

Conference to Explore Recovery in Mental Health

A **CONFERENCE TO INVESTIGATE THE BENEFITS OF THE RECOVERY** model in mental health services will be held by National Learning Network and RehabCare in the autumn. "Partners in Recovery: A Community Conference on Wellness and Recovery" will take place in Galway on 16 October.

The conference will be of interest to all those involved in mental health recovery. Everyone in the community, including people using mental health services, their family members and advocates, mental health service providers, Group staff, educators and business leaders are invited to attend.

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

Pocklington has worked in the area of mental health for over 21 years. He has experienced mental health and substance challenges in his own life and he has led the development of the WRAP (Wellness, Recovery, Action Planning) model of recovery. He will examine what recovery can mean when you look at the world through the lens of "wellness" rather than through the lens of "illness". Pocklington will also explore the five key concepts of recovery and the processes involved in the WRAP model: hope, personal responsibility, education, self-advocacy and support.

For further information, log on to www.rehab.ie. ■

