



“One person can have a profound effect on another. And two people... well, two people can work miracles. They can change a whole town. They can change the whole world.”

Diane Frovlov & Andrew Schneider

Spring 2008

Volume 3 Number 2

IMPORTANT DATES

- April 29, 30, & May 1, 2008
The 16th Annual Recovery Conference.
- July 25, 2008—Technical Assistance Training with Peter Ashenden in Dothan, AL.

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Thank You:
The Alabama Planning Council provided funds for consumers to attend the January 12, 2008 Meeting in Birmingham.

The Wellness Recovery Action Plan™ Training Was a Huge Success

Twenty-five individuals across Alabama participated in a two day training event at the Rime Garden Inn in Birmingham. Kathy Muscari, PhD of the West Virginia Mental Health Consumers’ Association facilitated the training. She began her presentation stressing the importance of values in determining the effectiveness of leadership in organizational structures.



Kathy Muscari, PhD facilitating the WRAP™ training.

She listed ten self-help tenets essential for any recovery process from a psychiatric diagnosis: Hope, Respect, Empowerment, Dignity, Independence, Support, Responsibility, Recovery, Choice, and Transformation. Later, she compared these to the



Joel Slack, RESPECT Consultant, & Steve Puckett, Vice President of Wings Across Alabama.

Five Key Recovery Concepts of WRAP™: Hope, Personal Responsibility, Education, Self-Advocacy, and Support. Conference participants were then broken into small groups to define how these concepts applied to them.

In a nutshell, WRAP™ involves developing a Wellness Toolbox, which is a list of things that promote wellness and recovery. Once this toolbox is identified, participants can develop their plan. The plan itself is comprised of 6 sections: (1) a Daily Maintenance List, (2) Triggers, (3) Early Warning Signs, (4) Things are Breaking Down or Getting Worse, (5) Crisis Planning, and (6) Post-Crisis Planning. More information is available (Cont. page 2.)



From the Director,
Ronald Hunt

the 1970s. Consequently, Alabama is facing budget decisions that affect everyone, including you. If the budget the Governor submitted to the legislature remains unchanged, many of us will see longer wait times to receive mental health services.

Please write your legislators. If you do not know your state Senator and Representative, go to <http://www.legislature.state.al.us/index.html> and enter your zip code in the text box where it states "Find Your Legislator." This will give you the names of the legislators that represent you in the Alabama House of Representatives (334-242-7600) and the Alabama Senate (334-242-7800). Let them know how important mental health services are for your wellness.

With the economy slowing down and inflation rising, we are facing an economic situation not experienced since

WRAP™ Weekend

(Continued from page 1) in the book entitled *Wellness Recovery Action Plan* (\$10.00) and can be ordered from Mary Ellen Copeland's website (www.mentalhealthrecovery.com).

Joel Slack, Alabama's first Director of the Office of Consumer and Ex-Patient Relations, also spoke to our group about the RESPECT Institute. This five day program assists twelve consumers develop their recovery stories for public speaking engagements. The latest group of graduates from the RESPECT Institute is presenting a workshop at the Recovery Conference.

We must also thank Catlin Cade, III for the inspirational message he shared with us during our Good Friday Service. Mr. Cade shared how his life has been transformed by spirituality.

WINGS is seeking fifteen consumers to staff the Drop-In Center at the Recovery Conference April 29 through May 1, 2008. Interested parties may contact Emma at 1-888-946-4725 between the hours of 9:30 am and noon. Those chosen will work a two hour shift in the Drop-in Center, at the Candle Light Vigil, and at the WINGS Meet and Greet.

Check Out Our Website:
www.wingsalabama.org

Membership Application

Mail completed application to:
CONTACT: *Wings Across Alabama*
P.O. Box 211286 Montgomery, AL 36121
Phone: 1-888-WINGSAL
Phone: 334-395-7616 Fax: 334-395-7618
E-mail: rghwings@bellsouth.net

Become a Member of *WINGS*

We need your help to grow. You are an important part of our team. WINGS success depends upon combining the strength of consumers and other supporters throughout Alabama. Together, we are more effective, efficient, and powerful. We need everyone's participation to achieve our mission. We invite you to become part of an organization that appreciates what you have to offer. Consumers on disability can join for \$2.00. Those not on disability can join for \$10.00, and non-consumers cost \$20.00.

Membership Form—Check One	Dues	
<input type="checkbox"/> Consumer on Disability	\$2.00	Name _____
<input type="checkbox"/> Consumer Not on Disability	\$10.00	Address _____
<input type="checkbox"/> Non-Consumer	\$20.00	_____
<input type="checkbox"/> Organization	\$50.00	_____
<input type="checkbox"/> Donation	\$	Phone Number _____
Total	\$ _____	Signature _____

Those Who Join or Renew their Membership by April 30, 2008 will be Entered into a Drawing for a Gift Card.

