

At least twice a year the Mental Health Support Project (MHSP) and Lanark County Mental Health (LCMH) offer WRAP programs that run once a week for 8-10 weeks. These groups are offered in both Carleton Place and Smiths Falls, and we are hoping to introduce a group into Lanark this year (2012).

“WRAP is our best tool for dealing with difficult mental illness and over the years we have witnessed its effectiveness in helping individuals manage their symptoms.”

If you are interested in participating in a WRAP group contact:

**MHSP – “The Link” at 613-284-4608 or
Lanark County Mental Health 613-283-2170 or 613-257-5915.**

What is the Wellness Recovery Action Plan?

WRAP stands for Wellness Recovery Action Plan. It’s a program that was developed in Vermont, USA, in 1997 by Mary Ellen Copeland and a group of friends who had all experienced the mental health system. WRAP is now recognized as a best practice and has been widely implemented throughout the US, UK, New Zealand and Canada.

The WRAP program involves an educational and planning process that is grounded in mental health recovery concepts such as hope, education, empowerment, self advocacy and interpersonal support and connection. Within a group setting, individuals explore self help tools (e.g. peer counseling, focusing exercises, relaxation and stress reduction techniques) and resources for keeping themselves well and for helping themselves feel better in difficult times. WRAP has a research evidence base that shows WRAP leads to behavioural or attitudinal change

WRAP involves listing your personal resources, your wellness tools, and then using those resources to develop action plans to use in specific situations which are determined by you. WRAP is adaptable to any situation and also includes a crisis plan or advance directive.

For more information:

Contacts for WRAP: www.mentalhealthrecovery.com

Copeland Center: www.copelandcenter.com

Ontario Contact: athompson23@hotmail.com (Ann Thompson)