

Monthly WRAP-Up - November

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- Connecting With Hope

Thank you for checking out our November Newsletter! November is the month of Thanksgiving, and we have much to be thankful for! In this Thanksgiving special edition of the Monthly WRAP-Up, we have a great story for you. Tammy Heinz is our CEO's mentor and friend, and she has given us inspiration for many years. Now we have her story about how she and Lena met! Check out the story on Page 2. Our 2 year anniversary is coming soon! Stay tuned for you invitation to join the celebration! Page 4

Many great creative people over the centuries have found a way to use their mental illness as a tool for art and other creative things. Page 5
Our November dates for WRAP® can be found page 7.

Who needs WRAP®? Find out on page 8.

A wonderful article written by Eddie Lewis, "No Shoes" will truly give you a new perspective on life. Page 9

Our activities this month are Pumpkin Carving and a Thanksgiving Feast. Find the details on page 11 & 12.

There are many ways to connect with The Hope Concept! Page 15
Have a great day and enjoy the newsletter!

Activities This Month

Pumpkin Carving
November 9 @ 6-8:
Thanksgiving Feast
November 23 @ 1-3:

The Hope Concept Wellness Center

Telephone 817-263-4673

Facsimile 817-263-4674

5658 Westcreek Drive, Suite 200

Fort Worth, Texas, 76133 US

WWW.THEHOPECONCEPT.COM



Seeing the Vision



Planting the Seed

In the month of November, we decided to honor a great woman who has done great things with WRAP and is now a Program Officer, Consumer and Family Liaison at the Hogg Foundation for Mental Health. Her name is Tammy Heinz and this is her story in her words about how WRAP has impacted her life and how she came to meet and inspire the The Hope Concepts Wellness Center's founder, Lena Phillips.

"In 1997, I lived and worked in Burlington, Vermont as a clinician at the Howard Center for Human Services. I was a consumer of private mental health services but never shared that with my colleagues. I saw a distinction between myself and the individuals with mental illness diagnoses whom I worked with. One of the clients who I had worked very closely with for a few years was invited to attend a new type of training called WRAP, Wellness Recovery Action Planning. It was



two weeks long and 8 hours a day. My client's case worker didn't think she could attend the training by herself and asked if I might be willing to go with her. I agreed. It was held in St. Albans, Vermont, which was only about 30 minutes away from Burlington. So, each day, I would pick her up and we would drive in to the training."

"Mary Ellen Copeland was leading the training. She was co-facilitating with two other people. One was her partner Ed and the other was a woman who I hate to say I don't remember her name. The training was very structured and focused around wellness in all forms. We spent some time outdoors, we ate healthy food, we developed a community agreement so that we all felt safe to participate and we shared. It was amazing. By the end of the second day, I realized I wasn't there for my client as much as I was there for myself. Mental Health Recovery Education and WRAP changed my life. Mary Ellen changed my life."

At the end of the two weeks, I had a complete WRAP and was also trained to train other facilitators. I found out later that this class I attended was one of the first three Mary Ellen had ever done. What an amazing experience!

THE UNIVERSITY OF TEXAS AT AUSTIN



How lucky was I to be in the right place at the right time!

I knew then that I would bring it back to Texas. I always knew that my husband and I would return to Texas and hoped to be able to share the message, information and opportunity with as many mental health consumers as possible.

I moved from Burlington, Vermont to New York City and worked in the city for a few years. In 1999, my husband and I returned to Texas. In November 2000, I began working at the Mental Health Association of Tarrant County and was allowed to create the first peer support program. I was so excited that I could immediately implement WRAP classes. They began in February 2001. As far as I know, they were the first WRAP classes to be held in Texas. Over time, I trained a handful of people to co-facilitate classes. Over the 8 years I was with MHA of Tarrant County, we provided Mental Health Recovery Education and WRAP to over 5,000 people.

In my position as the Outreach Director for the MHA of Tarrant County, I supervised staff, volunteers and some individuals doing

“Mary Ellen
changed my life.”

community service. Lena and I met in 2004 when she came in through our community service program. She and I connected on a personal level immediately. We both were older moms with newborn sons.

