

## Theresa Utton-Jerman

---

**From:** Gloria van den Berg <gloria@alyssum.org>  
**Sent:** Thursday, February 13, 2020 9:23 AM  
**To:** Trish Singer; Fox, Mourning; Sarah Squirrell  
**Cc:** Theresa Utton-Jerman; Rebecca Buck  
**Subject:** WRAP

Hello Everyone,

I am writing to voice my concern over the prospect of having no funding for WRAP next year.

I have spoken with Trish Singer and understand your reasoning for cutting this program due to budgetary needs. I understand how you feel that the Copeland Center would survive this cut as an organization. But perhaps the question to ask is will the Vermont people survive this cut? Will they benefit from it?

WRAP provided through the Copeland Center is training and supporting people to do EXACTLY what everyone says is needed in this State, which is to change the way we think and LISTEN while we support someone to re-organize their life and take care of themselves.

- WRAP is needed to support the expansion of peer support outlined in the DMH 10 year plan.
- WRAP is pro-active, preventative and can be used to reduce emergency service use. At Alyssum ( a peer run crisis respite) WRAP is used daily with most of the guests who come to stay. We adapt it to many forms to support individual needs.
- WRAP trains people to support themselves in all walks of prevention; including (but not limited to): mental health, substance use, smoking cessation, diabetes prevention, forensic recovery etc.
- WRAP is a core evidence based training provided at little or no cost. Alyssum has been flat funded for so many years now that our training budget has zeroed out to support health insurance, insurance and cost of living wage increase. Many of our organizations rely on training programs such as WRAP offered for little or no money.

I am personally a trained WRAP facilitator, I found the 5 day training to be excellent. I believe that the participants in the training all benefited personally from their experience. And I also know that many of the trained facilitators who were in my group are now facilitating WRAP groups for diabetes, smoking cessation, forensic support and mental health planning.

Perhaps funding should be cut where there is dead wood....not from a live and flourishing tree?

Thank you for your time.

Gloria van den Berg  
Executive Director Alyssum Inc.

*You experience the world as a reflection of yourself, be the change you wish to see.*

**Gloria van den Berg**  
**Executive Director**

