

# Key Concepts for Mental Health



Wednesday, May 6, 2015 from 12:00pm – 2:00pm  
Mental Health Association of Erie County  
999 Delaware Avenue  
Buffalo, NY 14209

This program for consumers will feature a video with Mary Ellen Copeland, creator of the Wellness Recovery Action Plan (WRAP) and follow-up discussion led by Karl Shallowhorn, Director of Community Advocacy of the MHA and Compeer of Greater Buffalo. Key Concepts for Mental Health offers an introduction to the underlying principles of Mary Ellen Copeland's recovery model. Lively and insightful discussions include: hope, personal responsibility, education, self-advocacy, support, health care, and medication.

Free of charge—seating is limited. Food & beverages will be provided.  
Please RSVP by Monday, May 4th to Kelly at [kmiskovski@eriemha.org](mailto:kmiskovski@eriemha.org)  
Q & A session to follow videos.

## Families Coping with Mental Illness



Wednesday, May 13, 2015 from 5:30pm – 7:30pm  
Temple Beth Zion  
805 Delaware Avenue  
Buffalo, NY 14209

This program for family members of those living with a mental health challenge will be led by Karl Shallowhorn, Director of Community Advocacy of the MHA and Compeer of Greater Buffalo, and Susette Mines, MHA Child and Family Support Programs. Ten parents and siblings share their experiences of having a family member with schizophrenia or bipolar disorder, with lengths of illness ranging from three to 40 years. Designed to provide insights and support to other families, the tape also has profound messages for professionals about the needs of families when mental illness strikes.

Free of charge- Food & beverages will be provided.  
Please RSVP by Monday, May 11th to Kelly at [kmiskovski@eriemha.org](mailto:kmiskovski@eriemha.org)  
Q & A session to follow videos.



716-886-1242