I liked her. She was a hard worker. Anything I gave her, she not only completed but did it well. I asked her to go through WRAP and she reluctantly agreed. By the second day, she was a convert! She loved it. I realized as we neared the time that her community service term was up that I needed to keep her.

She had so much potential! I found a way to hire her part time and we worked together for the next 4 years developing and expanding the peer support program, creating a Warm Line, developing and hosting support groups, expanding WRAP (including sharing it with DARS as a pilot project and convincing them to pay for it as a service for persons with mental health challenges) and providing community education. When I received an opportunity to work for the Hogg Foundation for Mental Health, I knew that I was leaving peer support in great hands! I knew Lena could do it and she stepped up to the challenge!



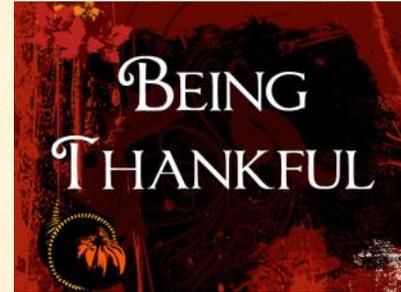
Celebrating 2 years!!!

Wow, what an amazing year! Time flies when you're having fun. We have a 2 year anniversary coming up soon! You can expect a big celebration to happen. Keep an eye out for your invitation!

Last year the festivities were great! We had food, drinks, and **many** people showed up to show their support for our cause.

Let's see if we can improve on last year's attendance!

Keep an eye on your email for your invitation to the party! (Date not set)



We are thankful to have created lasting ties with DARS, MHMR, VA, Houston VA, Texas Veterans Commission, Salvation Army, Mental Health Court Diversion program, and more.

Here are some of the things that our team is thankful for:

"I am thankful to have been put in a situation where I can help people with recovery. The light in a consumer's eyes when he/she realize there is hope is very rewarding."

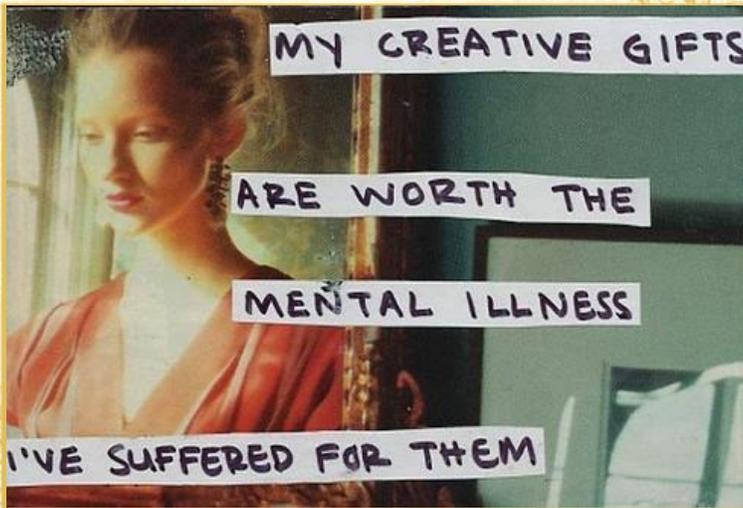
"I am thankful for the support we have gained in the community and the state of Texas to continue to provide much-needed services to a population that is often underserved."

"I am thankful to help peers by sharing my story, inspiring and mentoring others."

"I am thankful for being back at The Hope Concept so I can help people where they are in their recovery. I want to continue offering hope."

"Another year to serve the community and come from a place of compassion and still meeting people where they are and watching them grow."

"I am thankful for getting the support I desperately needed in a time when I needed it the most"



Creativity: The Up Side of Bipolar Disorder

Written by Brian Krans Medically Reviewed by George Krucik, MD
Published on January 4, 2012

The artistic drive in many historical figures has been characterized as an inner madness driving them to create.

It was the type of madness that haunted Edgar Allen Poe, the way the heartbeat emerged through the floorboards in *The Telltale Heart*. Ernest Hemingway, the man who wrote standing up, said, "There is nothing to writing. All you do is sit down at a typewriter and bleed."

That type of passion and raw desire to slather a page in emotion can be seen as a crazy devotion. It could also be seen as a type of mania. Both of these men suffered from what is known as bipolar disorder.

People with bipolar disorder can appear to be disorganized, unpredictable, or unsteady as they shift between depression and mania.

