

Family Wellness Recovery Action Plan Workshop (FWRAP)

FWRAP is an 8-week self-help workshop based on the original WRAP® program. Together we explore ways to support our struggling loved one without losing ourselves. Family WRAP® consists of 8 sessions:

Session 1	Introduction to Self-Help and Family Wellness Recovery Action Planning <ul style="list-style-type: none"> Self-reflection, exploring individual and collective perspectives Internal & external conditions that support recovery Power of self-help and group support
Session 2	Pathways to Recovery and the Process of Healing <ul style="list-style-type: none"> New concepts of mental health recovery Family core values and barriers to recovery and healing Role of the family in nurturing healing and wellness
Session 3	WRAP® and FWRAP as Self-Care <ul style="list-style-type: none"> Personal "Bill of Rights" Developing Wellness Toolbox for yourself, and the family as a whole Planning Individual and Family Daily Maintenance Plans
Session 4	Triggers and Action Planning <ul style="list-style-type: none"> Exploring individual Triggers and those impacting the family unit Gaining knowledge & building awareness of Triggers Stress reduction and relaxation exercises
Session 5	Early Warning Signs and When Things Are Breaking Down <ul style="list-style-type: none"> Becoming aware of Early Warnings Signs and making an Action Plan Exploring what to do when Things are Broken Down When Things are Getting Worse: Individually and as a family unit
Session 6	Family Crisis Planning <ul style="list-style-type: none"> Exploring the 9 parts of Crisis Planning Discussion of the varieties of Crisis; how it applies to individuals and families as a unit
Session 7	Family Resources <ul style="list-style-type: none"> Developing a Post-Crisis Plan How to support self-determination and self-efficacy Exploring and discussing resources in our community
Session 8	Self-Reflection and Next Steps <ul style="list-style-type: none"> Group Pot Luck - Introduction to PSD's weekly Family Peer Support Group Guest Speaker - Sharing of a Peer Support Worker's Recovery Story

Wellness Recovery Action Plan Facilitator Guide

L Darling-Hammond



Wellness Recovery Action Plan Facilitator Guide:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Wellness Recovery Action Plan Facilitator Guide** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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