

WRAP® FAQ

What is WRAP®?

Wellness Recovery Action Plan (WRAP®), is a personalized system for creating a plan to maximize your wellness, based on the work of Mary Ellen Copeland. WRAP® is a tool for planning and maintaining recovery from any type of need or condition. WRAP® is delivered in a group setting, which allows for the development of a peer support network that can last a life time. WRAP® helps individuals plan how they want to handle difficult situations or even a crisis. It also can provide direction to family members or medical practitioners for how they want to be treated during a time of need. WRAP® is based on self-determination and the belief that each individual is the expert on themselves.

What is WRAP® Central?

WRAP® Central is a registry and information line created by CMHA to help deliver WRAP® to the Fraser North region of Fraser Health. The areas covered include: Burnaby, New West, Port Moody, Port Coquitlam, Coquitlam, Pitt Meadows and Maple Ridge. Many other areas offer WRAP® but their registries are not directly managed by WRAP® Central. If you are in another area and wish to be directed to someone local to you please call, text, or email us and we will refer you to the appropriate person. If you have any questions regarding WRAP®, how it is delivered, upcoming workshops, or anything relating to WRAP® you can think of, please do not hesitate to ask us.

How often do WRAP® Workshops take place?

Generally WRAP® workshops are created based on need. Once enough interested people are on the wait list, a WRAP® will be scheduled and the participants will be contacted. WRAP® workshops are scheduled in advance and we will provide notice.

Where can I take WRAP®?

You can take WRAP® in any community that you are willing to commute to. We welcome anyone to take WRAP. All WRAP® workshops are transit accessible.

Can I take WRAP® more than once?

Yes. You can take WRAP® as many times as you want. WRAP® is a living tool and can change over time. Some people report that they get even more benefit the second time taking a WRAP® workshop.

How much does it cost?

Our WRAP® workshops are free.

How long will I be on the wait list?

This can vary. Sometimes we can find a WRAP® workshop that works for a participant's schedule right away, but other times it can take several months before a suitable workshop is available. We maintain an active registry and, unless otherwise indicated, we will continue to contact everyone and offer seats in upcoming WRAP® workshops in areas of their choosing. Generally, the more flexible your schedule is, the faster we will be able to find a workshop that can work for you.

How many people will be at the Workshop?

Generally there are 2 to 3 facilitators and up to 12 participants.

What is a WRAP® Facilitator?

WRAP® facilitators receive special training in helping guide participants through developing their own WRAP®. Every WRAP® facilitator started out taking WRAP® for themselves and developing their own action plan.

OK I want to take WRAP®! So now what?

Call, text, or email WRAP® Central and a coordinator will add you to the registry and ask you basic questions such as your first name, how we can contact you, what community you live in or are willing to travel to, and any other special considerations that are unique to you. As always, you can ask as many questions about WRAP® as you like and we will do our best to answer them for you.

I am scheduled to take a WRAP® but I can't come! What should I do?

Call, text, or email WRAP® Central to let us know so that your seat can be offered to another participant. You are always welcome to take WRAP® at another time. We never turn anyone away.

CONTACT US

 **604-375-7379**

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