



Dreamers and Achievers Center, Inc.

Introduction to

**MENTAL HEALTH RECOVERY**

Including

**Wellness Recovery Action Planning (WRAP)**

**WRAP Seminar I: Developing a Wellness Recovery Action Plan**

Presented by

**Gerard Thomas, WRAP of DC**

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**Format: Two Hour presentation**

15 minutes: Introduce self, agenda, and program.

20 minutes: Key concepts: hope, personal responsibility, education, self-advocacy, support

15 minutes: Issues that need to be addressed:

- medical issues
- medication management

30 minutes: Wellness Toolbox

25 minutes: Daily Maintenance Plan, Triggers, Early Warning Signs When Things Are  
Breaking Down

15 minutes: Crisis planning.

## WRAP Seminar I: Developing A Wellness Recovery Action Plan (WRAP)



**Course Description:** WRAP Seminar I is offered in several workshops depending on the number of participants. This course is for anyone who wants to learn about the WRAP® and begin to incorporate it into their life to improve personal wellness and achieve an improved quality of life. These workshops are designed to be highly interactive and encourage participation and sharing from all present. This workshop also lays a broad foundation for building a peer workforce.

### **This Class Fulfills the Prerequisites for WRAP Facilitator Training**

#### **Learning Objectives**

Through Participation in these workshops people will be able to:

- Apply Key Concepts of Recovery into their everyday life to improve their quality of life.
- Identify tools and action plans to counter the negative effects of life challenges and improve responses to disturbing thoughts and feelings to achieve improved states of wellness.
- Describe the history, foundations and structure of the Wellness Recovery Action Plan®.

**Mental Health Recovery**  
**Including**  
**Wellness Recovery Action Planning (WRAP)**

*A workshop for people who experience mental health challenges and for those who care about them*

**TOPICS INCLUDE:**

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

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## WRAP®: Wellness Recovery Action Plan Overview

WRAP is a self-designed plan for staying well and for helping you to feel better when you are not feeling well, to increase personal responsibility, and to improve your quality of life.



The WRAP approach empowers you to take control of your own health and wellness.

Since its development, the system has been shared with hundreds of thousands of people through the *Wellness Recovery Action Plan* books: *WRAP Plus*, the *Living WRAP* video, the *Creating Wellness Video* series, *Build Your Own WRAP* and other online courses, numerous support groups, workshops and seminars, and through this web site.

With WRAP, people who experience mental health and other health challenges no longer feel that they are sentenced to a life of chronic disability that interferes with their ability to work toward and reach their goals. Instead, by using self-help skills and strategies that complement other treatment scenarios, they are achieving levels of wellness, stability, and recovery they always hoped were possible.

## **WRAP stands for Wellness Recovery Action Plan**

There are four parts to the study of mental health recovery and wrap that we will be learning about:

### **1. The Five Key Concepts**

- **Hope**
  - **Personal Responsibility**
  - **Education**
  - **Self-Advocacy**
  - **Support**
- ... and issues that need attention:
- **getting good health care**
  - **medication management**



### **2. The Wellness Toolbox**

### **3. The Wellness Recovery Action Plan:**

- **Daily Maintenance Plan**
- **Triggers & Triggers Action Plan**
- **Early Warning Signs & Early Warning Sign Action Plan**
- **When Things Are Breaking Down & When Things Are Breaking Down Action Plan**
- **Crisis Plan**
- **Post Crisis Plan**

### **4. The Recovery Topics:**

- **Building Self-Esteem**
- **Changing Negative Thoughts to Positive Ones**
- **Peer Support**
- **Work Related Issues**
- **Trauma Recovery**
- **Suicide Prevention**

#### **Additional Issues**

- **Living Space**
- **Lifestyle**
- **Motivation**

## Get the Free WRAP App!

Wellness Recovery Action Plan® (WRAP®) is a simple and powerful process for creating the life and wellness you want. What if you could...?

- Shape every aspect of your life the way you want it to be?
- Gain freedom from troubling thoughts, behaviors, or patterns that repeat in your life?
- Feel empowered in making decisions about your life?
- Build a strong support network of people and resources to help you reach your goals?

**Using the WRAP App, you can develop your WRAP and carry it with you wherever you go.**



Based on the WRAP Workbook (revised 2018), the WRAP App walks you through the process of creating your personal WRAP. Use it on your own, with a friend or supporter, or in a WRAP group.

This app is designed to work alongside our WRAP books, other materials, and groups for a full understanding of what WRAP is and how you can implement it in your life.

Whatever your goals or challenges, WRAP can help you make a plan that really works, with results you can really see. With WRAP, you can:

- Discover simple, safe, and effective tools to maintain wellness
- Develop a daily plan to stay on track with your life goals
- Identify what throws you off track and develop a plan to keep moving forward
- Gain support and stay in control even in a crisis

For more than 20 years, people around the world have used WRAP to support their goals and transform their lives. However you define “wellness” for your situation, WRAP can help you achieve it, step by step, your way, and on your terms.

People who use WRAP say that it helps them feel better more often and improves the overall quality of their lives.

Over time, they have found that it can easily be adapted to deal with any situation in their lives—anything from deep sadness to arthritis, from substance use to hearing voices, from panic attacks to diabetes to grieving the death of a loved one.

In WRAP, we believe there are no limits to wellness and recovery.

Check out a quick walkthrough of the app via Facebook Live:

Available now for [iOS](#) and [Android](#).

