

Is this Programme for me?

Anyone can write their own WRAP, however MHAPS' programme is ideally suited to: -

- A person who has completed a change programme, such as RecoveryWorks
- Someone who has completed an individual or group therapy programme
- A person who has received help from a Brief Intervention Coordinator
- Someone who has been individually helped over a period of several weeks or more by a peer support worker, counsellor or community support worker.

WRAP is ideally positioned to *assist you in the next steps* once you know how you want to move forward with your life. WRAP can help you build on your recovery journey to date and show you how to make a plan to live well in the presence or absence of any mental health or addictions issue.

Are there any costs?

There is a **\$10 materials fee** to cover the costs of photocopying notes and hand-outs.

ACE funding through Hagley Community College generously subsidises the costs of providing this programme to you.

What People say...

'feel ready to develop my own WRAP'

'very enjoyable and helpful'

'excellent, helping learning.....'

'knowledgeable facilitators, good presentation'

What to do Next

If you are interested in learning more about the next WRAP programme

please contact us on **365 9479**
or **reception@mhaps.org.nz**

MHAPS

Peer Support for
Addictions,
Anxiety & Bipolar
Peer Advocacy
Consumer
Participation
Information

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Charities Commission no.
CC20499

WRAP

Wellness Recovery Action Plan

*your opportunity to
develop your personal
wellness action plan in a
supportive and confidential
peer group setting*



About MHAPS

MHAPS is a peer support organisation where everyone on the staff has their *own lived experience* of a mental health or alcohol and addictions issue and from which they are in recovery.

Applying our own experiences to working with others enable us to create meaningful relationships with people and build the trust needed to help them make the changes they want in their lives.



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What is WRAP?

The **Wellness Recovery Action Plan** was developed by a group of people who had been dealing with their own difficult feelings and behaviours for many years. These people wanted to work on feeling better and get on with their lives.

Only one person can write a WRAP plan for a person and that is the person themselves. They and only they decide when to do it, who, if anyone, they want to help with it, who they show it to and who they may want to give a copy to.

Each person is their own expert and knows what they need and want. It is for them to take responsibility for their own wellness. This may mean taking back control over their lives that they have lost in the past. Those who accept this responsibility can achieve the high levels of wellness, happiness and satisfaction with life.

A WRAP is a living document, which, to remain relevant and useful, will be need to be regularly updated.

The WRAP Programme

This course will assist you to:

- Stay as well as possible
- Keep track of difficult feelings and behaviours
- Develop action plans to help yourself
- Feel better about yourself
- Tell others what to do to help you keep yourself safe.

The programme is delivered through a series of five, 2-hour group workshops.

Contents of WRAP include: -

1. A wellness toolbox
2. Daily maintenance plan
3. Identifying triggers
4. Identifying early warning signs
5. An action plan
6. Crisis planning
7. Post-crisis planning.