

Wellness Recovery Action Plans (WRAP) Workshop

A Wellness Recovery Action Plan® is a plan you create for yourself to take control over various aspects of your health. The five key principles of a WRAP® are:

- Hope
- Personal responsibility
- Education
- Self-advocacy and
- Support

Within a group setting, individuals explore self-help tools (e.g. peer counseling, focusing exercises, relaxation, and stress reduction techniques) and resources for keeping themselves well and for feeling better during difficult times.

What's in a Wellness Recovery Action Plan?

DAILY WELLNESS

- **Wellness Toolbox** – This is a list of resources to help keep yourself healthy and deal with difficult situations. The tools from this section are used throughout the WRAP.
- **Daily Maintenance Plan**
 - A description of yourself when you are well.

SELF-AWARENESS AND ACTION PLANS

Triggers and Action Plans

- This section identifies your triggers, or things outside yourself, which might make you feel worse.

Early Warning Signs

- This section identifies subtle signs within yourself that let you know you are

beginning to feel worse.

When Things Are Breaking Down

- This section identifies those signs that let you know you are feeling much worse, perhaps feeling in danger of things becoming a crisis.

- **CRISIS PLAN**

Advance Directive

- In the Crisis Plan, you identify those signs that let others know they need to take over responsibility for your care and decision-making, who you want to take over for you and support you through this time, health care information, a plan for staying at home through this time, things that others can do that would help and things they might choose to do that would not be helpful. This kind of proactive advance planning keeps you in control even when it seems like things are out of control

WELLNESS

- **Post-Crisis Plan**

- The post-crisis plan is a guideline you create for yourself to help you get back to your life as it was before the crisis. It involves plans on how to ease back into things, using support as needed, but taking more control back to get well.

The Wellness Recovery Action Plan, abbreviated as **WRAP**, is a **prevention and wellness process that is self-designed**. Anyone can use the WRAP to get well, stay well, and design their life the way they choose it to be. It was developed by a group of people who wanted to find ways to overcome their own mental health issues.

If you or somebody you know is interested in taking Wellness, Recovery, Action, Planning please contact Brandon Whitehouse at : bwhitehouse@concord.edu or 304 800-6118 . You can find the WV Collegiate Recovery Network on Facebook at <https://www.facebook.com/CRN WV> and <https://www.facebook.com/CollegiateRecovers>