



**Mood
Disorders
Association
of
Ontario**

Wellness Recovery Action Plan (W.R.A.P.)[®]

Wellness Recovery Action Plan (W.R.A.P.) is an intervention that was developed by people who had been dealing with a variety of psychiatric symptoms and who were working hard to feel better and get on with their lives.

W.R.A.P. has been recognized as an Evidence Based Practice in the field of mental health recovery and is widely used around the world primarily by and for people with mental illnesses of varying severity. The work of W.R.A.P. is rooted in a belief in equality, based on self-determination, and offers a mutual learning model where people work together to increase understanding and promote well-ness. W.R.A.P. helps participants take control of their recovery by developing their own plan for healing and to create their own crisis plan for others to follow on their behalf should the need arise. Topics include principles of hope, personal responsibility, education, self-advocacy, and social support.

W.R.A.P. has been associated with:

- Increasing attitudes and knowledge about recovery and self-advocacy
- Significant improvements in symptoms including greater reductions in depression and anxiety scores
- Knowledge and crisis planning, and a greater belief in the possibility of recovery
- Hopefulness, higher personal confidence and goal orientation, and increased ability for self-management

W.R.A.P. attendees appreciate the structured training approach and emphasis on the identification of triggers. W.R.A.P. with peer support becomes a way of life that supports the recovery journey, regardless of an individual's symptoms. Referrals to W.R.A.P. are usually made by mental health care providers, self-help organizations, and other W.R.A.P. participants.

For more information on upcoming sessions, please email Eric at ericj@mooddisorders.ca or phone (416) 486-8046 ext. 224