

**SECTION
SERVICES**

**SUBJECT
Wellness Recovery Action Plan (WRAP)**

DEFINITION

Wellness Recovery Action Plan (WRAP) is a self-management and recovery program for individuals with mental illness. In addition, this program is successful for adults and youth who do not have mental illness. WRAP is designed to assist individuals in the development of tools that decrease and prevent intrusive or troubling feelings and behaviors, increase personal empowerment, improve quality of life and assist consumers in achieving their own life goals.

SERVICE REQUIREMENTS

WRAP facilitation is provided by a Copeland Certified WRAP Facilitator. The Facilitator must show proof in the form of a training certificate indicating that they have successfully completed such a program.