A Means to Channel

Dr. Michael Brodsky, medical director of Bridges to Recovery, a residential treatment center with locations in southern California, deals with bipolar disorder on a regular basis and said people with the disorder often possess numerous enigmatic personal qualities that make them capable of many great things, including being a fantastic significant other. "If these get channeled in the right way, there's great benefit in dating a charismatic, energetic, and inspirational person," Dr. Brodsky said. "It's a pleasant thing to be around such creative people."

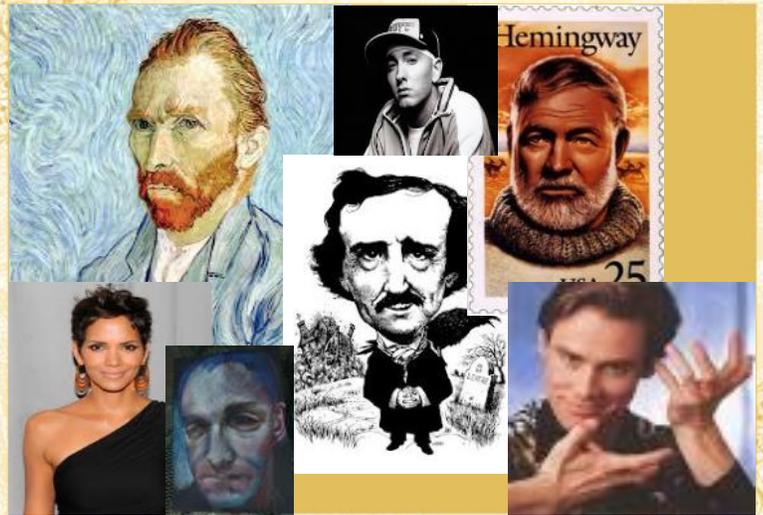
Bipolar & the Arts

In fact, the creativity of various bipolar minds has and continues to alter the landscape of modern art, literature, and science. They create the lasting characters, play them in films, and decorate the halls of museums with canvases of vivid imagery.

They not only create art, but they challenge the institutions of their medium while exploring the depths of expression. Some of the more notable known bipolar artists, writers, and thinkers include:

Daniel Johnston: This musician's struggle with bipolar disorder was well documented in the film *The Devil and Daniel Johnson*.

Jack London: Author of *White Fang*, *Call of the Wild*, and more, experts speculate this American author suffered from bipolar disorder due to his heavy drinking and often-unpredictable behavior.



Edvard Munch: The painter who painted the famous *The Scream* also suffered from a condition "verging on madness" that included heavy drinking and brawling, which is cause for some to believe his inner torment was caused by bipolar disorder.

Jackson Pollock: This famous abstract painter would retreat during times of depression, while other times working furiously for 24 hours a day when inspiration hit, two key signs of bipolar disorder.

Virginia Woolf: Like other authors, Woolf suffered from a "madness" that caused mood swings, but also allowed for her to create many famous works.

Florence Nightingale: Experts believe the mother of modern nursing suffered from bipolar disorder, which contributed to her tireless devotion to her cause.

Vincent Van Gogh: The troubles and turmoil of Van Gogh's life—including infamously cutting off his own ear and sending it to his love—also provided inspiration for beautiful art that continues to inspire many. There is debate about what specifically he suffered from, one of those educated guesses being bipolar disorder.

Ernest Hemingway: Diagnosed in his later years, Hemingway's bipolar disorder was only made worse by his alcoholism, but none of it could take away from his contributions to literature. He won both the Nobel Prize in Literature and a Pulitzer,

Edgar Allan Poe: Some speculate the demons that haunted this influential (and dark) poet could have been bipolar disorder.

Stephen Fry: This beloved British author, actor, and funnyman openly speaks about his bipolar disorder and documented others' cases as well.

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Dates for the Next WRAP Series:

The Hope Concept Wellness Center
5658 Westcreek Drive, Suite 200
Fort Worth, TX 76114

MHMR Arlington
501 W. Sanford St.
Arlington, TX 76011

Nov. 4 Nov. 13
Nov. 6 Nov. 18
Nov. 11 Nov. 20

Nov. 5
Nov. 12
Nov. 19

12:00 PM - 4:00 PM

10:00 AM - 4:00 PM

New Location!