**Learning self-help skills for dealing with physical and emotional difficulties can be simple, but it's a much greater challenge using self-help methods during the most difficult times, when they can help the most.**



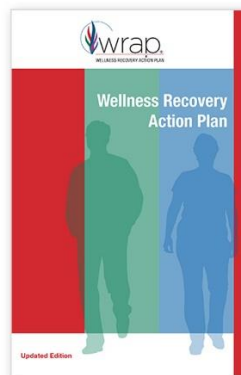
**This DVD presents a system developed and used successfully by people with a variety of physical and emotional difficulties to more easily monitor how they feel and to help themselves feel better, recover, stay well, and improve the quality of their lives.**



## WRAP Seminar I: Developing a Wellness Recovery Action Plan



### Wellness Recovery Action Plan - *Reading Assignments*



#### I. **The Five Key Recovery Concepts**

- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support
  - Medical Considerations
  - Medication Issues

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#### II. **The Wellness Toolbox**

**pg.# 23 – 25**

#### III. **The Wellness Recovery Action Plan i.e...**

- Daily Maintenance Plan
- Triggers & Triggers Action Plan
- Early Warning Signs & Early Warning Signs Action Plan
- When Things Are Breaking Down Signs & When Things Are Breaking Down Action Plan
- Advance Directive, or Crisis Planning
- Post- Crisis Planning

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#### IV. **Wellness & Recovery Strategies / Lifestyle Issues**

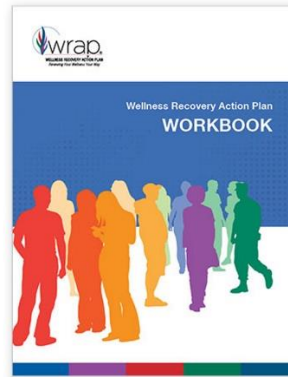
- Your Wellness Your Way

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## WRAP Seminar I: Developing a Wellness Recovery Action Plan



### Wellness Recovery Action Plan WORKBOOK - *Activities Assignments*



#### I. **The Five Key Recovery Concepts**

- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support
  - Medical Considerations
  - Medication Issues

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#### II. **The Wellness Toolbox**

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#### III. **The Wellness Recovery Action Plan i.e...**

- Daily Maintenance Plan
- Triggers & Triggers Action Plan
- Early Warning Signs & Early Warning Signs Action Plan
- When Things Are Breaking Down Signs & When Things Are Breaking Down Action Plan
- Advance Directive, or Crisis Planning
- Post- Crisis Planning

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#### IV. **Wellness & Recovery Strategies / Lifestyle Issues**

- Your Wellness Your Way

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## HISTORY OF WRAP

The Wellness Recovery Action Plan (WRAP®) was developed by people who had been living with a variety of mental health challenges and who were working hard to feel better and get on with their lives.

In 1997, several dozen individuals who had experienced serious mental illnesses came together in Northern Vermont for an eight-day gathering designed to initiate dialogues on how to improve their emotional and mental health.



Many of the conference attendees had been residents of state psychiatric hospitals at various periods in their lives. They came together to discuss practical strategies for regaining and sustaining their own wellness.

They did not know it at the time, but this cadre of intrepid explorers was blazing the trail towards a new international self-help movement for wellness and recovery.

A key leader among those brave pioneers at the Vermont gathering was Mary Ellen Copeland, a woman who had been struggling with anxiety, depression, and extreme mood swings that had caused her to experience social isolation, economic hardship, and repeated hospitalizations.

Seeking to restore her health and reclaim her life, Mary Ellen had become disillusioned with the psychiatric establishment of that time and its reliance on medication-focused treatment that prioritized managing her illness rather than facilitating her return to health.

Mary Ellen helped her fellow sojourners at the Vermont conference to draw on their own organic experience to identify what kinds of strategies worked for them to prevent emotional and mental breakdowns and to maintain positive mental health.

In 1997, she wrote her first primer book on WRAP®, which rapidly gained popularity across the United States and around the world. Mary Ellen began to share WRAP® with other people who were struggling with a wide range of emotional, physical, and mental health challenges.

## WRAP VALUES and ETHICS

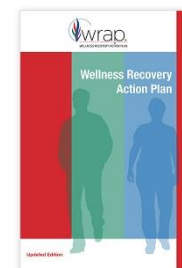
The core values and ethics of WRAP represent the heart of WRAP training and implementation. They are what bring the materials to life. Trained and certified WRAP Co-Facilitators apply the concepts, values, and action plans and provide examples from their own lives.

The WRAP values and ethics were developed through a peer support effort and WRAP Co-Facilitators must understand and embody them when leading groups and workshops. The values and ethics promote a safe, comfortable, and respectful environment for WRAP participants. Co-Facilitators review the values and ethics with participants during group sessions. They also give participants the Values Fidelity Checklist and Ethical Guidelines Checklist below to review. Participants can share ideas about how to more fully honor or demonstrate WRAP values and ethics at any time.



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## WRAP VALUES and ETHICS pg.# 15 - 17



## WRAP Personal Bill of Rights

(Excerpts from WRAP Personal Bill of Rights)

- I have the right to ask for what I want.
- I have the right to say no to requests or demands I cannot meet.
- I have the right to change my mind.
- I have the right to make mistakes and don't have to be perfect.
- I have the right to follow my own values and standards.

