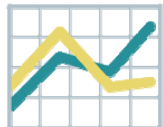




pennsylvania
DEPARTMENT OF PUBLIC WELFARE
OFFICE OF MENTAL HEALTH AND
SUBSTANCE ABUSE SERVICES

Wellness Recovery Action Plan® (WRAP)

Assisting people in achieving their own life goals and dreams is one of the foundations upon which the Wellness Recovery Action Plan (WRAP) was built. WRAP is a self-management and recovery curriculum used to assist a person to self-discover his/her strengths, and to use those strengths to overcome challenges and maintain wellness. Using the wellness tools and planned responses, the WRAP can help reduce, modify or eliminate uncomfortable or distressing symptoms.



How Are We Doing?

WRAP continues to expand statewide, with the 18-hour WRAP and Recovery training being held throughout the Commonwealth. Montgomery and Philadelphia counties are notable for having had the most persons complete the five-day WRAP facilitators training.

"WRAP is designed to ... increase personal empowerment."

Talking Points:

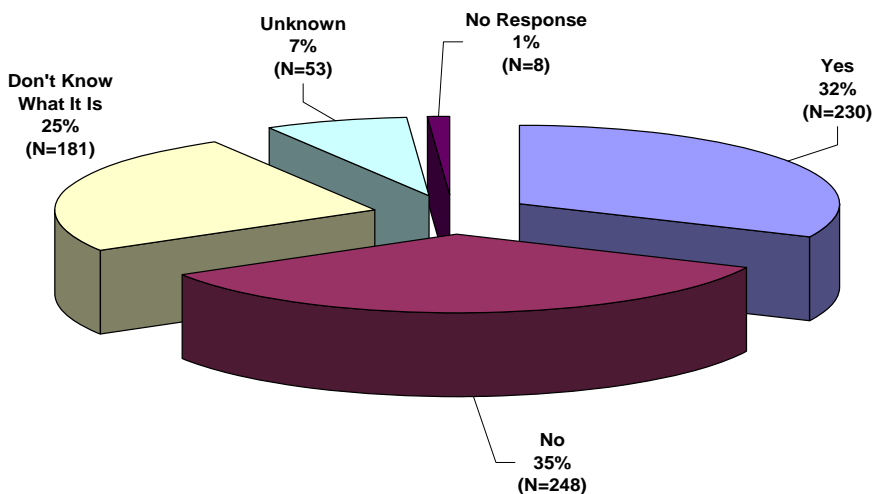
✓ WRAP is a **voluntary** curriculum which centers on the individual's **personal choice**.

✓ Five key recovery concepts are considered: **Hope, Education, Self Advocacy, Personal Responsibility and Support**.

✓ WRAP makes available **group involvement** to assist with developing a **strong support system**.

✓ **The Organizational WRAP** was piloted in Pennsylvania.

Pennsylvania HealthChoices Behavioral Health:
2009 Adult Survey Recipient Responses to the Statement
"I have a Wellness Recovery Action Plan"
N = 720



What Do the Findings Mean? There is no data tracking the number of Pennsylvania residents who have a WRAP. The pie chart above presents just a snap-shot of a sample population. On a very positive note, fully 32% (230) of those adults surveyed reported having a WRAP. Only 25% (181) reported not knowing of WRAP. It is important to note that WRAP has many components and a person may choose to forego a written plan and yet still use other components of WRAP's curriculum to aid in his/her recovery.

What Did We Measure? The data illustrated in this report represent the statements of 720 adult Pennsylvanians with Serious Mental Illness who were part of a 24-county pilot survey project in 2009. Respondents were surveyed either face-to-face (N = 576) or via telephone (N = 144) as part of a Recovery Oriented Systems Indicators (ROSI) consumer survey initiative.