

What You Will Learn About Mental Health Recovery

The key concepts of Recovery:

HOPE - Believing you can work toward and meet your goals.

PERSONAL RESPONSIBILITY - Taking responsibility for your own wellness and your own life.

EDUCATION - Learning all about yourself so you can make good decisions.

SELF ADVOCACY - Believing in yourself and knowing your rights.

SUPPORTS - Having a good support system.



Workshops are free and include all necessary materials.

Wellness Recovery Action Planning (WRAP)



WHAT IS IT AND WHO IS IT FOR?

WRAP is a personalized system that helps you monitor your symptoms and develop a response plan to empower you to be able to manage your recovery, treatments and life. WRAP was created by Mary Ellen Copeland and others. WRAP is being used across the nation and around the world.

HOW LONG ARE THE WORKSHOPS?

Mental Health Recovery and WRAP workshops typically consist of a series of 2 or 3 hour classes two days a week for 6-8 consecutive weeks.

IT'S YOUR PLAN

Your WRAP plan is yours to do with as you like. You are encouraged to share the crisis plan section with the people you choose to include in it. This helps your wishes to be followed.



Spring Into Action!

The skills, concepts and strategies learned in this workshop are complementary to your health care treatment. Some things you will develop include:

- A Wellness Tool Box
- Daily Maintenance Plan
- Identification of Triggers, Early Warning Signs and Signs When Things are Breaking Down

- Crisis and Post Crisis Plans

Recovery Topics that may be covered are:

- Building Self Esteem
- Changing Negative Thoughts to Positive Ones
- Peer support

People learn things at different skill levels. The program you create is tailored to fit your needs.

Who Can Benefit From the Mental Health Recovery and WRAP Course?

Individuals who want to create a positive change in the way they feel, or increase their enjoyment of life, will benefit from this course.

Although WRAP was developed specifically for individuals who experience psychiatric symptoms, individuals with all kinds of health conditions have found the system to be helpful.



Spring Into Action!

Mental Health Recovery
and
Wellness
Recovery
Action
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For more information or to register for this workshop contact your provider agency.

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Sign up for a workshop that includes

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