# Wellness Recovery Action Plan (WRAP)

## TARGET AUDIENCE

This program is for adults with mental health difficulties.

## SUMMARY

Wellness Recovery Action Plan® (WRAP®), a community-based program, is designed to foster a sense of personal empowerment and improve quality of life for participants by helping them learn to monitor, manage, reduce, or eliminate uncomfortable and distressing feelings or behaviors.

## EVIDENCE

Evaluation results suggest that, relative to members of comparison groups, program participants reported greater levels of self-advocacy with service providers, lower levels of mental health problems, more hopefulness, and a higher quality of life. Such outcomes appear to persist at least 6 months beyond program completion. These evaluations have been conducted by researchers affiliated with the WRAP program. To date, no independent replications have been published.

## COMPONENTS

The WRAP program is designed to promote general wellness by helping participants manage and recover from mental health difficulties. The program emphasizes key recovery concepts of hope, personal responsibility, education, self-advocacy, and support. WRAP sessions, led by two trained peer facilitators, include a combination of lecture, discussions, and activities that involve participants. Components include the following:

- **Wellness Toolbox** - Create a list of resources, such as contacting friends or supporters, journaling, exercising, eating a healthy diet, getting adequate sleep and sunlight, practicing relaxation or stress reduction techniques, and engaging in affirming activities.
- **Daily Maintenance Plan** - Develop a description of oneself when feeling healthy and well and make a list of items and activities that are necessary to do every day to maintain this feeling of wellness.
- **Triggers** - Identify events or circumstances that make one feel uncomfortable and learn how to deal with them.
- **Early Warning Signs** - Recognize internal signs that one is starting to feel worse and take action to prevent an increase in symptoms.
- **When Things are Breaking Down** - Make a list of signs that lets one know he or she is feeling much worse and use the resources in the Wellness Toolbox to feel better.
- **Crisis Plan** - Create a plan for when others need to step in and take responsibility for one's care.
- **Post Crisis Plan** - Determine what one needs to do in order to recover and get well.

A number of additional resources are available, including the WRAP Info Center, E-Learning Courses, the WRAP APP, and creating a personal WRAP online. Please visit [http://mentalhealthrecovery.com/getting-started-with-wrap/ for more information](http://mentalhealthrecovery.com/getting-started-with-wrap/) for more information.

## PREVIOUS USE

WRAP was developed in 1997 and has since been implemented in all 50 states and many international settings. WRAP has been adapted for use with Veterans and military personnel; however, this modified version has not been evaluated.
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TRAINING

Training is facilitated through the Copeland Center for Wellness and Recovery. Individuals interested in becoming WRAP facilitators must complete one of several online or in-person training pre-requisites and complete an off-site, 5-day training that costs $1,300 per person. For more information please visit https://copelandcenter.com/our-services-facilitator-training/wrap-trainings-and-workshops.

CONSIDERATIONS

Considerations for implementing this program include recruiting facilitators and obtaining their buy-in, acquiring buy-in from local mental health partners, and obtaining space and time for WRAP meetings.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

IMPLEMENTATION

If you are interested in implementing WRAP, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

WRAP is implemented through 8-weekly group meetings that last approximately 1 1/2 to 2 1/2 hours each.

Implementation costs could include staff salaries and materials. Please visit the WRAP Bookstore https://www.wrapandrecoverybooks.com/store/ for more information on costs of various resources.

EVALUATION PLAN

To move WRAP to the Effective category on the Clearinghouse Continuum of Evidence at least one evaluation should be performed demonstrating positive effects lasting at least two years from the beginning of the program or at least one year from program completion, and at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact WRAP and Recovery Books by phone 1-802-254-2092 or visit http://mentalhealthrecovery.com/contact-us/ or contact the Copeland Center by mail P.O. Box 6471, Brattleboro, VT 05302, phone 1-802-254-5335, email info@thecopelandcenter.com, or visit http://copelandcenter.com/contact.

SOURCE

http://copelandcenter.com/, Cook et al. (2012), and Federici (2013).