

## Our Mission

County of Santa Clara Behavioral Health Services Department, Office of Family Affairs program is offering WRAP® groups to families.

Our mission is to empower family members and their loved ones with accessible education, support and resource opportunities.

Family WRAP® encourages each family member to add their own personal knowledge to address a plan that will promote wellness and recovery from mental illness.

This is a living document to help families deal with everyday challenges!

No one should go through mental illness alone

## Staffing

The Office of Family Affairs program is staffed by persons with lived experience.

**Maria A. Gonzalez**  
Family Support Worker  
Email: [mariaa.gonzalez@hhs.sccgov.org](mailto:mariaa.gonzalez@hhs.sccgov.org)

**Diana Guido, CADC-I**  
Family Support Worker  
Email: [diana.guido@hhs.sccgov.org](mailto:diana.guido@hhs.sccgov.org)

**Juan Pérez**  
Family Support Worker  
Email: [juan.perez@hhs.sccgov.org](mailto:juan.perez@hhs.sccgov.org)

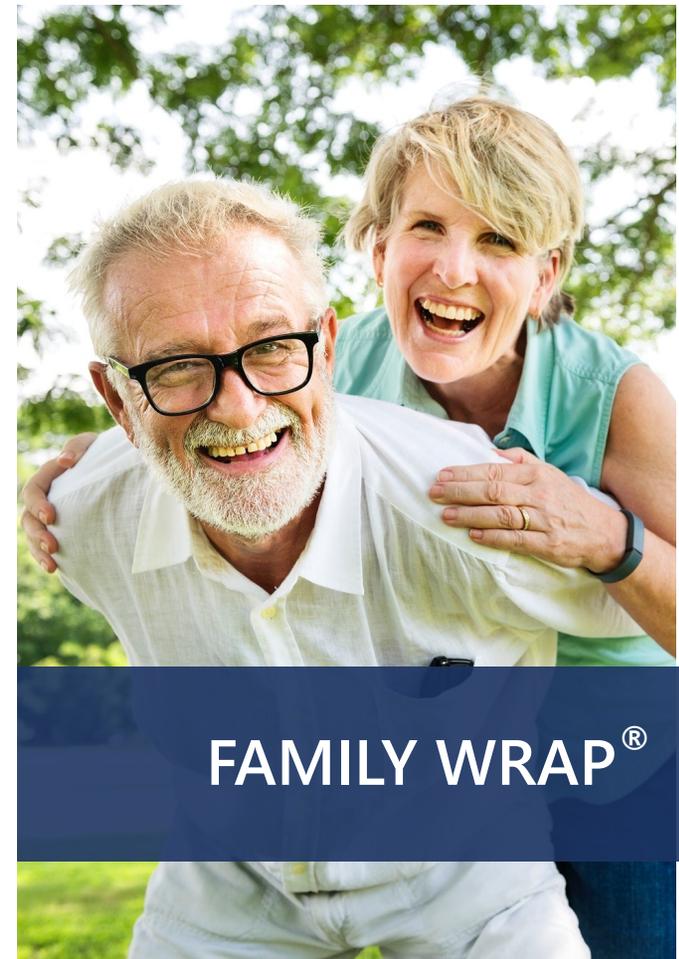
Phone: 1 (408) 792-2166  
Fax: 408-792-2158  
Website: [www.sccbhsd.org/ofa](http://www.sccbhsd.org/ofa)

If you or a family member needs family peer support services  
Call 1 408-792-2166  
Website [www.sccbhsd.org/ofa](http://www.sccbhsd.org/ofa)



WELLNESS • RECOVERY • RESILIENCE

Rev. 09-04-19 sh



Wellness Recovery Action Plan®

County of Santa Clara  
Behavioral Health  
Services Department  
1 408-792-2166  
Website [www.sccbhsd.org/ofa](http://www.sccbhsd.org/ofa)

# How WRAP<sup>®</sup> Helps

The Wellness Recovery Action Plan<sup>®</sup> helps you to:

- ◆ Feel better when dealing with challenging situations
- ◆ Prevent situations from escalating
- ◆ Improve the quality of interaction with your family members

WRAP<sup>®</sup> is a wellness tool that all families can use to develop a plan that supports wellness and recovery for everyone in the family.



# Family WRAP<sup>®</sup>

**Family WRAP<sup>®</sup> Support Group—English**  
**Day:** Wednesday, except holidays  
**Time:** 6:30 P.M. – 8:00 P.M.

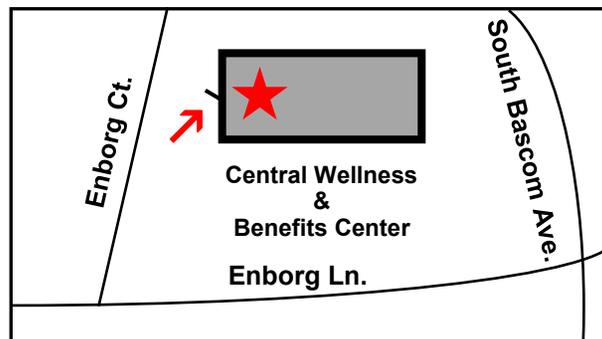
**Family WRAP<sup>®</sup> Support Group —Español**  
**Day:** Saturday, except holidays  
**Time:** 5:00 P.M. – 6:30 P.M.

## Group Location

Central Wellness & Benefits Center  
2221 Enborg Lane, San José , CA 95128

Enter through exterior patio door  
next to the Enborg Pharmacy

*¡Sí Hablamos Español!*



# Elements of WRAP<sup>®</sup>

The key elements of WRAP<sup>®</sup> include:

- ◆ Key Recovery Concepts: Hope, Personal Responsibility, Education, Self-Advocacy, and Support
- ◆ Wellness Toolbox
- ◆ Identification of Stressors and Action Plan
- ◆ Daily Maintenance Plan
- ◆ Early Warning Signs
- ◆ Things are Breaking Down
- ◆ Crisis Planning
- ◆ Post-Crisis Planning

Families can use WRAP<sup>®</sup> to make lasting positive changes.

*Learn to create your own action plan!*

