



What is WRAP?

WRAP stands for Wellness Recovery Action Plan. Based on key wellness principles that include hope, self-advocacy, support, and personal responsibility, WRAP is a self-directed way for individuals to learn to navigate an array of life challenges. It's a plan that anyone can put into place to overcome difficulties that range from chronic illness to mental health concerns. WRAP is universal and can help individuals identify what wellness looks like for them and prepare for any issues or concerns that may detract from their wellness.

WRAP consists of the following components:

- *Wellness tools*: Safe, simple things to do that help a person stay well or feel better when not well.
- *Daily Plan*: Things an individual may need to do every day to stay well.
- *Stressors*: Anything that can threaten a person's wellness if not attended to. A Stressors Action Plan will help individuals take practical steps to respond to their stressors.
- *Early Warning Signs*: Any indicators that additional action is needed to maintain wellness. These may include changes in behavior, thoughts, or emotions. An Early Warning Signs Action Plan will help individuals to manage their wellness to prevent things from getting worse.
- *When Things Are Getting Worse*: Signs that a person may have trouble maintaining their wellness to an even greater degree, despite taking action steps. Others may now notice these signs, which may be very serious or even dangerous. A person is still able to make decisions for themselves but must develop and follow action steps to prevent a crisis.
- *Crisis Plan*: A plan that helps prepare for any serious situation in which others may need to take over a person's responsibilities in times of need, including a mental health or physical health crisis. A crisis plan outlines what a person is like when they are well, the types of care, treatment, or support they need when they are in crisis, and how supporters will know.
- *Post Crisis Plan*: A plan to help an individual resume responsibility for their day-to-day responsibilities.

What are WRAP Classes?

WRAP classes will be virtual, 2-hour gatherings held over the course of 8 weeks. Each class will be led by a trained facilitator. The class will start with a review of a Comfort Agreement—those things that each member of the class needs

to feel comfortable. Each class will then focus on each of the WRAP components as well as other helpful wellness topics. The classes will be informational, engaging, and foster dialogue amongst participants to help them identify strategies that work best for them to achieve and maintain optimal wellness.

For more information, please contact Erin McQuirter, LCSW, at 309-322-2020 or healingtreecc@gmail.com.