

Wellness Recovery Action Plan - WRAP

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, 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.

WRAP includes a daily maintenance plan, triggers and an action plan, early warning signs and an action plan, when things have gotten much worse and an action plan, crisis planning and post-crisis planning. In addition, WRAP group members explore specific issues that affect wellness, such as changing negative thoughts to positive ones, building self-esteem, and suicide prevention. **As group members work together, they are guided by and learn from each other.** What is most important about WRAP is that it is **totally self-determined**.

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”.