



WELLNESS RECOVERY ACTION PLAN (WRAP)

**Communities for Recovery and The Pavilion
are bringing WRAP to Williamson and Travis Counties.**

Communities for Recovery (CforR) is proud to provide a variety of support services for people with *substance use* and *co-occurring mental health conditions*. We support peers living with a dual diagnosis by offering workshops and training that will help in their daily life and personal recovery journey. One of the workshops that we offer is Wellness Recovery Action Planning or WRAP® and was developed by Mary Ellen Copeland...

* *WRAP has the following goals:*

- You learn how to implement the tools of recovery in your day-to-day life,
- You learn how to organize a list of your wellness tools,
- You create a crisis plan that guides the involvement of individuals that you identify - friends, family members and allies - when you face a crisis and can no longer take appropriate actions on your own behalf,

You learn how to develop an individualized post-crisis plan by asking yourself:

- *What is a crisis for me? Mental health, addiction, or ER hospital?*
- *Do I have an Advance Directive?*
- *Do I have a Medical Power of Attorney?*
- *Who are my supporters and what will they agree to help me with before, during, and after a crisis?*
- *Have I had those open, sometimes hard conversations with my supporters?*
- *Who will take care of my kids or pets?*
- *Who do I trust to pay my bills so I do not lose my home?*
- *Who has a key to my place to get me things that I need?*
- *Who will give me rides?*
- *Who will get medications for me or has a list of all of my medications?*

WRAP is provided in Williamson County at the Pavilion currently in the St. Richard's Church, 1420 East Palm Valley Blvd, Round Rock, Texas, 78664. We can accommodate a group or one-on-one. The Pavilion hours are Tuesdays and Thursdays 9:00 am - 3:00 pm.

Do you want WRAP brought into your business in Williamson County? Contact Gordon Butler, Executive Director of the Pavilion, at gordon.butler@pavilionrr.org or (512) 417-2767.

If you need transportation to the Pavilion:

Volunteer with other Pavilion members at baseball or hockey games, and concerts throughout the year to earn ride shares.

Volunteer Opportunities:

Attend our WRAP class, create your own WRAP, then help co-facilitate WRAP classes as a volunteer or community service.

Cforn's current WRAP® class can be for a group or one-on-one. This class is 8 weeks long with 1 or 1½ hour classes then a graduation ceremony with certificate. **Contact Cheryl Friedman, Certified WRAP® Facilitator, at (512) 633-9368 or cheryl.friedman@cforn.org with any questions.**