

WRAP® Seminar I: Developing Your Own Wellness Recovery Action Plan®

DATE & TIME: January 21, 22, 28, and 29, 2026 (4 Sessions)

8:30AM – 1:00PM

Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted. (The meeting link will be sent a week prior to the training date).

PLACE: Web Broadcast – Zoom

REGISTRATION: <https://eventshub.dmh.lacounty.gov>

DESCRIPTION: This training is an introduction to WRAP® and how to use it to increase personal wellness and improve quality of life. The training is highly interactive; active participation and sharing among all attendees is encouraged. It establishes a strong foundation for developing and supporting a skilled peer workforce. Participants will learn to apply the Key Concepts of Recovery and practice using tools and strategies to manage thoughts, feelings, and behaviors to promote overall wellness. The training also covers the history, foundations, and structure of WRAP®. Successful completion of this course fulfills the prerequisite requirement for WRAP® Facilitator Training.

TARGET AUDIENCE: DMH and contract provider staff providing peer support services.

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Define the importance of a daily self-care check-in and the use of a group safety agreement.
2. Describe the history of WRAP, WRAP Values and ethics, and the importance of WRAP as an evidence-based practice.
3. Demonstrate knowledge of two of the five WRAP Key Concepts (Hope, Personal Responsibility).
4. Identify the application of the Key Concepts in a recovery story of the author of WRAP.
5. Explain Key Concepts 3–5 (Education, Self-Advocacy, and Support).
6. Create a list of personal Wellness Tools.
7. Describe the importance of maintaining physical and mental health.
8. Create a Daily Plan to support personal wellness.
9. Explain the difference between a stressor and a trigger.
10. Create a list of personal stressors or triggers and develop action plans to address them.
11. Compile a personal list of early warning signs and design action plans to address them.
12. Describe signs that indicate when things are breaking down in one's personal wellness and create action plans to respond to those signs.
13. Identify a personal self-improvement goal by exploring how one WRAP Recovery Topic can support wellness.
14. Discuss the importance of a crisis plan and how to prepare for a crisis.
15. Define the steps needed to recover from a crisis using a post-crisis plan.

16. Identify areas of your life where Recovery Topic strategies can support wellness.
17. Demonstrate respectful and strengths-based communication consistent with WRAP® Values and Ethics.
18. Apply WRAP® tools to support wellness across diverse personal and cultural experiences.

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DEADLINE: When capacity is reached.

CONTINUING EDUCATION: None

COST: None