

# Wellness Recovery Action Plan

## Level 1 Training



The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination. WRAP® is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams. Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of him/herself, and/or keep him/herself safe.

- Develop a Wellness Recovery Action Plan yourself. *You* are the boss, you get to pave your own path to recovery and choose who supports you in that process
- Create a Wellness Tools kit and learn how to use them to maintain your wellness
- Make a Daily Maintenance Plan that includes steps to keep yourself well on a daily basis
- Learn how to identify when things seem off in your life, and what to do to get yourself back on track
- Create a crisis plan for when you cannot make decisions for yourself or keep yourself safe, to let others know exactly what you want them to do for you in those situations
- Develop a post-crisis plan to help you during your recovery after a crisis

**Sponsored by Set Up Ministries, Inc.**

**Date:** January 7-8, 2017

**Day(s) and Time(s):** Saturday and Sunday 8am-5pm

**Location:** Self Help Building, 122 N. Elm St., Greensboro, NC Meeting Room 8

**Pre-registration Deadline:** January 2, 2017

**Administrative Fees and Cost:** \$50 (will receive WRAP workbook)

**Contact Person:** Dianne Walker, (336) 346-9690 or [diannsetupministries@gmail.com](mailto:diannsetupministries@gmail.com)



**Set Up Ministries, Inc.**