

Wellness Recovery Action Planning

An Introduction to **WRAP**

Monday 11 August 2008

9.30am - 3.30pm

Rothes Halls, Glenrothes
Fife KY7 5NX



Facilitators:
Chrys Muirhead & Eric Nicol

Programme

9.30am – 10.00am	Registration & Refreshments
10.00am – 10.15am	Introductions
10.15am – 11.15am	Key Concepts
11.15am – 12.25pm	Wellness Toolbox & Daily Maintenance Plan
12.25pm – 1.15pm	Lunch
1.15pm – 1.25pm	Afternoon Intro
1.25pm – 2.15pm	Triggers/Early Warning Signs/Breaking Down
2.15pm – 3.00pm	Crisis Plan
3.00pm - 3.20pm	Post Crisis Planning
3.20pm – 3.30pm	Winding Up