

## INTRODUCTION TO THE WELLNESS RECOVERY ACTION PLAN

**DATE AND TIME:** Training: January 13, 2009 9:00AM - 4:00PM  
Follow-up: February 12, 2009 9:00AM - 12:00PM

**ATTENDANCE BOTH DATES IS MANDATORY**

*Registration begins 30 minutes prior to training time. All participants must arrive during registration period.*

**PLACE:** Towers on Wilshire  
695 South Vermont Ave., 7<sup>th</sup> Floor  
Los Angeles, CA 90005

**Parking:** Please park at 523 Shatto Place.  
(There is a three block walk to the training location).  
Red Line to Wilshire/Vermont

The purpose of this workshop and follow-up session is to present an overview of the Wellness Recovery Action Plan (WRAP). This workshop will present the essential elements of the plan, as well as strategies for assisting consumers in discovering their strengths, and how to use those strengths as a basis for developing life goals in employment, mental health treatment, substance abuse treatment, housing, developing positive relationships, and self-reliance. Participants will gain knowledge of the values underlying the Recovery Model. Participants will also learn about the five key concepts and how these merge with the WRAP. The follow-up session will be utilized to review the concepts of WRAP and assist participants with any questions they may have regarding the WRAP.

**OBJECTIVES:** As a result of attending this training, participants should be able to:

1. Identify the five key facets of a recovery scenario
2. Facilitate the development of Group Guidelines
3. Identify techniques to assess individual and cultural strengths
4. Describe the elements of WRAP for individuals and groups
5. Empower participants and consumers to focus on their own wellness

**CONDUCTED BY:** Catherine Bond, MFT, Trainer  
Agency Affiliation Mental Health Association/  
Project Return

**COORDINATED BY:** Janice Friend, MH Training Coordinator  
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**DEADLINE:** When maximum enrollment has been reached

**CEU:** 6 CEUs FOR LCSW, MFT, BRN, AND CAADAC