CONSUMER AFFAIRS

CURRENT WRAP GROUPS

CLINIC BASED WRAP GROUPS

DOWNTOWN BEHAVIORAL HEALTH
1075 E Santa Clara St., San Jose
(408) 792-2132
OPEN, ON-GOING AND OPEN TO PUBLIC WEDNESDAYS, 1:30-3:30—MIOCR ROOM

GILROY BEHAVIORAL HEALTH
7475 Camino Arroyo, Gilroy
(408) 885-6220
CLOSED GROUP, Referral Required FRIDAYS, 9-10:30AM

NARVAEZ BEHAVIORAL HEALTH
614 Tully Road, San Jose
(408) 494-1561
CLOSED GROUP, Referral Required THURSDAYS, 12:30-2:00PM

SUNNYVALE BEHAVIORAL HEALTH
660 South Fair Oaks Ave, Sunnyvale
(408) 992-4800
CLOSED GROUP, Referral Required MONDAYS, 2:30-3:20PM

MILPITAS BEHAVIORAL HEALTH
143 Main Street, Milpitas
(408) 957-8304
CLOSED GROUP, Referral Required

SELF HELP CENTER WRAP GROUPS

ZEPHYR SELF HELP CENTERS
1075 E. Santa Clara St., San Jose
(408) 792-2140
OPEN TO ALL INTERESTED PARTIES
TUESDAY, 10:00-11:30AM

SOUTH COUNTY SELF HELP CENTER
1235 1st St., Gilroy
(408) 852-4370
OPEN TO ALL INTERESTED PARTIES
WEDNESDAYS, 12:15-1:50PM

For more WRAP Groups contact

FAMILY AFFAIRS—FAMILY WRAP
Santa Clara Valley Medical Center campus.
(408) 792-2166—Diana
WEDNESDAY EVENINGS

ETHNIC & CULTURAL COMMUNITIES ADVISORY COMMITTEE (ECCAC)
Various locations in the Community
(408) 792-3941

Suicide & Crisis Hotline
1-855-278-4204
National Alliance on Mental Illness (NAMI)
1-408-453-0400
WRAP groups and the concepts, skills and strategies you learn while in the group are complementary to your healthcare treatment program.

They are not a replacement for your Treatment program.

KEY ELEMENTS OF WRAP®
- Develop a Wellness Toolbox
- Daily Maintenance
- Identifying Triggers and an Action Plan
- Identify Early Warning Signs and an Action Plan
- Identify When Things are Breaking Down and an Action Plan
- Crisis Planning
- Post Crisis Planning

WRAP TOPICS INCLUDE:
- Empowerment & Responsibility
- Taking Responsibility for Wellness
- The Importance of Education
- Developing a Wellness Recovery Action Plan
- Taking Preventive Action Early
- Diet, Light & Exercise
- Changing Negative Thoughts to Positive Ones
- Preventing & Avoiding Suicide
- Stress Reduction & Relaxation Methods
- Building Self Esteem & Self Confidence
- Developing & Keeping Support Systems
- Peer Counseling

WRAP OBJECTIVES:
Hope, Empowerment, Personal Responsibility, Self Advocacy and Education

Accessing good health care and managing medications

Self Monitoring using WRAP—An individualized system for monitoring and responding to mental health challenges, to achieve highest possible levels of wellness.

Responses to mental health difficulties: Finding & keeping a strong support system with healthcare providers, peer support and family. Developing a personal WRAP Plan that can be used and shared with healthcare providers and supporters.

WRAP® and Wellness Recovery Action Plan® are trademarks registered to Mary Ellen Copeland.

WRAP® the Wellness Recovery Action Plan® is listed in the National Registry of Evidence Based Programs and Practices.

Jennifer Jones, Health Care Program Manager
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Clinic Based Support / Self Help Support
Santa Clara County Mental Health Department
1075 E. Santa Clara St.
San Jose, CA 95116
(408) 792-3935

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