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Wellness Recovery Action Plan & Peer Support: Personal, Group and Program Development

Mary Ellen Copeland, Shery Mead

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This book is an in-depth guide for peers and care providers who are working on setting up or sustaining mental health recovery and WRAP programs. Copies should be available for easy reference. Peer Support is about having relationships with others in new and different ways that promote growth, recovery and wellness. WRAP is about living in new and different ways that promote growth, recovery, and wellness. By combining the two, the skills and strategies that we discover in peer support can become part of our WRAP and the skills and strategies we discover as we learn about and use WRAP assist us in peer support. The combination of WRAP and Peer Support can be very powerful in helping us grow, learn from each other and challenge each other beyond what we thought we were capable of. Using some of the peer support theory, we can begin to use WRAP to help each other discover the context within which we've learned about ourselves, and then help each other develop plans that build a new story. "This book brings together two of our most visionary thinkers and educators about mental health recovery in an inspiring and innovative partnership. Mary Ellen and Shery's book demonstrates, in very simple and practical terms, how people and progressive professionals can combine the power of both personal and peer efforts to promote their own self-empowerment and growth. Their work is a must for those looking for the next advance in the emerging research and understanding about what helps people help and take ownership over their own personal process of recovery." Harvey Rosenthal

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