

Well Recovery Action Plan - (WRAP) Outline

Wrap works well for people with mental health issues, medical conditions(such as diabetes), life issues (such as addiction, smoking, trauma). This evidenced based national program can be found online at copelandcenter.com

Benefits: *Wrap helps you to feel better, manages medical challenges, decrease and prevent intrusive or troubling feelings and behaviors, plan and achieve your life goals and dreams. Also includes crisis planning; Post crisis plan will guide you when you are healing from crisis.*

Session 1:

- Wellness Toolbox - gives client resources and ideas on how to avoid crisis

Session 2

- Maintenance Plan - helps client identify proactive methods to maintain healthy state of mind

Session 3

- Identify triggers create trigger response action plan

Session 4

- Identify early warning signs and create preventative action plan

Session 5

- Identify when things are breaking down and create action plan

Session 6

- Identify crisis and crisis planning

Session 7

- Post crisis planning

Session 8

- Prepare personalized WRAP action plan for client to keep with them

***Maximum of 12 participants per class**