Recovery-based articles can be found on the web at the following sites (some addresses and phone numbers are also included):

**Wellness Recovery Action Planning (WRAP)**

Mary Ellen Copeland  
P.O. Box 301  
Dummerston, VT 05357  
phone orders: 1-802-254-2092  
fax orders: 1-802-257-7499  
http://www.mentalhealthrecovery.com

Copeland Center for Wellness and Recovery  
http://www.copelandcenter.com

E-Group for WRAP Facilitators. Click on “join this group.” Follow directions. You will receive confirmation, with instructions on how to email the group.  
http://health.groups.yahoo.com/group/WRAP-trainers

Mary Ellen Copeland videos: ordering or catalog 1-800-343-5540.  
http://www.miepvideos.org

Articles and books to order on WRAP and Peer Support.  
http://mentalhealthpeers.com/booksarticles.html

Masks of Madness: Science of Healing (video).  
Canadian Schizophrenia Foundation  
16 Florence Ave  
Toronto, ON M2N 1E9  
http://www.orthomed.org/csf/csf.htm

Recovering Your Mental Health. Series of free books by Mary Ellen Copeland, distributed by SAMHSA. (1-800-789-2647)  
http://www.mentalhealth.org

WRAP Illinois web page, developed by a Facilitator Trainee in Montgomery County, Hillsboro, Illinois.  
http://groups.mns.com/wrapillinois/home.htm

**National Centers or Sites for Recovery**
Meta Services, Inc. Has a ‘Real Stories in Recovery’ page.
http://www.metaservices.com

Recovery definitions and parameters.
http://www.metaservices.com/Articles/recovery.pdf

Things of interest to individuals recovering from mental illnesses, such as Depression, Bipolar illness, Attention Deficit Disorder, Anxiety and the effects of treatment with in the mental health system along with wellness tools
http://www.recovery2000.blogspot.com

National Empowerment Center. Information on advocacy and Recovery:
http://www.power2u.org

A great article on how to transform into a Recovery-Based Mental Health System, from the Substance Abuse and Mental Health Services Administration (SAMHSA).
http://www.power2u.org/SAMHSA.pdf

A good review of recovery literature from the National Assn. of State Mental Health Program Directors (NASMHPD).

Consumer Panel Discussion on the President’s New Freedom Commission, published for the National Technical Assistance Center (NTAC) of NASMHPD. (The article begins on pg. 3).
http://www.nasmhpd.org/publications/cfm#ntac

Mental Health Recovery websites.
http://www.mhrecovery.com
http://www.mhrecovery.org

Mental Health Recovery website Articles Page:
http://www.mhrecovery.com/articles.htm

UIC National Research & Training Center on Psychiatric Disability. Offers a collection of tools and resources to promote self-determination for individuals with mental illnesses.
http://www.psych.uic.edu/UICNRTC/self-determination.htm/

Boston University Center for Psychiatric Rehabilitation.
http://www.bu.edu/cpr/
Recovery-Oriented Resources on the World Wide Web
Nanette V. Larson - Revised 12/27/05

Recovery Repository at Boston University. Created to assist state mental health administrators and consumers in state offices of consumer/recipient affairs in their work to create more recovery-oriented mental health systems.
http://www.bu.edu/cpr/recovery/

Workshop entitled “A Picture is Worth a Thousand Words: The Use of Photovoice to Facilitate Empowerment” from Boston University.
http://www.bu.edu/cpr/workshops/spring2004/photovoice.html

Hazeldon Thought for the Day
http://www.todaysgift.org

Recovery Report from the State of Hawaii, including recovery model for psychiatry and consumer views on recovery.

Website intended to help readers with taking their own road to resilience. The information describes resilience and some factors that affect how people deal with hardship. Much of the brochure focuses on developing and using a personal strategy for enhancing resilience.

The Substance Abuse and Mental Health Services Administration (SAMHSA) and its Center for Mental Health Services (CMHS) introduce six Evidence-Based Practice Implementation Resource Kits to encourage the use of evidence-based practices in mental health. The Kits were developed as one of several activities critical to its science-to-services strategy. The Kits contain many useful resources, including: Information Sheets for all stakeholder groups; Introductory videos; Practice demonstration videos; and Workbook or manual for Practitioners.
http://www.samhsa.gov

Ohio website with “Building Better Tomorrows: Recovering from Mental Illness” booklet.
http://www.adultrecoverynetwork.org

A specialty report on Recovery from the National Association of State Mental Health Program Directors (NASMHPD).
http://www.nasmhp.org/spec_e-report_fall04intro.cfm

