Wellness Recovery Action Plan (WRAP)\textsuperscript{1}

*The purpose of this document is to provide a brief overview of Wellness Recovery Action Plan based on the information available in The Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). The content presented in this brief was retrieved from SAMHSA’s NREPP. For detailed descriptions of the outcomes and research mentioned, the quality of research rating, full program information, and a list of studies reviewed, visit [http://www.nrepp.samhsa.gov/](http://www.nrepp.samhsa.gov).*

**What is it?**
Wellness Recovery Action Plan (WRAP) is a manualized group intervention for adults with mental illness. WRAP guides participants through the process of identifying and understanding their personal wellness resources ("wellness tools") and then helps them develop an individualized plan to use these resources on a daily basis to manage their mental illness. WRAP has the following goals:

1. Teach participants how to implement the key concepts of recovery (hope, personal responsibility, education, self-advocacy, and support) in their day-to-day lives
2. Help participants organize a list of their wellness tools--activities they can use to help themselves feel better when they are experiencing mental health difficulties and to prevent these difficulties from arising
3. Assist each participant in creating an advance directive that guides the involvement of family members or supporters when he or she can no longer take appropriate actions on his or her own behalf
4. Help each participant develop an individualized post-crisis plan for use as the mental health difficulty subsides, to promote a return to wellness

WRAP groups typically range in size from 8 to 12 participants and are led by two trained co-facilitators. Information is imparted through lectures, discussions, and individual and group exercises, and key WRAP concepts are illustrated through examples from the lives of the co-facilitators and participants. The intervention is typically delivered over eight weekly 2-hour sessions, but it can be adapted for shorter or longer times to more effectively meet the needs of participants. Participants often choose to continue meeting after the formal 8-week period to support each other in using and continually revising their WRAP plans.

Although a sponsoring agency or organization may have its own criteria for an individual's entry into WRAP, the intervention's only formal criterion is that the person must want to participate. WRAP is generally offered in mental health outpatient programs, residential facilities, and peer-run programs. Referrals to WRAP are usually made by mental health care providers, self-help organizations, and other WRAP participants.

**Who is it for? What presenting problems does it address?**
Adults with mental illness(es) of varying severity lacking the resources to effectively manage their disorders. WRAP has also has been used with people coping with other health issues (e.g., arthritis, diabetes) and life issues (e.g., decision making, interpersonal relationships) as well as with military personnel and veterans.
What outcomes are addressed in the research?

1. Symptoms of mental illness
2. Hopefulness
3. Recovery from mental illness
4. Self-advocacy
5. Physical and mental health

How much does it cost?*
*The following information may have been updated by the developer and may not reflect the current costs or availability of items. Check with the implementation point of contact for current cost information and implementation requirements.

2. Wellness Recovery Action Plan [book]: $10 each
3. Assorted books and videos for facilitators and participants: $2-$60 each
4. Online participant materials: Free
7. The Depression Workbook: A Guide for Living With Depression and Manic Depression: $24.95 each
8. 5-day, off-site facilitator training at various locations across the United States: $1,200 per participant
9. 5-day, off-site advanced facilitator training at various locations across the United States: $1,400 per participant
10. Correspondence course: $299 per participant
11. On-site consultation: Varies

For additional information and resources on Wellness Recovery Action Plan, visit:

- SAMHSA’s National Registry of Evidence-based Programs and Practices: Wellness Recovery Action Plan (WRAP)

Implementation:
Mary Ellen Copeland, Ph.D. • (802) 254-5335 • info@copelandcenter.com

Research:
Judith A. Cook, Ph.D. • (312) 355-3921 • cook@ripco.com


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