

Who Can Benefit From the WRAP Course?

Individuals who want to create a positive change in the way they feel, or increase their enjoyment of life, will benefit from this course.

Although WRAP was developed specifically for individuals who experience psychiatric symptoms, individuals with all kinds of health conditions have found the system to be helpful.



Wellness Recovery Action Planning

For more information contact your Local Peer Support Specialist, Case Manager or Drop-In Center



NorthCare Network

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1-888-333-8030

The Key Concepts of Recovery

HOPE — Believing you can work toward and meet your goals.

PERSONAL RESPONSIBILITY —

Taking Responsibility for your own wellness and your own life.

EDUCATION — Learning all about yourself so you can make good decisions.

SELF ADVOCACY — Believing in yourself and knowing your rights.

SUPPORTS — Having a good support system.

People learn things at different skill levels.

The program you create is tailored to fit your needs.



Wellness Recovery Action Planning (WRAP)

What Is It And Who Is It For?

WRAP is a personalized system that helps you monitor your symptoms and develop a response plan to empower you to be able to manage your recovery, treatments and life. WRAP was created by Mary Ellen Copeland and others. WRAP is being used across the nation and around the world.

How Long Are The Workshops?

Mental Health Recovery and WRAP workshops typically consist of a series of 12 classes which are about 2—3 hours long. They may all be scheduled in three to four weeks or spread out over ten to twelve weeks.

It's Your Plan

Your WRAP plan is yours to do with as you like. You are encouraged to share the crisis plan section with the people you choose to include in it. This helps your wishes to be followed.

Spring Into Action!

The skills, concepts and strategies learned in this workshop are complementary to your health care treatment. Some things you will develop include:

- A Wellness Tool Box
- Daily Maintenance Plan
- Identification of Triggers, Early Warning Signs and Signs When Things are Breaking Down
- Crisis and Post Crisis Plans

Recovery Topics that may be covered are:

- Building Self Esteem
- Changing Negative Thoughts to Positive Thoughts
- Peer Support