

Wellness Recovery Action Plan (W.R.A.P.)

There is hope.

People get well, stay well for long periods of time, and do the things they want to do with their lives.

Keep on the focus on things you do well, and avoid negative self-judgments.

Insist that you be treated as an equal with dignity, compassion, mutual respect and unconditional high regard.

WRAP is based on the idea that there are "no limits" to recovery.

About the Course:

- Starts on January 25th and ends on February 17th
- Meets every Tuesday and Thursday between the above dates from 6:00—8:30 pm at MHA-Dallas
- See LOCATION for address and contact information
- Please bring a 1 inch three ring binder, loose leaf paper, and a pen or pencil

LOCATION:

624 N. Good-Latimer
Suite #200
Dallas, TX 75204

- The course is free!
- Please register with Ricardo Aguilar at 214-871-2420 ext. 118

Course Description:

January 25, 2011

- Discussion of Key Concepts
- Introduction to WRAP

January 27, 2011

- Description and Practice of Using Wellness Tools
- Review of Common Wellness Tools
- Developing Your Support System
- Self-Esteem

February 1, 2011

- Diversionary Activities
- Sleep
- Daily Planning
- Self-Esteem, continued

February 3, 2011

- What I'm Like When I'm Well
- Things I Need to Do Everyday to Stay Well
- Identifying Triggers and Its Action Plan
- Changing Negative Thoughts to Positive Ones

February 8, 2011

- Identifying Early Warning Signs and Its Action Plan
- Identifying Signs That Things Are Breaking Down and Its Action Plan
- Peer Support

February 10, 2011

- Introduction to Crisis Planning
- Supporters—Who Takes Over
- Peer Support

February 15, 2011

- Help from Others
- List of Things Others Need to Do for Me
- Things to Avoid
- Signs the Plan is No Longer Needed
- Finalizing, distributing, and Using the Plan
- Lifestyles Issues

February 17, 2011

- Post Crisis Plan Review
- Putting WRAP in Action
- Motivation