

WRAP[®]
and Recovery Books

MARY ELLEN COPELAND



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WRAPandRecoveryBooks.com is Mary Ellen Copeland's website for news, events, recovery articles, research information, and the online bookstore.

WRAPandRecoveryBooks.com is the official site for books and other WRAP resources by Mary Ellen Copeland.



The Copeland Center for Wellness and Recovery provides education and training to people who want to become WRAP facilitators, who want to implement WRAP in their agency or organization, and those who want to assure that the mental health system is recovery focused.

The Copeland Center trains and certifies people to facilitate WRAP groups and lead trainings that meet the criteria of WRAP as an evidence-based practice.

www.copelandcenter.com

WRAP[®]

is the

Wellness Recovery Action Plan[®]

WRAPandRecoveryBooks.com

Local WRAP Contact:

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WRAP[®] works!

The Wellness Recovery Action Plan[®], or WRAP[®], is used world-wide by people who are dealing with all kinds of health and life challenges.

WRAP was developed by a group of people with mental health issues. They learned to identify the things that they can do to feel better and stay well. These personal resources are "Wellness Tools."

You can use your Wellness Tools to help you feel better every day, to get well and stay well. For many people, using WRAP has resulted in recovery and long-term health.

You design your WRAP and you choose who assists and supports you in developing and using your plan. They can be family, friends, or care providers.

WRAP is evidence-based. It does not necessarily replace other treatments, but can be used as a compliment to any other treatment options you have chosen.

You can learn about WRAP working with other people in a WRAP group. Or you can learn on your own or with a supporter. It's all up to you. It's your plan. You decide when to make a WRAP, and what you want in it.

WRAP[®] works!

WRAP has been found to work well for people with

- ❖ mental health issues
- ❖ medical conditions such as diabetes, weight gain and pain management
- ❖ life issues like addictions, smoking and trauma

It can also be used as a guide in interpersonal relationships in peer support, recovery groups, agencies, and organizations.

WRAP is being used in schools, prisons, hospitals, veterans' facilities, with people of all ages, including children, transition age youth, and seniors.

WRAP[®] helps you to:

- ❖ Feel better
- ❖ Manage medical challenges
- ❖ Decrease and prevent intrusive or troubling feelings and behaviors
- ❖ Control your own life
- ❖ Improve the quality of your life
- ❖ Plan and achieve your life goals and dreams

WRAP[®] is the Wellness Recovery Action Plan[®]

In developing your own WRAP, you'll identify the Wellness Tools that you already use that help you get well, stay well and improve the quality of your life. You will learn how to use these tools when you need them — every day, or when you notice particular feelings, behaviors or experiences.

WRAP will help you notice when things seem to be not quite right in your life, and help you use effective ways you have discovered to get yourself back to feeling your best.

WRAP planning also includes Crisis Planning, an Advance Directive that lets others know how you want them to respond when you cannot make decisions, take care of yourself, or keep yourself safe. Your Post Crisis plan will guide you when you are healing from a crisis.

WRAP is based on the 5 Key Recovery Concepts

HOPE
PERSONAL RESPONSIBILITY
EDUCATION
SELF-ADVOCACY
SUPPORT

Key elements of WRAP[®]

- ❖ Wellness Toolbox
- ❖ Daily Maintenance Plan
- ❖ Identifying Triggers and an Action Plan
- ❖ Identifying Early Warning Signs and an Action Plan
- ❖ Identifying When Things Are Breaking Down and an Action Plan
- ❖ Crisis Planning
- ❖ Post Crisis Planning

People using WRAP[®] say:

"With WRAP I feel prepared."

"I feel better more often, and I've improved the overall quality of my life."

"I feel that WRAP has been the primary tool I have used to facilitate my ongoing recovery from the abuse and neglect of my early years."

"Using WRAP, hopelessness melts away."

"WRAP is terrific!"