCare provides flexible, person-centred supports to people experiencing mental health difficulties through its range of health and social care services including community-based resource centres, supported accommodation, tenant support, residential services and community outreach supports.

Rehab has begun to introduce WRAP programmes into its services and has worked with the Copeland Foundation to deliver this certified training within the Rehab Group.

### Like more information?

Visit [www.rehab.ie](http://www.rehab.ie) or contact your local Rehab service directly (a list is available on the website).

