

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