

## What Is WRAP?

WRAP is an approach to daily living that supports us in maintaining or rebuilding wellness through life's challenges.

It's a wellness and recovery system created BY you and FOR you through a standard workshop process. WRAP is based on the concept that you are the expert on yourself. Only you can create a plan to address your challenges and goals. WRAP helps you make your life more the way you want it to be.

## What Life Challenges Does WRAP Address?

WRAP is for you if you want to improve your wellness and feel empowered in any of these areas:

- Mental and physical health issues
- Everyday stress
- Trauma recovery
- Substance use and addictions
- Anxiety
- Life changes
- Loss
- A desire to make positive change in the way you feel or help you enjoy life more

## About WRAP and Recovery Books

Advocates for Human Potential, Inc., (AHP) owns WRAP and Recovery Books. Human Potential Press is the publishing arm of AHP, which publishes, manages, and distributes all WRAP and Recovery Books and materials, along with other AHP books, materials, and curricula.

🌐 [wellnessrecoveryactionplan.com](http://wellnessrecoveryactionplan.com)

📞 978-261-1400

## About the Copeland Center for Wellness and Recovery

The Copeland Center is an independent nonprofit organization. The Copeland Center is a strategic partner of AHP and is licensed to provide trainings and certifications based on WRAP.

🌐 [copelandcenter.com](http://copelandcenter.com)

📞 802-254-5335



# WELLNESS RECOVERY ACTION PLAN (WRAP)





## Is WRAP for Me?

**WRAP is for everyone! WRAP can be used by anyone at any time. It is used by people of all ages, life experiences, and cultures around the world.**

**You don't need to have any specific diagnosis, condition, or situation to use WRAP, and it can be used along with any other tool, support, or treatment.**

## How Does WRAP Work?

WRAP is a self-directed wellness tool anyone can use to get well, stay well, and make their life more the way they want it to be. It's a simple and powerful process for creating the life and wellness you want.

WRAP workshop participants identify tools that help with everything from maintaining everyday routines to dealing with challenges, setbacks, or crises. The workshop provides a support system and increases participants' support circles.

## How Can I Create My Own WRAP?

Based on the research, the most effective method for developing your own WRAP is in a supportive peer-group setting that is run by two certified WRAP Co-Facilitators. Working with the Co-Facilitators and the group, you'll work to:

- **Understand** the five key wellness recovery concepts;
- **Develop** a wellness toolbox and daily plan;
- **Identify** stressors, early warning signs, and signs that things are breaking down and action plans for responding to them;
- **Create** a crisis and post-crisis plan to share with your supporters; and
- **Explore** recovery topics focused on creating a healthy way of life.

## WRAP Helps You. . .

- **Shape** every aspect of your life
- **Gain** freedom from troubling thoughts, behaviors, or patterns
- **Feel** empowered to make life decisions
- **Build** a strong network of support and resources to reach goals
- **Discover** your own simple, safe wellness tools
- **Identify** upsetting events, early warning signs, and signs that things have gotten much worse
- **Develop** action plans for responding at these times

## WRAP Works!

WRAP is an evidence-based practice established through strong research. The evidence clearly shows that attending a WRAP workshop can improve health outcomes. Participating in a WRAP workshop can bring greater life satisfaction, empowerment, and hopefulness about the future.

Workshops are typically offered over two full days for small groups and three days for groups of 16+ participants. These sessions are highly engaging, supportive, filled with activities, and focused on the generation of practical ideas from real life experiences.