

Wellness Recovery Action Planning

Wellness Recovery Action Planning, or WRAP, is being used all over the world by people effectively managing their own physical, mental, and emotional health. It is a simple system allowing people to design (by choice) a program to cope with every day symptoms, problems, triggers, and distress.

One of the co-developers of WRAP (Mary Ellen Copeland) says on her web site:

“by using self-help skills and strategies that complement other treatment scenarios, people are achieving levels of wellness, stability, and recovery they always hoped were possible.”

The goals of Mental Health Recovery and Wrap are to teach participants recovery and self-management skills and strategies for dealing with mental health difficulties that allow them to:

- promote higher levels of wellness, stability, and quality of life
- decrease the need for costly, invasive therapies
- decrease the incidence of serious mental health difficulties
- decrease traumatic life events caused by severe mental health difficulties
- increase understanding of these mental health difficulties and decrease stigma
- raise participants' level of hope and encourages their actively working toward wellness
- increase participants' sense of personal responsibility and empowerment

WRAP shifts the focus in mental health care from “symptom control” to prevention and recovery. The result is significant reduction in the need for costly mental health and emergency services as people effectively take responsibility for their own wellness. They do this by using a variety of self-help techniques and reaching out for and using the support of a network of family members, friends, and health/mental health care providers. The result is significant life enhancement, gains in self-esteem, and self-confidence as people become contributing members of the community.

You can make your own WRAP Plan, as well as attend trainings and seminars about WRAP. Visit this web site or talk to your SDC Advisor to learn more:

<http://www.mentalhealthrecovery.com/>