

## INTRODUCTION TO THE WELLNESS RECOVERY ACTION PLAN

**DATE & TIME:** Training: October 7, 2009 9:00 AM - 4:00 PM  
Follow-up: November 4, 2009 9:00 AM - 12:00 PM

**ATTENDANCE BOTH DATES IS MANDATORY**

*Registration begins 30 minutes prior to training time. All participants must arrive during registration period.*

**PLACE:** Central Superior Court  
600 S. Commonwealth, 2<sup>nd</sup> Floor Conference Room  
Los Angeles, CA 90005

**PARKING:** Free parking is on first come, first serve basis in the parking lot.

The purpose of this workshop and follow-up session is to present an overview of the Wellness Recovery Action Plan (WRAP). This workshop will present the essential elements of the plan, as well as strategies for assisting consumers in discovering their strengths and how to use those strengths as a basis for developing life goals in employment, mental health treatment, substance abuse treatment, housing, and developing positive relationships and self-reliance. Participants will gain knowledge of the values underlying the Recovery Model. Participants will also learn about the five key concepts and how they merge with the WRAP. The follow-up session will be utilized to review the concepts of WRAP and assist participants with any questions they may have regarding the WRAP.

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

1. Identify the five key facets of a recovery scenario
2. Develop Group Guidelines
3. Identify techniques to assess individual and cultural strengths
4. Describe the elements of WRAP for individuals and groups
5. Direct participants and consumers to focus on their own wellness

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**DEADLINE:** When maximum enrollment has been reached

**CONTINUING EDUCATION:** 6 Hours for: BBS, BRN, AND CAADAC