

**Creating and Inspiring Hope for Mental Health  
Integrating RECOVERY Principles and Values into Everyday  
Practice**

**WRAP: an introduction to wellness  
recovery and action planning**

**Introduction**

This session introduces a half-day workshop on WRAP and provides an overview of what WRAP is, where it comes from and what it involves. It is followed by two sessions on symptom monitoring, crisis planning, wellness tools and daily maintenance.

**Facilitators**

It is important that the facilitators are able to speak from personal experience so you should aim to have at least one facilitator with experience of mental distress and of using WRAP personally and/or with service users.

**Aims:**

1. To introduce the final three sessions of the module
2. To introduce WRAP and stimulate interest in further learning and training
3. To provide an opportunity for people to begin to explore the different components of WRAP.

**Essential pre-reading**

Preferably the Wellness Recovery Action Plan (WRAP UK) workbook by Mary Ellen Copeland, edited by Piers Allott for the UK, published by the Sefton Recovery Group and which can be purchased from them at [Recovemast@aol.com](mailto:Recovemast@aol.com) and [www.seftonrecoverygroup.org.uk](http://www.seftonrecoverygroup.org.uk)

**Materials:**

1. One copy of **An Introduction to WRAP: Wellness, recovery and action planning**
2. One copy for each person of the **Introducing WRAP power-point slides** – at four slides per page.
3. Copies of any posters and other materials produced during the morning sessions should be displayed around the walls
4. Flip-chart and pens to record any discussion