

WRAP® Program

(Wellness Recovery Action Plan)

A guide to help provide awareness, empowerment, and reduce and monitor physical and emotional difficulties.



What is WRAP®?

WRAP® was started in 1989 by Mary Ellen Copeland, PhD. Copeland is a mental health consumer and educator who studied how people who experienced mental health challenges helped themselves get well and stay well. WRAP® is an individualized system of action steps created by Copeland. These planned action strategies help a person monitor and then respond to mental health challenges and negative symptoms in order to achieve their highest possible levels of wellness.

The concept of WRAP® focuses on prevention and recovery, cornerstones of consumer empowerment, as opposed to symptom control. By using a WRAP®, persons who experience mental health challenges learn to assume responsibility for their own wellness by utilizing a variety of self-help techniques. Consumers learn to reach out for the support of family members, friends, and health care providers. The results will vary by individual but can create life enhancement, gains in self-esteem, and community engagement.

When is WRAP®?

The WRAP® program that Mental Health America of Abilene (MHAA) conducts is peer to peer. It includes real life situations, peer support, interactive discussion, and other related activities to present a variety of recovery-related topics.

MHAA leads a 12 week WRAP® program (not including holidays) which is currently held on Saturdays from 10 a.m. to 12:30 p.m.

WRAP® is peer-led by two trained MHAA Peer Support Specialists. During the 12 week program, participants will develop his or her own WRAP® to aid in their personal recovery

For more information about WRAP® or other programs MHAA offers, you can contact Samantha Manski (MHAA Executive Director) or Brenda Dagestad (Recovery Support Specialist) by phone: 325-673-2300 or, email: info@abilenemha.org

The key elements of WRAP® include:

- Building a Wellness Toolbox,
- Creating a Daily Maintenance Plan,
- Identifying Triggers and an Action Plan,
- Identifying Early Warning Signs and an Action Plan,
- Identifying When Things Are Breaking Down and an Action Plan,
- Crisis Planning, and
- Post Crisis Planning.

Mental Health America of Abilene

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Office – 333 Orange Street, Abilene, TX · Mailing – P.O. Box 7282, Abilene, TX 79608 · (325) 673-2300
Abilenemha.org · info@abilenemha.org · Listed on AmazonSmiles as “Mental Health Association in Abilene”