

# What Is WRAP<sup>®</sup> ?

WRAP<sup>®</sup> is a self-designed prevention and wellness process that anyone can use to get well, stay well, and make their life the way they want it to be.

Developed in 1997, it is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address physical, mental health, and life issues.

WRAP<sup>®</sup> has been studied extensively in rigorous research projects and is listed in the National Registry of Evidence-based Programs and Practices\*.

\*Learn more at:

[www.mentalhealthrecovery.com/wrap-is](http://www.mentalhealthrecovery.com/wrap-is)

**HOPE  
PERSONAL RESPONSIBILITY  
EDUCATION  
SELF-ADVOCACY  
SUPPORT**



**Canadian Mental  
Health Association**  
Kelowna  
*Mental health for all*

At CMHA Kelowna we are dedicated to Mental Health in our community. No matter how old or how young, we provide support for families and individuals through programs that promote positive mental health and support recovery, while championing the elimination of barriers that can prevent people from thriving. We're known for our innovative, proven approach to mental wellness.

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Kelowna Branch  
504 Sutherland Avenue  
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[cmhakilowna.org](http://cmhakilowna.org)  
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@cmhakilowna

Charitable Registration #10686 3392 RR0001

WRAP<sup>®</sup> is made possible with support from:



# WRAP<sup>®</sup>

## Wellness Recovery Action Plan<sup>®</sup>



Looking to take control of your life after a crisis or find wellness and recovery from mental health issues?

WRAP<sup>®</sup> is an evidence-based program designed to help you create your own plan for getting and staying well.



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## When and Where Does WRAP® Take Place?

WRAP® is offered as a six session course over the span of two weeks.

Sessions take place on Tuesdays, Wednesdays, and Thursdays from 9:00am-11:30am.

The course takes place at CMHA Kelowna and is facilitated by two CMHA Wellness Coaches who are certified WRAP® trainers.

### REFERRAL

For a referral form and more information about accessing WRAP®, contact CMHA Kelowna: **250-861-3644** or visit: [cmhakelowna.com/wellness-programs](http://cmhakelowna.com/wellness-programs)

## Why Should People Participate in WRAP®?

**WRAP® can help participants to:**

- Discover their own simple, safe Wellness Tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events and warning signs
- Create action plans for responding when things get difficult
- Develop a Crisis Plan or Advance Directive
- Learn more about Post-Crisis Planning

## What Comes Next?

Near the end of the two weeks of WRAP®, participants are provided with information about CMHA's Wellness Programs. Participants can then be referred to Wellness Programs by the WRAP® facilitators.

CMHA Wellness Programs provide opportunities to practice the skills and tools identified in WRAP® to support recovery and wellness. Additionally, the peer connections and sense of community built during WRAP® can continue and grow through participation in wellness programs.

