

Our Mission

County of Santa Clara Behavioral Health Services Department, Office of Family Affairs program is offering WRAP[®] groups to families.

Our mission is to empower family members and their loved ones with accessible education, support and resource opportunities.

Family WRAP[®] encourages each family member to add their own personal knowledge to address a plan that will promote wellness and recovery from mental illness.

This is a living document to help families deal with everyday challenges!

No one should go through mental illness alone

Staffing

The Office of Family Affairs program is staffed by persons with lived experience.

Juan Pérez

Mental Health Peer Support Worker

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Jack Amato

Mental Health Peer Support Worker

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Liliana Medel

Mental Health Peer Support Worker

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Phone: 1 (408) 792-2166

Fax: 408-792-2158

Email: BHSDPeerSupport@hhs.sccgov.org

Website: www.sccbhsd.org/ofa

If you or a family member needs family peer support services

Call 1 408-792-2166

Website www.sccbhsd.org/ofa



COUNTY OF SANTA CLARA
Behavioral Health Services

Supporting Wellness and Recovery



WELLNESS • RECOVERY • RESILIENCE

Rev. 2-01-23 nv



FAMILY WRAP[®]

Wellness Recovery Action Plan[®]



OFFICE OF FAMILY AFFAIRS

County of Santa Clara

Behavioral Health Services Department

1 408-792-2166

Website www.sccbhsd.org/ofa

How WRAP[®] Helps

The Wellness Recovery Action Plan[®] helps you to:

- ◆ Feel better when dealing with challenging situations
- ◆ Prevent situations from escalating
- ◆ Improve the quality of interaction with your family members

WRAP[®] is a wellness tool that all families can use to develop a plan that supports wellness and recovery for everyone in the family.



Family WRAP[®]

Family WRAP[®] Support Group—English
Day: TBD, except holidays
Time: TBD

Family WRAP[®] Support Group —Español
Day: Every Fridays, except holidays
Time: 7:00 P.M. – 8:30 P.M.

Group Location

All classes are currently online.
In person classes are to be determined and based upon requests.

¡Sí Hablamos Español!

Registration

Please send an email to any of the staff to register.

To request a WRAP Group for your agency, please send an email to nhi.vu@hhs.sccgov.org

Elements of WRAP[®]

The key elements of WRAP[®] include:

- ◆ Key Recovery Concepts: Hope, Personal Responsibility, Education, Self-Advocacy, and Support
- ◆ Wellness Toolbox
- ◆ Identification of Stressors and Action Plan
- ◆ Daily Maintenance Plan
- ◆ Early Warning Signs
- ◆ Things are Breaking Down
- ◆ Crisis Planning
- ◆ Post-Crisis Planning

Families can use WRAP[®] to make lasting positive changes.

Learn to create your own action plan!

