

## Biographies of Presenters (in order of appearance)

**Piers Allott** trained as a social worker after entering the mental health field in 1966. He has been committed, since that time, to seeing services delivered more effectively and to thinking differently about people's experiences. In the 1980's and early 1990's he was interested in service systems design and helped to bring the whole systems approach to the UK through organising visits to the US. Since the mid 1990's he has been committed to the promotion and development of recovery knowledge, practice and development. He was the main developer of Scallagrigg House (later Anam Cara) that provided a peer-operated alternative to psychiatric hospital inpatient treatment based around recovery principles. He is a recognised Recovery and WRAP (Wellness Recovery Action Planning) trainer with Mary Ellen Copeland and is approved to run WRAP Facilitators training. He retired as the NIMHE National Fellow for Recovery in January 2007 and now is self-employed working as WRAPWorks; [wrapworks@blueyonder.co.uk](mailto:wrapworks@blueyonder.co.uk)

**Mary Ellen Copeland** is an author, educator and mental health recovery advocate. She specializes in the successful self-management of psychiatric symptoms. Her work is based on her studies of thousands of people who experience psychiatric symptoms and on her own personal struggle with these symptoms—rising from total incapacitation to enjoying a rich and rewarding life. She studies how people who have experienced psychiatric symptoms relieve or prevent these symptoms, improve their quality of life and move on to accomplish their life goals and dreams. She has lectured and given seminars all over the world, teaching recovery concepts, skills and strategies to people who experience symptoms, and to their supporters and care providers. Mary Ellen Copeland designed the Wellness Recovery Action Plan or WRAP as it is more commonly known, which provides a systematic, planned approach which assists people in recovering and maintaining wellness. ([www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com))

**Dr Glenn Roberts** has worked in NHS psychiatry for over 25 years. He is currently Consultant to the Exeter and East Devon Rehabilitation and Recovery Service and chair of the Professional Expert Group guiding service developments in Recovery and Independent Living, in Devon. He was awarded an MD in 1991 for research into understanding psychosis (madness) and been an Examiner and, Academic secretary of the Royal College of Psychiatrists Faculty of Rehabilitation. He was senior editor of the award winning 'Enabling Recovery: the principles and practice of rehabilitation psychiatry', and has won national awards with the mental health education programme for schools, 'On the Edge'. He leads on Recovery for the Royal College of Psychiatrists and led for them in the production of the recent Joint Position Paper, 'A common purpose: Recovery in future mental health services' (CSIP et al, 2007). He has a particular interest in narrative approaches to working with severe mental illness and has an Honorary Research Fellowship in the School of Performance Arts, University of Exeter.

**Michael Brazendale:** I sometimes describe myself as a mental health system "traveller". Following extensive "research" using mental health services and a journey of recovery, I now have the title Staff Nurse, the latest in a long line of diagnoses. I work for South Staffordshire and Shropshire Foundation NHS Trust in Day Services and have been passionate about the move to a recovery orientated service, introducing and developing a WRAP group back in 2003 and using the Benchmarking process to produce an audit tool for recovery orientated services. For this work I was awarded the "Breeze" award, our Trusts "Nurse of the Year" in 2008. I love bass fishing in Wales and Kerry and am an avid supporter of Stoke City and consider them part of my recovery journey. I completed the 5 day WRAP training with Mary Ellen Copeland in 2001 and with Piers Allott in 2008.

**Karen Colligan** is a member of Sefton Recovery Group Network (SRGN), a network of over 400 people who have experienced trauma and who practice Wellness Recovery Action Planning (WRAP). SRGN publish the anglicised version of the WRAP book ISBN: 978-0-9549295-1-0 written by Mary Ellen Copeland. She is currently facilitating WRAP workshops in Wales, Liverpool, Merseyside and NE England. She has also co-facilitated MH Recovery and WRAP Educator Training and the Trainers' programme at St Patrick's Hospital, Dublin in 2008. Also having worked as lead researcher for the Journey of Recovery research project, Thames Valley University London 07/08, she is Assistant Fellow for Recovery Care Services Improvement Partnership (CSIP) based in East Midlands with Piers Allott Fellow for Recovery CSIP 06/07. Karen trained as a Mental Health Recovery and WRAP Educator with Mary Ellen Copeland, Vermont, USA ([www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)) in Southport, Sefton in 2003.

**Mpume Mpofu** is a champion of ethnocentrism in wellness, resilience and recovery in mental healthcare services. He is a community activist who is leading local partners towards the egalitarian and pluralistic design and delivery of mental healthcare services.

Mpume has a twenty year background in local, national and international private sector experience specialising in human resource management and organisation transformation.

Most recently Mpume has led successful community mobilisation programmes in respect of mental healthcare matters in the East Midlands in England, especially in respect of the UK Department of Health's "Improving Access to Psychological Therapies programmes" wellness and recovery. He has also been leading programmes on wellness, resilience and recovery for people of Britain's minority ethnic groups in the prison system and other forensic settings; wellness and resilience/recovery work with children, young people as well as their families and guardians.

He is also leads the Black Wellness Initiative (BWI) and the Communities Wellness Initiative (CWI).

**Edel Fortune** MSc, BSc (hons), RPN trained as a nurse in St Patrick's Hospital, Dublin. She has done an honours degree in nursing management in the Royal College of Surgeons (RCSI) and a master's degree in nursing (mental health rehabilitation) also from RCSI.

Having worked in community services in Dublin South City Mental Health Services for many years, I left nursing and returned to St Patrick's Hospital in 2008 as Clinical Manager of the Wellness and Recovery Centre.

**Cillian Russell** has been working in training and rehabilitation for over 15 years. He is currently manager of rehabilitation services with Shine (formally Schizophrenia Ireland) and is an advocate for the development of recovery focused services.

Shine – Supporting People Affected by Mental Ill Health is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness, through the promotion and provision of high-quality services and working to ensure the continual enhancement of the quality of life of the people it serves. He was instrumental in the development of the Basin Club Model; a community resource centre model developed in response to the needs of people with self experience of mental illness and currently used in Shine's rehabilitation services.