“Implementing Recovery-based Care: Tangible Guidance for SMHAs” is a report geared toward SMHAs that includes a panel discussion on workforce issues, a preview of measurement tools now in development, case studies of successful systems and ideas at the state and local levels, and other online information. Contributing editors include A. Kathryn Power, Patricia Deegan, William Anthony and Mary Ellen Copeland.
http://www.nasmhp.org/spec_e-report_fall04intro.cfm

Evidence Based Practices (EBP) identified by the Substance Abuse & Mental Health Services Administration (SAMHSA) include Supported Employment, Illness Management and Recovery, Assertive Community Treatment and others. EPB toolkits are now posted on the SAMHSA
A website which lists trainings, news, articles and other resources for consumers, professionals, family members and general public interested in Recovery and Community Integration.
http://www.mhrecovery.org

| Rights, Empowerment, Social Action and Consumer/Survivor Sites |

A compilation of the briefing papers presented at the UIC Center's October, 2003 conference "The National Self-Determination and Psychiatric Disability Invitational Conference: We Make the Road by Traveling on It."
http://www.psych.uic.edu/UICNRTC/sdonfpapers.htm

Consumer / Survivor page of the Center for Mental Health Services website:
http://www.mentalhealth.samhsa.gov/consumersurvivor/

Great Lakes ADA Center- information on disability law, resources for developing reasonable job accommodations, and on pertinent legislation:
http://www.uic.edu/orgs/ada-greatlakes/

Resource Center to Address Discrimination and Stigma
http://www.adscenter.org

Web page on Faith and Spirituality on the Resource Center to Address Discrimination and Stigma website.
http://www.adscenter.org/resources/faith.shtml

New York City Voices website.
http://www.newyorkcityvoices.org/recovery.html

Alice Tsai was published at the New York City Voices site:

Northern Initiative for Social Action website (Ontario).
http://www.nisa.on.ca/

Kevin Dorsey was published at the NISA site:
http://www.nisa.on.ca/writers_WCO%20July%202003/GracelessPride.htm
Support Coalition International (SCI). Independent, non-profit federation of grassroots groups united to win human rights and alternatives in the mental health system. Led by psychiatric survivors.  
http://www.mindfreedom.org

http://www.adawatch.org

Citizens Commission on Human Rights International.  
http://www.cchr.org

Consumers of Illinois. A newly forming coalition to assist mental health consumers in Illinois.  
http://www.topica.com/lists/consumersofillinois

Consumer Writings from the Alaska Mental Health Consumer Web  
http://www.akmhcweb.org/Articles/articles.htm

Leadership for a Changing World. A program of the Graduate School of Public Service at New York University. For leaders who are tackling tough social problems with effective, systemic solutions.  
http://www.leadershipforchange.org

Message board / chat room for folks with bipolar disorder/depression. Designed by Jean Crowl, Consumer Advocate and Certified WRAP Facilitator in Galesburg, IL.  
http://p213.ezboard.com/bknowledgeispower89617

A complete list of Subcommittee’s recommendations to the CMHS National Advisory Council (NAC).  
http://www.mentalhealth.org/cmhs/AdvisoryCouncil/matrix.asp

Link to article in a business publication about John Nash.  
http://www.fastcompany.com/magazine/89/beautiful-minds.html

National Stigma Clearinghouse (NSC) is a nonprofit organization that tracks and protests unfair media images of mental illness and promotes accurate portrayals of mental illnesses and the correct use of psychiatric terms.  
http://community-2.webtv.net/stigmanet

Mental Illinois Education Project - A video production company that allows people to give voice to their own experiences.  
http://www.miepvideos.org
American Psychological Association website with free information, facts and tips on work and school; family and relationships; mind-body connection; emotional wellness; disasters and terrorism; managed care and health insurance; psychological statistic and facts; developing resilience, recognizing the signs of youth violence; and various other mental health issues.
http://www.APAHelpCenter.org

Facts and do-it-yourself tips on everything from health insurance to patient care - to help you help yourself.
http://www.healthcarecoach.com
http://nhelp.org/publications.shtml#ha

Insights To Community Living website features information about assistance programs that provide services relating to Advocacy, Consumer News & Events, Education & Training, Employment, Family & Children Services, Housing, Leisure, Medical, Miscellaneous Services - such as utilities, clothing, and our site features many locations that do not require a referral for food baskets, Recovery, Senior Citizens, Social Security, Spirituality, Transportation, Veterans Assistance, and Volunteering.
http://www.insightsonline.org

NAMI Illinois website for information on Activities, Recovery, Connecting with Us, Consumer Council News, Meetings and Consumer Council Bylaws.
http://il.nami.org/consumers.html

Free and/or safe and affordable website medication programs.
http://www.themedicineprogram.com
http://www.I-SaveRx.net or call 1-866-472-8333
http://www.helpingpatients.org
http://www.FreeMedicineFoundation.com or call 1-888-812-5152
http://www.rxforillinois.org or call 1-877-793-6745

