What is WRAP®

WRAP®, Wellness Recovery Action Plan is a Wellness plan that the Whaiora (a person seeking health), Peer, Participant write with the help of a workbook for themselves.

There are 9 weekly workshops with a certificate awarded when completed.
In Counties Manukau the certificate is needed if whaiora would like to go on to complete the Peer Employment Training that is facilitated at Ember.
It is suitable for Whaiora with lived experience of mental health or addiction challenges.
In the WRAP® workshops whaiora meet others, who often have the same challenges, some have made ongoing friendships. The participants weekly, share wellness concepts that have benefitted them. The benefit to whaiora is that they will have a plan to follow if a crisis point is reached.

As the whaiora look at the different stages that occur before a crisis is reached, WRAP® may stops a crisis from occurring. WRAP® is based on 5 key concepts: Hope, Personal Responsibility, Education, Self-advocacy and Support.

For more information regarding WRAP®
https://www.wellnessrecoveryactionplan.com/what-is-wrap/

We hope to facilitate the workshops at different locations in the community during the year.
Whaiora can self-refer by filling in the online form at:
https://ember.org.nz/personal-focus-form/

Naga Martin, Programme Administrator Akiaki Ora and Whiti Ora, Ember will be able to send the timetables to you if you request to have these.

Contact: Naga
Phone 09 815 5113
Email: pf.admin@ember.org.nz

If you have any other questions feel free to contact Naga or Saskia,
Saskia.Hawke@ember.org.nz