Reach of Dallas
8625 King George Dr. Suite 210
Dallas, Tx. 75235

Nov. 15
Nov. 22
Nov. 29

10:00 AM - 4:00 PM

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Dallas - Our WRAP Series will be held each 1st, 2nd and 3rd Friday of each month.

*** Class Postponed to November 15th, 22th and 29th ***

Fort Worth - WRAP Trainings are held every 1st, 2nd and 3rd Monday AND Wednesday of each month from 12:00 - 4:00 PM.

Arlington - WRAP Trainings are held every 2nd, 3rd and 4th Tuesday of each month from 10:00 - 4:00 PM.

For more information call 817-263-4673 or email to info@thehopeconcept.com

Or go to : www.thehopeconcept.com

If you know someone who might benefit from WRAP® be sure and share this newsletter with

Check out the Calendar of Events!

This will be your new one-stop shop for dates/times/locations of all our various events including peer activities, support groups and WRAP Trainings. Click the image below to check it out!



WRAP® is universal — it is for anyone, any time, for any of life's challenges.



* Wellness Recovery *

* Action Plan *

Who needs WRAP?

“WRAP is universal - it is for anyone, any time, and for any of life’s challenges.”

Wellness Recovery Action Plan, and WRAP, are the registered trademarks for a [recovery model](#) authored and designed by [Mary Ellen Copeland](#) and The [Copeland Center for Wellness and Recovery](#). It is an evidence-based practice, consisting of a personalized wellness and crisis plan development program, and is included on the [SAMHSA](#) National Registry for Evidence-Based Programs and Practices. The WRAP model was developed with the help of a team of people with lived experience.

WRAP is a fluid, holistic and pliable program that can be adapted and modified to apply to mental health recovery; dealing with the effects of trauma, addictions, diabetes and fibromyalgia. WRAP can be modified for families, veterans, and kids, and other emerging recovery models. Some elements of WRAP focus on peer support and peer education.

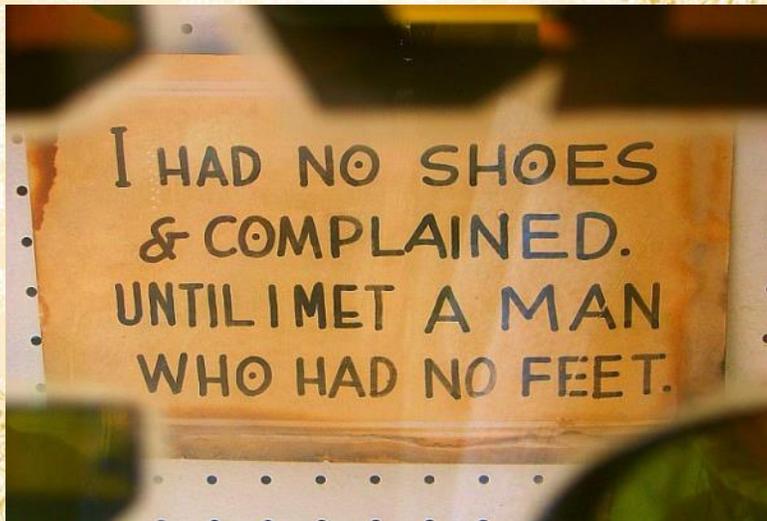
WRAP undertakes a strengths-based approach to recovery. Participants are encouraged to manage their own wellness and recovery in a manner that is comfortable to them and within their means. The key recovery concepts of WRAP are hope, education, personal responsibility, support and self-advocacy.

The Wellness Recovery Action Plan®, or WRAP®, is an **evidence-based system** that is used worldwide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness. It was developed by a group of people who have a lived experience of mental health difficulties; people who were searching for ways to resolve issues that had been troubling them for a long time. WRAP® involves listing your personal resources, your Wellness Tools, and then using those resources to develop Action Plans to use in specific situations which are determined by you. WRAP® is adaptable to any situation. WRAP® also includes a Crisis Plan or Advance Directive.