Peter Ashenden of DBSA will present his Recovery Story, "A Dialogue of Hope," and an Organizational WRAP in Dothan on July 25, 2008.

A Limited Number of Scholarships are Available for Lodging & Meals. Scholarship recipients must provide their own transportation, including the cost of gasoline.

Name

Address 1

Address 2

City State Zip Code

County of Residence

Phone Number

E-mail

PLEASE ANSWER THE FOLLOWING QUESTIONS to be considered for a scholarship. The deadline to apply is June 20, 2008. Mail your essays along with this application to:

**CONTACT: Wings Across Alabama
P.O. Box 211286
Montgomery, AL 36121**

Essay Questions

- What does "Wellness" mean to you?
- What tools do you use to remain in recovery?
- How can you assist others establish and maintain wellness and recovery in their daily lives?

We would like to welcome Vicky Pierson, our newest Board member from Birmingham.

Let's Remember Those Who Went Before Us

Around 2001, a group of individuals formed the Bryce Cemetery Restoration Committee to preserve the legacy of those who went before us. These volunteers were consumers, family members, anthropologists, mental health providers, and employees of the Department of Mental Health, UAB, and Shelton State University. Each wanted to restore dignity to those early families and patients who had suffered with mental illness. The graves were cleared by consumers, Bryce personnel, and those mentioned above. The graves were also scanned and plans were made to match historical data with the grave markers. Broken markers and other artifacts were taken to the Administration Building.

In a very special ceremony, a "United States of America Flag" was donated to be flown over the cemetery. Bob Riley, then US Representative, had this flag flown over the United States Capitol and Don Siegelman, then Governor, had it flown over the Alabama Capitol. This flag commemorates Bryce Cemetery and those who paid the ultimate price and paved the road to recovery.

Now that Bryce Hospital may be sold, we need to revisit the preservation of our history. Let your voice speak for them.



**New Employee:
Emma
Beddingfield**

Our new office assistant is Emma Beddingfield. She is married to the head zookeeper of the South American section of the Montgomery Zoo. She is also

the mother of two children.

"I am a proponent for active participation in one's own recovery. It takes daily work, faith, follow-through, and a good support system. God, my father and step-mother, and my family are the biggest factors in my recovery. They have been understanding beyond belief, involved in my activities, always encouraging and emotionally available. I would not be where I am today without their love and support."

Thanks to our Donors:

Guy Mitchell of Mitchell Industries Who contributed substantially for the WRAP™ Training

Bill & Lindsey Barclift

Carol Clark

Ronald Hunt

Steve Puckett

Dr. Walter & Linda Puckett

MISSION STATEMENT :

CONTACT: WINGS ACROSS ALABAMA IS A NON-PROFIT ORGANIZATION FOR CONSUMERS OF MENTAL HEALTH SERVICES WITH A DEDICATION TO MAKING POSITIVE CHANGE IN THE LIVES OF CONSUMERS THROUGH EDUCATION, ADVOCACY, TRAINING, SERVICES, AND TECHNICAL ASSISTANCE, AS WELL AS THROUGH BUILDING A STRONG NETWORK OF CONSUMERS ACROSS ALABAMA WITH THE RECOGNITION THAT INCLUSION, PEER SUPPORT, TRUE COMMUNITY INVOLVEMENT AND PARTICIPATION, SELF-EMPOWERMENT, AND QUALITY MENTAL HEALTH SERVICES ARE KEY INGREDIENTS TO RECOVERY.

NTAC & NASMHPD
are co-sponsoring
Peter Ashenden's
presentation of
"A Dialogue of Hope"
and an
Organizational
WRAP™ on July 25,
2008 at Troy
University-Dothan.
Registration begins at
8:30 am.
Lunch will be provided.

**Many Events Are Planned
for the Recovery Conference**

The 16th Annual Recovery Conference will kick off Tuesday, April 29, 2008 with the RE-SPECT Awards ceremony. Later that afternoon, WINGS will hold a Meet and Greet event with refreshments.

On Wednesday, April 30, 2008 the Keynote address will be delivered by Joe Rogers of the National Mental Health Consumers' Self-Help Clearinghouse. Clint Rayner, Director of Florida's Office of Consumer Relations, will also speak. In the afternoon, concurrent workshops will be presented, including "Recovery is..." by WINGS Board Members.

On the final day, WINGS will have a presentation, and door prizes will be given away.

The Alabama Department of Mental Health and Wings Across Alabama have invited Joe Rogers of the National Mental Health Consumers' Self-Help Clearinghouse to be the Keynote Speaker at the 16th Annual Recovery Conference.

**WINGS needs consumer workers
for the Recovery Conference.
Call 1-888-946-4725 to apply.**

**Non-Profit Org.
US Postage Paid
Montgomery, AL
Permit No. 257**

The 16th Annual Recovery Conference had to be rescheduled for April 29, 30 & May 1, 2008. This has caused some confusion. We apologize.

Montgomery, AL 36121-0286
P.O. Box 211286

