



## Great Lakes ROTA-RC

Rural Opioid Technical Assistance Center  
Funded by Substance Abuse and Mental Health Services Administration

*Hosted by University of Wisconsin-Madison, Division of Extension*

**REGISTER TODAY!**

### **WeCOPE (Connecting Our Positive Emotions) for RURAL Public Service Professionals**

**Start: Tuesday, July 1, 2025**

**Ends: Tuesday, August 12, 2025**

**11:00 AM – 12:00 PM CST / 12:00 – 1:00 PM EST**

WeCOPE is an interactive program that helps adults cope with life stress. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors.

Managing life's challenges in healthy ways allows participants to take better care of themselves and others. This 7-week program meets via Zoom once a week for 60 minutes.

#### **Learning Objectives**

1. Learn to use 11 self-care and healthy coping skills for use in daily life.
2. Be better able to cope with life's challenging times and stressors by facilitating the connection to positive emotions, even during difficulty and stress.



#### **Presenters: MIKE BLASER & AMANDA COOROUGH**

*Mike Blaser, MS-OCL*, is a retired police lieutenant and was active in law enforcement for 25 years. A certified Trauma Instructor for the Mercy Health system in Rock County, WI, he specializes in tactics, leadership, stress management and crisis intervention.

*Amanda Coorough, MSSA*, is the regional project manager of the Great Lakes ROTA-RC grant for HHS Region 5. She served as a public servant in many community settings for 21 years before joining UW-Madison Extension as an educator in health & well-being and families. She currently serves as an Extension Project Manager, supporting program delivery and curriculum development.

#### **For more information, contact:**

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Regional Project Manager, ROTA-RC  
UW-Madison, Division of Extension

#### **Continuing Education:**

*Certificates of attendance for CE contact hours will be available after the event.*



*The Great Lakes Rural Opioid Technical Assistance Regional Center (ROTA-RC) is funded by SAMHSA to serve rural areas through technical assistance, education, and outreach. The University of Wisconsin-Madison Extension leads ROTA-RC in partnership with the University of Illinois-Extension, Purdue Extension, Michigan State University Extension, University of Minnesota Extension, and Ohio State University Extension. Learn more at our website <https://greatlakesrota.extension.wisc.edu>*