INTRODUCTION TO THE WELLNESS RECOVERY ACTION PLAN

DATE & TIME:

Training: November 4, 2009
9:00 AM - 4:00 PM
Follow-up: December 2, 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:

DPSS Headquarters
3435 Wilshire Blvd., Room 215A
Los Angeles, CA 90010

PARKING: **Surrounding parking structures - $15.00**

PUBLIC TRANSPORTATION: **Purple Line to Normandie**

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

CONDUCTED BY: **Lidia Gamulin, LCSW, Trainer**

COORDINATED BY:

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

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