



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

- Date:** October 5, 2009
- Title:** WRAP (Wellness Recovery Action Program)
- Component:** Community Rehab. & Support (CRS)
- Service:** Wellness Self-Management (WSM)
- Population:** Any members of PROSper
- Frequency:** 1x a week
- Duration:** 50 minutes

Description: A didactic and interactive group to assist clients in developing an individualized wellness recovery action plan. It encourages clients to focus on strengths and wellness rather than on weaknesses and disabilities. Wrap is a system for monitoring, reducing, and eliminating uncomfortable physical symptoms and emotional feelings, and preparing for times of increased symptoms and crisis.

Mode of Work:

A) Purpose: Assist group members to develop an action and crisis plan to manage symptoms on a daily basis.

B) Group Framework: Members will utilize group time by participating in discussions, verbalizing experiences with symptom management and offering feedback in development of peer's plans.

Expected Outcome: Members will develop a written individualized recovery action plan to utilize and incorporate into daily life. Members will develop self-awareness and insight to reduce and eliminate uncomfortable symptoms and emotional feelings.