

WRAP

Wellness Recovery Action Plan



WRAP is nationally recognized and evidenced* based intervention that helps people reach and maintain their highest level of wellness. WRAP helps individuals to develop a systematic plan to achieve personal goals, to create proactive responses to life stressors, and to organize a network of supporters. WRAP was developed by people in recovery, family members, and mental health professionals.

WRAP groups meet for 6 to 12 weeks to complete the curriculum

Evidence Based Tools

- ◆ Recognize when you are most well
- ◆ Effective practices to maintain peak wellness
- ◆ Gain awareness of personal triggers, warning signs, crisis signs, and create action plans to respond
- ◆ Identify and develop a network of supporters

Strength Based Community

- ◆ Upholding the core concepts: hope, personal responsibility, education, self-advocacy, and support
- ◆ Safe, nonjudgmental, confidential sharing
- ◆ Support for mental and physical health
- ◆ Support for trauma or addictions
- ◆ Collaborative activities

BRIAN CHEUNG

ECCAC Mental Health Peer Support Worker -
Certified WRAP Facilitator

PHONE: 408.792.3922

Fax: 408.792.2158

E-mail: Brian.Cheung@HHS.SCCGOV.ORG

The Mental Health Recovery and WRAP Program has been extensively studied and reviewed, and is listed in the National Registry of Evidence-Based Programs and Practices. Wrap programs replicate the evidence-based model when led by a certified facilitator who was trained by a Copeland Center trained Advanced Level WRAP Facilitator. The Copeland Center for Wellness and Recovery is the only organization licensed to train Advanced Level Facilitators.

Copyright Mary Ellen Copeland—All Rights Reserved—mentalhealthrecovery.com



WRAP

Wellness Recovery Action Plan



WRAP is nationally recognized and evidenced* based intervention that helps people reach and maintain their highest level of wellness. WRAP helps individuals to develop a systematic plan to achieve personal goals, to create proactive responses to life stressors, and to organize a network of supporters. WRAP was developed by people in recovery, family members, and mental health professionals.

WRAP groups meet for 6 to 12 weeks to complete the curriculum

Evidence Based Tools

- ◆ Recognize when you are most well
- ◆ Effective practices to maintain peak wellness
- ◆ Gain awareness of personal triggers, warning signs, crisis signs, and create action plans to respond
- ◆ Identify and develop a network of supporters

Strength Based Community

- ◆ Upholding the core concepts: hope, personal responsibility, education, self-advocacy, and support
- ◆ Safe, nonjudgmental, confidential sharing
- ◆ Support for mental and physical health
- ◆ Support for trauma or addictions
- ◆ Collaborative activities

BRIAN CHEUNG

ECCAC Mental Health Peer Support Worker -
Certified WRAP Facilitator

PHONE: 408.792.3922

Fax: 408.792.2158

E-mail: Brian.Cheung@HHS.SCCGOV.ORG

The Mental Health Recovery and WRAP Program has been extensively studied and reviewed, and is listed in the National Registry of Evidence-Based Programs and Practices. Wrap programs replicate the evidence-based model when led by a certified facilitator who was trained by a Copeland Center trained Advanced Level WRAP Facilitator. The Copeland Center for Wellness and Recovery is the only organization licensed to train Advanced Level Facilitators.

Copyright Mary Ellen Copeland—All Rights Reserved—mentalhealthrecovery.com

