

## Theresa Utton-Jerman

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**Subject:** FW: Copy of testimony at on Budget

**From:** Katie Wilson

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I spoke at the Springfield location on February 10. Springfield Town Hall, 96 Main Street, 3rd floor Conference Room (Selectmen's Hall) [5:30 p.m. to 6:30 p.m.] Here is my written testimony.

My name is Katie Wilson from Brattleboro and I am here to ask for the restoration of funding the to Vermont Recovery Education Project, level funded from last year at \$60,000. The Vermont Recovery Education Project has been around since 1997 and been housed a different organizations and now is located at the Copeland Center for Wellness and Recovery.

Vermont Recovery Education Project provides services necessary for communities to provide Wellness Recovery Action Plan (WRAP) groups for mental health, empowerment, self-actualization, and physical health challenges. WRAP is delivered in a peer group model. WRAP has been rigorously studied through scientific research and has been considered an evidence-based practice since 2011. In the meantime, Vermonters continue to struggle with isolation, emotional wellness, and need more than professional providers to enhance their quality of life. WRAP groups through carefully researched methods empower people to make positive change in their lives and build supportive communities.

By removing this funding, we are denying our communities an evidence-based practice developed in Vermont that is utilized in every other state and around the world.

Please consider adding the funding back into the budget. It means so much to those who are able to access it.

Thank you for your time.

Cheers,  
Katie Wilson

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Director of Operations  
Copeland Center for Wellness and Recovery  
PO Box 6471  
Brattleboro, VT 05302