

## CONSUMER AFFAIRS

### CURRENT WRAP GROUPS

#### CLINIC BASED WRAP GROUPS

**DOWNTOWN BEHAVIORAL HEALTH**  
1075 E Santa Clara St., San Jose  
(408) 792-2132

**OPEN, ON-GOING AND OPEN TO PUBLIC**  
**WEDNESDAYS, 1:30-3:30—MIOCR**  
**ROOM**

**GILROY BEHAVIORAL HEALTH**  
7475 Camino Arroyo, Gilroy  
(408) 885-6220  
**CLOSED GROUP, Referral Required**  
**FRIDAYS, 9-10:30AM**

**NARVAEZ BEHAVIORAL HEALTH**  
614 Tully Road, San Jose  
(408) 494-1561  
**CLOSED GROUP, Referral Required**  
**THURSDAYS, 12:30-2:00PM**

**SUNNYVALE BEHAVIORAL HEALTH**  
660 South Fair Oaks Ave, Sunnyvale  
(408) 992-4800  
**CLOSED GROUP, Referral Required**  
**MONDAYS, 2:30-3:20PM**

**MILPITAS BEHAVIORAL HEALTH**  
143 Main Street, Milpitas  
(408) 957-8304  
**CLOSED GROUP, Referral Required**

#### SELF HELP CENTER WRAP GROUPS

**ZEPHYR SELF HELP CENTERS**  
1075 E. Santa Clara St., San Jose  
(408) 792-2140  
**OPEN TO ALL INTERESTED PARTIES**  
**TUESDAY, 10:00-11:30AM**

**SOUTH COUNTY SELF HELP CENTER**  
1235 1st St., Gilroy  
(408) 852-4370  
**OPEN TO ALL INTERESTED PARTIES**  
**WEDNESDAYS, 12:15-1:50PM**

#### **For more WRAP Groups contact**

**FAMILY AFFAIRS—FAMILY WRAP**  
Santa Clara Valley Medical Center campus.  
(408) 792-2166—Diana  
**WEDNESDAY EVENINGS**

**ETHNIC & CULTURAL COMMUNITIES ADVISORY**  
**COMMITTEE (ECCAC)**

Various locations in the Community  
(408) 792-3941

**Suicide & Crisis Hotline**  
1-855-278-4204

**National Alliance on Mental Illness (NAMI)**  
1-408-453-0400

# WRAP

Is the  
**Wellness Recovery**  
**Action Plan®**



WRAP® the Wellness Recovery  
Action Plan® is a tool that we  
can use to manage our physical  
and behavioral health to help  
us make positive and lasting  
change in our lives.

*WRAP groups and the concepts, skills and strategies you learn while in the group are complementary to your healthcare treatment program.*

*They are not a replacement for your Treatment program*

### KEY ELEMENTS OF WRAP®

- Develop a Wellness Toolbox
- Daily Maintenance
- Identifying Triggers and an Action Plan
- Identify Early Warning Signs and an Action Plan
- Identify When Things are Breaking Down and an Action Plan
- Crisis Planning
- Post Crisis Planning

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WRAP® the Wellness Recovery Action Plan® is listed in the National Registry of Evidence Based Programs and Practices.

### WRAP TOPICS INCLUDE:

- ◆ Empowerment & Responsibility
- ◆ Taking Responsibility for Wellness
- ◆ The Importance of Education
- ◆ Developing a Wellness Recovery Action Plan
- ◆ Taking Preventive Action Early
- ◆ Diet, Light & Exercise
- ◆ Changing Negative Thoughts to Positive Ones
- ◆ Preventing & Avoiding Suicide
- ◆ Stress Reduction & Relaxation Methods
- ◆ Building Self Esteem & Self Confidence
- ◆ Developing & Keeping Support Systems
- ◆ Peer Counseling

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### WRAP OBJECTIVES:

Hope, Empowerment, Personal Responsibility, Self Advocacy and Education

Accessing good health care and managing medications

Self Monitoring using WRAP—An individualized system for monitoring and responding to mental health challenges, to achieve highest possible levels of wellness.

Responses to mental health difficulties: Finding & keeping a strong support system with healthcare providers, peer support and family. Developing a personal WRAP Plan that can be use and shared with healthcare providers and supporters

Jennifer Jones, Health Care Program Manager  
Office of Consumer Affairs  
Clinic Based Support / Self Help Support  
Santa Clara County Mental Health Department  
1075 E. Santa Clara St.  
San Jose, CA 95116  
(408) 792-3935