

# WRAP – Wellness Recovery Action Plan

- Recognized as an **emerging best practice** in the USA
- Has a **research evidence base** that shows WRAP leads to behavioral or attitudinal change – hopefully **ongoing research will explore the efficacy and effectiveness of WRAP in promoting recovery.**

**WRAP** stands for **Wellness Recovery Action Plan**. It's a program that was developed in Vermont, USA, in 1997 by Mary Ellen Copeland and a group of friends who had all experienced the mental health system. WRAP is now recognized as an **exemplary practice** and has been widely implemented throughout 50 states in the USA, UK, and New Zealand. The WRAP program involves an educational and planning process that is grounded in **mental health recovery** concepts such as **hope, education, empowerment, self-advocacy, and interpersonal support and connection**. Within a group setting, individuals explore self-help tools (eg. peer counselling, focusing exercises, relaxation & stress reduction techniques) and resources for keeping themselves well and for helping themselves feel better in difficult times.

Copeland sums up WRAP with these words:

***“For a person who has been in the system a long time, WRAP is often a person's first introduction to the idea that their own ideas and views have value, and that they can make their own decisions and move on with their recovery. It can be the initial step in the recovery process”.***

## Developing a Personal Plan

- daily maintenance plan
- identifying & responding to triggers and PLAN
- identifying & responding early warning signs of increased difficulty & PLAN
- identifying signs – situation has worsened – PLAN
- effective crisis PLAN or advanced directive
- post-crisis planning

- WRAP has a **certification component for facilitators**
- WRAP **resources** include videos, books, training manuals and a chat-line.
- Contacts for WRAP: [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)
- Copeland Center: [www.copelandcenter.com](http://www.copelandcenter.com)
- Ontario contact: Ann Thompson [athompson23@hotmail.com](mailto:athompson23@hotmail.com)