Express Yourself! is a new self-determination tool from the UIC National Research and Training Center on Psychiatric Disability.
http://www.psych.uic.edu/uicnrtc/self-determination.htm#tools

“Making Your Case” is a free learning program for people wishing to effectively “tell their story”, write effective letters and e-mails, give testimony and conduct productive meetings with policymakers.
http://www.partnersinpolicymaking.com

Consumer stories of recovery, including Carmen Lee, Keynote Speaker at a recent Consumer/Family Forum Conference.
http://www.allmentalhealth.samhsa.gov/mystory.html
“Free to Choose–Transforming Behavioral Health Care to Self-Direction” - Self-directed care is an approach used for more than a decade with people with developmental and physical disabilities and older adults, offers opportunities to transform behavioral health services by fostering consumer and family-driven services. This publication provides an overview of self-directed care and discusses its application to behavioral health services.  

Site for online psychtracker that allows people to track symptoms.  
http://psychtracker.com

### Community Involvement

Activities/ideas that might be of interest to getting and being involved.  
http://www.recoveryworks.org/RCSPActivities.htm

Sites for connecting persons to volunteer opportunities in their local area. On each of these sites you can type in your zip code and find volunteer opportunities, listed in categories of interest, within x number miles from your home.  
http://www.volunteermatch.org  
http://www.servenet.org  
http://www.pointsoflight.org

This program explores the critical part played by faith- and community-based systems and provides useful tips on what works and how you and your organization can get involved.  

### Complementary and Alternative Medicines and Treatments

Healthy Place website.  
http://www.healthyplace.com/communities/depression/site/index.htm

Emotional Freedom Technique. Support for practitioners of EFT and information on emotional freedom techniques, case histories, and inspirational material.  
http://www.emofree.com/freestuff.htm

MERCOLA Newsletter. Practical alternatives to drugs to treat illness.  
http://www.mercola.com/current.htm

Pfeiffer Treatment Center of Illinois  
http://www.hriptc.org/
Linus Pauling Institute at Oregon State University
http://lpi.oregonstate.edu

Safe Harbor. Education on the medical causes of severe mental symptoms and the use of nutritional and other natural treatments.
http://www.alternativementalhealth.com

### Mental Health / Psychiatric Rehabilitation

Web MD. Information to assist consumers, physicians, providers and health plans to navigate the complexity of the health care system.
GOTOBUTTON BM___ http://www.webmd.com

Medical Information page of Web MD website. A variety of conditions are listed under “Mental Health”, including “emotional wellness.” On the emotional wellness page, there are links to numerous on-line support groups, including self-harm, eating disorders, sexual abuse, anxiety and depression.
GOTOBUTTON
http://www.my.webmd.com/medical_information/condition_centers/default.htm

Center for Psychiatric Rehabilitation at Evanston Northwestern Healthcare
http://www.enhpsychrehab.org

University of Illinois at Chicago Mental Health Research and Training Center:
http://www.psych.uic.edu/uicnrtc/

Center for Reintegration
http://www.reintegration.com/

Center for Mental Health Services
http://www.mentalhealth.org

### Employment-Related Sites / Vocational Rehabilitation

Work as a Priority: Resources for Employing People Who are Homeless and Who Have a Serious Mental Illness

Center for Community Inclusion. Information on Workforce Investment Act One-Stop Career Centers
http://www.communityinclusion.org
Supported Employment Implementation resources Kit
http://www.mentalhealthpractices.org

National Clearinghouse on Homelessness and Mental Illness- Supported Housing resources
http://www.nrchmi.com

State Vocational Rehabilitation resources
http://www.nchrtm.okstate.edu/pages/states_VR.html

Health and Disability Advocates. Advocates for policies that promote economic security and provide health coverage.
http://www.hdadvocates.org

Pharmaceutical Research and Manufacturers of America. Patient assistance programs that enable low-income individuals to take advantage of free and significantly discounted drugs. Website also contains an online database of programs that provide help for people who lack prescription drug coverage and the medicines offered through these programs.
http://www.phrma.org
http://www.helpingpatients.org

Grants and career opportunities for recycling computers.
http://dell.com/recyclinggrant

What makes peer support different than other kinds of “help”. Shery Mead, Consultant, offers peer support and peer run crisis alternatives in mental health.
http://www.mentalhealthpeers.com

Ability Links is a consortium of over 100 businesses and service agencies dedicated to using Internet technology to match up employers and job-ready individuals with disabilities. This site may be helpful for community members inquiring about employment. The site includes an interview with Marca under the “highlights” section.
http://www.abilitylinks.org