

Join us to learn more about WRAP!

***An Introduction to Wellness Recovery Action Plan.**

A step-by-step process of how to keep yourself well and reduce your symptoms.

Tuesday and Wednesday

_____, 2007

SC SHARE Office

427 Meeting Street, West Columbia, SC 29169

Beth Adams Padgett will provide an overview of WRAP and the plan for WRAP in SC.

Registration and coffee **start at 9:30 a.m.** The presentation starts at 10:00 a.m. (The second day starts at 9:00 am.)

There is a **\$10.00 consumer/professional/family member registration fee** that includes a boxed lunch both days and training handouts. This is an approved Certified Peer Support Specialist training and counts towards your required training hours.

Double occupancy hotel rooms will be reserved for those who are traveling from out of town at the Riverside Inn 111 Knox Abbott Dr. (803) 939-4688 (rooms held under the name SC SHARE). **Please let us know on your registration form if you will need a hotel room.** If you are riding with a mental health staff person, please have them bring you and your luggage to the SC SHARE office. Hotel check-in is **after the training has ended on the first day.** Transportation from the SHARE office to the hotel will be coordinated after the training has ended on the first day of training. Continental breakfast is provided at the hotel. Boxed lunch is provided at the training. Travel is not reimbursed. Before coming to SHARE on the second day, please check out of your hotel and bring your luggage with you.

Space is limited to 12 participants - please get your registration and fee in now!

We must have your complete registration form and registration fee of \$10 to hold your seat!

(803) 739-5712 ▪ 1-800-832-8032 ▪ scshare@scshare.com

*For More information about Wellness Recovery Action Plans visit: www.mentalhealthrecovery.com

WRAP Schedule for Tuesday:

10:00-11:00 **Intro, Setting the Ground**

11:00-11:10 **Break**

11:10-12:30 **Overview of WRAP, Wellness Toolbox**

12:30-1:15 **Lunch**

1:15-2:15 **Daily Maintenance Plan**

2:15-2:30 **Break**

2:30-4:00 **Early Warning Signs and Triggers**

WRAP Schedule for Wednesday:

9:00-10:15 **Review of Tuesday, More Early Warning Signs and Triggers**

10:15-10:30 **Break**

10:30-12:00 **When Things Are Breaking Down, Review of Action Plans**

12:00-1:00 **Lunch**

1:00-2:15 **Psychiatric Advance Directive**

2:15-2:30 **Break**

2:30-4:00 **PAD's and WRAP Crisis/Post Crisis Plans**



Please mail payment and form to: SC SHARE 427 Meeting St. West Columbia, SC 29169 (fax 803-739-8226)

(Space is limited to 12 registrations. Please call to RSVP as soon as possible 803-739-5712 or 1-800-832-8032)

Name (please print)

Organization

Street

City

State

Zip

Area Code and Telephone Number

E-mail address

Personal check # _____

Money Order

PO # _____

I will need a hotel reservation for Tuesday Night Smoking or Non-smoking