

## Frequently asked Questions

### What is WRAP® ?

Wellness Recovery Action Plan is a self-directed plan to meet personally identified goals. It is an evidence based program to obtain and maintain wellness.

### Is WRAP® treatment?

The WRAP® curriculum is meant to complement, not replace, any other “treatment” that individuals may choose to utilize. It is a non-clinical, individual system.

### Who Should use WRAP® ?

The plan can be used by anyone who wants to increase understanding of their own health, and create a process through which to achieve wellness.

### Does WRAP® help people with health challenges.

ABSOLUTELY! WRAP® is a tool that helps all people enhance the quality of their lives.

### How do I find a WRAP® class?

Contact our main office or ask your provider. You may also visit our website.

### Is Fresno County Department of Behavioral Health certified to facilitate WRAP® ?

Yes, DBH and other mental health contract providers have certified WRAP® facilitators available to facilitate WRAP® groups, overview on WRAP® or provide on-going WRAP® support groups.

County of Fresno  
Department of Behavioral Health  
4441 East Kings Canyon Road  
Fresno, CA 93702  
559-600-4099  
FAX: 559-600-9135  
Access Line  
1-800-654-3937  
Urgent Care Wellness Center  
559-600-9171

For more information or finding a WRAP®  
group visit our website  
[www.co.fresno.ca.us/WRAP](http://www.co.fresno.ca.us/WRAP)  
You can also visit  
[www.copelandcenter.com](http://www.copelandcenter.com)

### Wellness Recovery Action Plan (WRAP®)

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[WRAPandRecoveryBooks.com](http://WRAPandRecoveryBooks.com)

“WRAP is like reading a book, it takes me  
places I can learn”

“WRAP gives me permission to express  
myself and my choices”



## Your Guide to the Wellness Recovery Action Plan

# WRAP®

Department of  
Behavioral Health

Supporting individuals in  
wellness and recovery

## What is WRAP®

Wellness Recovery Action Plan  
WRAP® is a structured system of personal actions/activities to enhance one's health and wellness by using planned responses in everyday life. This plan is something an individual can do for him/herself.



### The Goal of WRAP®

- Promote greater and continued levels of wellness.
- Provide opportunities for alternative therapies.
- Promote alternative responses.
- Identify wellness strategies and techniques.
- Raise understanding of wellness.
- Raise participant's level of hope and encourage actively working toward wellness.
- Increase sense of personal responsibility and empowerment.

## Overall Description

The planning process begins by developing a **WELLNESS TOOLBOX**, a listing of skills and strategies that individuals use or want to use to keep well and to help ourselves feel better when we are less well.

**WRAP®** Consists of six sections:

### SECTION 1 Daily Maintenance Plan.

- What I'm like when I'm feeling well.
- What I need to do daily to maintain my wellness.
- What I might choose to add to a day to stay well.

### SECTION 2 Triggers.

- Identifying triggers and triggers action plan

### SECTION 3 Early warning signs.

- Identifying early warning signs and action plan

### SECTION 4 When things are breaking down.

- Sign which indicate things are breaking down and action plan.

### SECTION 5 Crisis Plan.

This section has 9 Parts.

- Is developed when you are feeling well and will be used when others will need to take over responsibility for your care.

### SECTION 6 Post Crisis Plan.

- Is different from other parts of your WRAP® in that it is constantly changing as you heal.

## 5 Key Recovery Concepts

### HOPE

We have a vision of hope that includes individual dreams without limits. A desire or expectation of belief in fulfillment.

### PERSONAL RESPONSIBILITY

Ultimately we are all responsible for our own lives. Personal responsibility explores the many ways we learn how to take responsibility for ourselves and our decisions.

### EDUCATION

We are all educators and learners. Education means learning about ourselves, our dreams, and the skills we need to get them.

### SELF ADVOCACY

A process of identifying and articulating needs. Self-advocacy does not always mean we get what we want, but the process of expressing our needs is empowering.

### SUPPORT

Understanding who and what we need, and identifying where and how to build that support system.

**WRAP®** is now recognized by the Federal Substance Abuse and Mental Health Service Administration (SAMHSA) as an Evidence Based Practice.

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