(www.mentalhealthrecovery.com)

There are really no limits to the number of uses you could find for a WRAP®. Whether it is dealing with trauma, anger issues, depression, stress, employment problems, homelessness, substance abuse issues, or problems managing money, WRAP® applied can be the key to positive change.

-Charles



We often complain of things we don't have instead of being thankful for what we do have. I'm learning that the greatest gifts in life aren't always tangible; but that is another story. I too am a victim of not appreciating the gifts that have been bestowed upon me because I was looking at what I lost. Most people know I incurred a knee injury that caused me to get a medical discharge from the United States Navy. After separation from the military, I had a decade of depression, anger and anxiety.

Fast forward to 2008. I had the honor of being the assistant manager of a young man by the name of David Powell at a call center. What made David so special was that he had no legs or arms. *How in the world can you work a computer and dial a phone with no arms*, I asked myself. The first day I saw David, I asked him if he wanted me to dial the access codes for him and he replied "No", but he let me put his head set on him. He then told me to step back and he needed no more assistance.

Throughout the day I saw David write up appointment slips by putting a pen in his mouth and writing the words. He would yell out "RESERVATION" all day. He definitely was a hard worker.

One day David and I were outside on a smoke break. He was smoking a Marlboro and I, a Newport. I asked Dave how was he born that way. He told me in a matter of fact voice that his mother was a drug addict and she was too weak to kick the habit. I sat there and admired David as he had no ill will towards his mother. He told me he was born that way and that's all he ever knew.

Eventually David Powell saved up enough money and bought himself a pair of plastic legs to attach to his appendages so that he may walk around. Dave has always been a positive and jovial person who didn't condone pity and I am proud to have met him.

Before I stopped working at the call center, I told Dave that he was an inspiration and he asked me why? I told him that I never saw him complain and he did what he needed to do to survive. He had his own apartment and took care of himself. I know able bodied people who say they can't get a job. Well, Dave worked full time in a call center with no arms or legs. I complained less about my knee because of Dave. He was a delight to be around. I then told Dave that he was the living embodiment of the saying about a man not having shoes until he met a man with no feet. So the next time things feel bleak, think of the man with no arms and legs, David Powell.

eddiecaine.blogspot.com

The Poet's Tree

Graduation

By Charles Schlaepfer

This is a poem I wrote and read at my graduation from the Mental Health Diversion Program of Tarrant County. This was a major milestone in my life. I hope you enjoy it!

The day has come to march from here
Into the world with things made clear.
It's been a long ride with many twists; but throughout, I've been given many gifts.
Sam, Jesse, and Kerry will say, "Keep your head up, focus on today."
Lena has wrapped her healing around me; helping me become more what I'd like
to be.

Pam has been my anchor, keeping me in check; guiding me away from my own
living wreck.

The Honorable Judge Carr, jolly and nice, will help you out with the gift of ad-
vice.

Fair in all affairs, be honest with these guys. They will do what they can, just drop
the lies.

Embrace this gift of a fresh new start or your life will continue to fall apart.

This is your time to find yourself, pull it together and focus on your health.
Whatever it is that brought you to this place; leave it alone and put your faith in a
system that works. Who would've guessed?

Think of this as your final test.

Take control and grab the wheel. Think ahead and enjoy your meal.

Your freedom relies on your choices now.

Fake it no more, and ask these people how.

Take advantage of what you've been given; a second chance, you'll be forgiven.
The choice is yours, what will you do? Hold your head high and make life anew.

The Hope Concept Wellness Center LLC

5658 Westcreek Dr. Suite 600 Fort Worth TX 76133 (817).263.4673 (817)263.4674 fax

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOVEMBER 					1 Jennings WRAP 10-12	2
3	4 WRAP at The Hope Concept 12-4	5 Salvation Army WRAP 3-4 Arlington WRAP 10-4	6 Jennings WRAP 10-12 WRAP at The Hope Concept 12-4	7	8 Jennings WRAP 10-12	9 Pumpkin Carving  1-3pm
10	11 WRAP at The Hope Concept 12-4	12 Salvation Army WRAP 3-4 Arlington WRAP 10-4	13 Jennings WRAP 10-12 WRAP at The Hope Concept 12-4	14	15 Jennings WRAP 10-12 Dallas WRAP 10-4	16
17	18 WRAP at The Hope Concept 12-4	19 Salvation Army WRAP 3-4 Arlington WRAP 10-4	20 Jennings WRAP 10-12 WRAP at The Hope Concept 12-4	21	22 Jennings WRAP 10-12 Dallas WRAP 10-4	23 Thanksgiving Feast  1-3pm
24	25	26 Salvation Army WRAP 3-4 Arlington WRAP 10-4	27 Jennings WRAP 10-12		29 Jennings WRAP 10-12 Dallas WRAP 10-4	30

Pumpkin Carving

Saturday, November 9, 2013
@ 6-8pm

Join us for the fun activity we have planned, Pumpkin Carving!

