MENTAL HEALTH ASSOCIATION OF SOUTH MISSISSIPPI

IS OFFERING

FREE WRAP™ WORKSHOPS

Recovery is for everyone! That’s why the Mental health Association is providing FREE Stress Management Workshops to the community.

Wellness Recovery Action Plan (WRAP)™ is an internationally recognized, evidence-based, recovery model developed by Dr. Mary Ellen Copeland. The program is being used by people from all walks of life, of all ages, to help achieve the level of wellness that is important to them.

WRAP has been used successfully by children, teens and adults, when going through changes and dealing with a wide variety of life issues.

And you don’t have to be a South Mississippi resident to take advantage of this wellness opportunity! WRAP Workshops are being scheduled throughout the state of Mississippi. You can even schedule a WRAP Workshop at your own location!

Continuing Education Credits (CE’s) are offered to Mental Health professionals.

Please take a moment to review this information packet. You will see that WRAP is the easy to follow and highly effective stress management program you’ve been looking for.

CALL US TODAY!

GOT QUESTIONS? READY TO SCHEDULE A WORKSHOP?

PHONE: 228-864-6274

EMAIL: Melody@msmentalhealth.org

www.msmentalhealth.org

Funded by:

[Logo]
**WHAT IS WRAP™?**

**Wellness Recovery Action Plan (WRAP)™** is an internationally recognized, evidence-based, recovery model developed by Dr. Mary Ellen Copeland. The program is being used by people from all walks of life, of all ages, to help achieve the level of wellness that is important to them. WRAP has been used successfully by children, teens and adults, when going through changes and dealing with a wide variety of life issues.

The WRAP Workshop is a process that allows each person to discover for themselves those things that will help them develop their own plan for wellness. WRAP helps participants to create an individual plan for wellness and recovery to help deal with difficult life struggles & challenges, set goals, and maintain a healthy life.

**WRAP recognizes that each person is an expert on themselves.** WRAP is not intended to replace anything a person is currently doing for wellness; rather it is seen as a tool to enhance those things that work well.

**WRAP has been used successfully when going through changes and dealing with other life issues including:**

- Chronic or acute illness
- Losing a Job/Economic Loss
- Breaking Bad Habits/Addictions
- Death/Grief/Divorce
- Getting more Education or Training
- Military Life/Deployments
- Relationship Issues
- Any life situation...

"I've been managing my chronic illness so much better since I've been doing WRAP!" ~ B.S., Biloxi

"I went to a WRAP Workshop at MHA in 2012. It was fun and informative." ~ J.B., Gulfport

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TYPES OF WRAP™ WORKSHOPS

WRAP FOR ADULTS is a workshop designed to help participants to create an individual plan for wellness and recovery to help deal with difficult life struggles & challenges, set goals, and maintain a healthy life.

WRAP topics include:
- Developing Wellness Tools
- Daily Wellness Maintenance Plan
- Planning for Crises
- Factors that Contribute to Good Stress Management

Other Adult WRAP’s include:
WRAP FOR ADDICTIONS - WRAP FOR VETERANS - WRAP FOR TRAUMA & ABUSE - WRAP FOR DEPRESSION—WRAP & PEER SUPPORT

YOUTH WRAP is designed to help teenagers, age 13 to 18, make their lives more the way they want them to be, to choose and enjoy more of the things they want to do, and get through the hard times that come with finishing school, finding work, and moving into new situations for home, school and family.

KID WRAP is designed to guide children ages 7 to 12 to discover all the things they can do to feel good, stay well, and even feel better when the going is hard. Once they have completed their WRAP, it can help supportive parents, teachers, and other adults to provide encouragement and praise as the child grows, changes, makes good decisions, and takes positive action on their own behalf.

WRAP has been used successfully when going through changes and dealing with other life issues including:
- Chronic or acute illness
- Losing a Job/Economic Loss
- Breaking Bad Habits/Addictions
- Death/Grief/Divorce

YOUR PLACE OR OURS?

Schedule a Workshop today at your location, or at the MHA Classroom in Gulfport.

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EMAIL: Melody@msmentalhealth.org

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SCHEDULE A WRAP™ WORKSHOP

It's easy to schedule a WRAP Workshop for your group. Fill out this form and submit by fax or scan and email to the attention of Melody.

WRAP Workshop Scheduling Form

WRAP Workshops can be scheduled at your location, or at the MHA Classroom in Gulfport. WRAP Workshops are scheduled for a minimum of 15 participants. A small fee may be charged for Workshops that provide CEU’s for Mental Health Professionals. You can also use this form to sign up to attend a workshop scheduled in your area.

WRAP Type:  
☐ Adult WRAP (Check which one in the white box to the right)  
☐ Teens/Kid WRAP  
☐ WRAP for CEU’s

Location of Workshop  
☐ My Location  
☐ MHA Classroom in Gulfport  
☐ I’d like to join a WRAP in my area

Length of Workshop  
☐ Half Day Workshop (4 hours)  
☐ Full Day Workshop (8 hours)  
☐ Two Day Workshop (Two 8-Hour Days. Required for CEU’s)

Preferred Dates for the Workshop  
OPTION 1: ____________________________  
OPTION 2: ____________________________  
OPTION 3: ____________________________

Name ____________________________________________
Organization/Company Name ________________________________
Address ________________________________________________
Fax ____________________________________________________
Phone __________________________________________ Email ________________________________

More about WRAP™

The research evidence base for WRAP is at Level llb. Workshop Facilitators have successfully completed a 36-hour course in an experiential learning environment based on mutuality offered through the Copeland Center for Wellness & Recovery. They are trained to work with people to help them uncover their personal strengths and effectively share the

CONTACT INFO

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