

TESTIMONIALS

Research on the effectiveness of the WRAP program has been underway since 2007 at the University of Chicago. Early results are very encouraging.

The federal Substance Abuse and Mental Health Services Administration (SAMHSA) in 2009 presented Dr. Mary Ellen Copeland the Lifetime Achievement Award for her work and leadership in the mental health recovery movement. She developed the WRAP program.

Participants have often reported that this program has helped them feel more prepared for difficulties, to feel better more often, and to improve their quality of life.

I now feel like a whole person for the first time in my life.

-WRAP User

I had been in and out of hospitals for years, but somehow, after taking the WRAP classes and really plugging what I learned into my daily living, it has now been ten years since I've even been close to hospitalization.

-WRAP User

WHY WRAP?

Learn strategies to avoid or lessen the effects of stress in your life

Recognize difficult emotions and gain skills to successfully deal with and express them

Discover what you can do to keep yourself feeling well

Understand what causes you to feel overwhelmed and find healthy ways to maintain your wellbeing

For more information or to enroll in WRAP, call or email:

Mental Health America of Fredericksburg
2217 Princess Anne Street, Suite 219-1
Fredericksburg, VA 22401

540-371-2704
mhafred@mhafred.org

Sponsored by **Recovery in Motion** and
Mental Health America of Fredericksburg
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Rappahannock Area Community Services Board

Wellness Recovery

Action Plan

WRAP

**New Session Beginning
Wednesdays**

1:00 – 3:00 pm

February 3rd through March 31st

**Central Rappahannock Regional
Library**



*To improve Mental Wellness in
the Rappahannock Region*

SIGN-UP TODAY!

- Become better able to handle your moods and actions
- Identify *your* triggers and what to do about them
- Fill *your* personal “tool kit” and learn how to best use it
- Build your personal support base and have fun!
- Take more control over your life and mental health!

New Session Beginning!

**Wednesdays, February 3rd through
March 31st from 1:00 – 3:00 p.m.**

Central Rappahannock Regional
Library, Room 1
1201 Caroline Street
in downtown Fredericksburg

There is no cost for participants.

**Contact WRAP at 540-371-2704
or mhafred@mhafred.org**

WELLNESS RECOVERY ACTION PLAN

Anyone who wants to live healthier lives and/or learn to take better care of themselves can benefit from WRAP.

Even though this program was designed for people with psychiatric symptoms, it can certainly be used by people with different kinds of health issues or people who just want to stay healthy.

We all experience stress in our lives. Sometimes when we are experiencing it, we don't think clearly about what we need to do to take care of ourselves. We may forget to eat, or eat too much. We may isolate ourselves from friends and loved ones because we feel “bad.” This can make things worse and make it more difficult to focus or function.

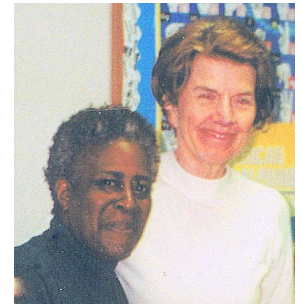
WRAP can help us to recognize what we need to become healthy and stay healthy. We can lessen the risk of emotional and/or physical collapse. The Wellness Recovery Action Plan allows us to determine how to stay healthy.

ABOUT THE FACILITATORS

Facilitators have been screened for basic abilities and have completed a rigorous 40-hour training program provided by the national WRAP program trainers. Training includes facilitation skills as well as program principles and content. They are supplied with audio and visual training aides.

The facilitators walk the talk. They are “peer consumers,” individuals who know mental illness first hand and who have incorporated WRAP principles into their lives.

Karen Kallay, the primary facilitator (on right) is active in several local advocacy groups related to physical and mental health and other social justice issues. She has led many training and support groups during her professional and volunteer careers.



Velma Walker assists with some sessions and is well known as a member of numerous local advocacy organizations. She has presented WRAP multiple times.