## **Our Mission**

County of Santa Clara Behavioral Health Services Department, Office of Family Affairs program is offering WRAP<sup>®</sup> groups to families.

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

Family WRAP<sup>®</sup> 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!

## Staffing

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

#### Juan Pérez

Mental Health Peer Support Worker **Email:** juan.perez@hhs.sccgov.org

### Jack Amato

Mental Health Peer Support Worker **Email:** jack.amato@hhs.sccgov.org

### Liliana Medel

Mental Health Peer Support Worker **Email:** <u>liliana.medel@hhs.sccgov.org</u>

Phone: 1 (408) 792-2166 Fax: 408-792-2158 Email: <u>BHSDPeerSupport@hhs.sccgov.org</u> Website: <u>www.sccbhsd.org/ofa</u>

> If you or a family member needs family peer support services Call 1 408-792-2166

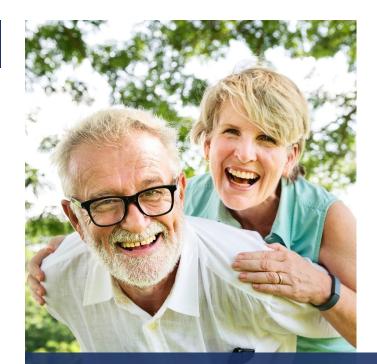
Website www.sccbhsd.org/ofa



COUNTY OF SANTA CLARA Behavioral Health Services

Supporting Wellness and Recovery





# FAMILY WRAP®



### Wellness Recovery Action Plan<sup>®</sup>



County of Santa Clara Behavioral Health Services Department 1 408-792-2166 Website <u>www.sccbhsd.org/ofa</u>

# No one should go through mental illness alone

Rev. 2-01-23 nv

ILLNESS • RECOVERY • RESILIE

# How WRAP<sup>®</sup> Helps

The Wellness Recovery Action Plan<sup>®</sup> helps you to:

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

WRAP<sup>®</sup> is a wellness tool that all families can use to develop a plan that supports wellness and recovery for everyone in the family.





COUNTY OF SANTA CLARA
Behavioral Health Services

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# Family WRAP<sup>®</sup>

Family WRAP<sup>®</sup> Support Group—English Day: TBD, except holidays Time: TBD

Family WRAP<sup>®</sup> 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<sup>®</sup>

The key elements of WRAP<sup>®</sup> 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<sup>®</sup> to make lasting positive changes.

### Learn to create your own action plan!

