



Behavioral And Mental Wellness Coaching, Inc

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Set-asides:

Primary NAICS: 611430 - Professional and Management Development Training

Secondary: 511210, 518210, 541511, 541512, 541513, 541519, 561210, 611420, 611699, 621340, 621420, 624190, 624230



Capabilities Statement

Behavioral and Mental Wellness Coaching, Inc. (BMWC) is a Service-Disabled Veteran-Owned Small Business committed to working with you from a place of human dignity, unconditional high regards, and mutually shared vision and values. BMWC engages and explores with individuals and organizations with a like-minded focus to support what is important to you. Intentionally, we facilitate a process to adapt to solutions in real-time with evidence-based practices to achieve your goals and objectives.

Behavioral and Mental Wellness Coaching, Inc. (BMWC) provides a new paradigm for a systemic and community-based approach to mental health. The evidence-based Wellness Recovery Action Plan® (WRAP®) practices is the most widely disseminated self-directed person-centered practice in the United States (Roberts & Wolfson, 2004). Within this paradigm, we provide research-based self-help educational services, experiential exercises, and evidence-based practices for consumers and their communities to thrive in all eight wellness dimensions: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual. BMWC's seasoned transformational trainers and leadership coaches are ready to lead transformative practices to achieve organizations' desired state. Together, we bring forth different observers with new eyes (lens), new conversations, and healthier habits. BMWC training intentionally co-creates a space for a culture of progress. WRAP® co-facilitated by trained peers has been recognized by the United States Substance Abuse and Mental Health Administration (SAMHSA) as evidence-based practices and listed in the National Registry of Evidence-Based Programs and Practices (SAMHSA, 2010). BMWC is acknowledged for nurturing and supporting wellness leadership coaching and professional development for every person, as a collective, seems to be sounding a clarion call for a new world wherein thriving is the norm. We serve consumers both nationwide and worldwide. • NAICS Code 611430 Professional and Management Development Training • NAICS Code 621420 Outpatient Mental Health and Substance Abuse Centers (Non-medical) • NAICS Code 621330 Offices of Mental Health Practitioners (except Physicians) • NAICS Code 541611 Administrative Management and General Management Consulting Services

BMWC stems out of our larger vision of the world where all consumers in their communities, respectively, and from all backgrounds are being supported to thrive.

Core Competencies

- Professional and Management Development Training Outpatient Mental Health and Substance Abuse Centers
- Offices of Mental Health Practitioners (except Physicians)
- Administrative Management and General
- Management Consulting Services

Differentiators

Behavioral and Mental Wellness Coaching, Inc. (BMWC) trainings are offered as Train-the-Trainer modules. WRAP® is a manualized self-management system delivered in a self-help context for persons coping with trauma and life challenges. BMWC supporting and sustaining participants' wellness is our unique value proposition by: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams, which gives BMWC an unfair advantage as an expert. Individuals learn to use WRAP® through a peer-led and peer-engaged group process that progresses in three distinct phases: 1) a peer-delivered introductory session in which participants learn about WRAP® and become engaged; 2) eight to twelve weekly (or bi-weekly) peer-led WRAP® development sessions that are approximately two hours in duration; and 3) ongoing WRAP® support groups. Experts estimate that up to one quarter of the mental health workforce will be staffed by peer specialists by 2030 (Manderscheid, 2019). The self-management proven tools do not need a specific diagnosis for using these wellness practices. It is for all of us to assist with our mental wellness and benefits of WRAP®, which is not as a clinician driven approach. Anyone can access the evidence-based WRAP®, especially now during the pandemic when everything is much more complicated. Researchers from the Department of Psychiatry at the University of Illinois at Chicago (UIC) conducted a randomized control trial that demonstrated significantly positive mental health and community integration outcomes. Individuals with severe trauma participated in the research and WRAP® groups based on the values and practices developed by Mary Ellen Copeland, PhD and maintained by the Copeland Center for Wellness and Recovery (Cook, et al., 2012). These findings have been replicated in other studies conducted across the United States and around the world. BMWC support individuals to restore hope, self-confidence, and happiness at home and work in this new era. The evidence clearly demonstrates that participation in evidence-based peer support services and WRAP® groups can help individuals achieve positive self-management of their lives (Buffington, 2003; Allot, et al. 2002; Scottish Centre for Social Research & Pratt, R. 2010).