Bring your own pumpkins pre-carved or just bring yourself and try your hand at creating a work of art here at the center! Pumpkins will also be judged and selected for prizes! Do you have what it takes to impress the judges? Come find out Saturday, November 9th at 1-3pm.



Thanksgiving Feast

Saturday, November 23, 2013
@ 1-3pm

Come join us for our annual Thanksgiving Feast! We will be enjoying a nice turkey, ham and all the other goodies! Feel free to bring your favorite dish and friends or family to share in the festivities. This day will be a great day to talk about the things we are thankful for and tell stories of recovery and hope while indulging our appetite!



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HOPE
FOR
TOMORROW

Bridging the Gap!!!

GROUP MEETINGS WILL FOCUS ON SHARING & ENCOURAGEMENT BETWEEN MEMBERS....



FACILITATOR: TRACY PHONE: 817-263-4673

HOPE FOR TOMORROW
IS A SUPPORT GROUP
DESIGNED TO
STRENGTHEN THE
RELATIONSHIPS OF
FAMILIES OF
INCARCERATED LOVED
ONES

PLACE: THE HOPE CONCEPT
WELLNESS CENTER
5658 WESTCREEK DRIVE,
SUITE 600
FORT WORTH, TEXAS 76133



*The Hope Concept
Wellness Center*

Donate Your Old Clothes to The Hope Concept

Donated Clothing Closet Soon to Be Available

We are looking for donations of clothing, shoes, jackets and all sorts of other used items to stock our clothing closet which will soon open up for those who need them.

It can be a time consuming task to go through the countless clothes some of us have in our closet. Most of those clothes are just taking up space and become a nuisance to organize and store.

We challenge you to go ahead and take that plunge into your closet and gather up those unwanted clothes to give to a good cause.

Warm and cool weather clothes are all acceptable. Also, if you happen to have new toiletries such as shampoo/soap those items will be accepted as well.

Regardless of how many clothing drop-off locations are available, it never fails I will be driving by a

residence and see heaps of clothing bags lying on the side of the street to go to the dump. I know in this day and age time is valuable, but items like this can really help out someone in need.

Drop Off Location:
5658 Westcreek Drive,
Suite 600
Phone:
817-263-4673

Feel free to leave the clothing neatly (preferably boxed or bagged and Cleaned) in front of Suite 600 if the office is closed.

We are currently donating a large portion of the clothing to a new housing program called Ester's House, which is directed by Dametra Stevenson. Ester's House is a transitional housing program that is Christian based which helps women in need find the resources they need while they are housed in a comfortable and accommodating space.

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<http://www.thehopeconcept.com/>

There are many ways to connect with The Hope Concept! Click any logo to hyperlink to the websites. (Hold the CTRL key and click if you have problems opening)



Like our page on Facebook to receive updates, events, and Daily Hope inspirational messages.

<https://www.facebook.com/thehopeconcept>



Follow us on Twitter for mental health news, stories of hope, and other postings.

@thehopeconcept

View profile page at:

<https://twitter.com/thehopeconcept>



Connect with us on LinkedIn's professional networking website.

<http://www.linkedin.com/company/the-hope-concept-llc-wellness-center>



Check out our website!

You can view our previous newsletters and stay up to date on current events.



There are 3 ways to join our new Constant Contact mailing lists.

1.) Click or paste the hyperlink to your address bar.

<http://visitor.r20.constantcontact.com/d.jsp?llr=4ywofjkab&p=oi&m=1110556760863>

2.) Text HOPECONCEPT to 22828 from any smart phone.

3.) Scan the QR code on the right to add your email to our mailing lists.



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