

Who We Are

The Wellness Center

This innovative program is based on the nationwide movement to integrate peer staff into mental health services, demonstrating the importance of self-empowerment and peer programs as part of mental wellness. People who have experienced both sides of the mental health system provide hope, education and direct support among their peers where they can share goals, conquer fears and celebrate success.



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WRAP TRAINING



Scan the QR Code to learn more about Turning Point Foundation and The Wellness Center

WRAP Overview

What is WRAP?

WRAP (Wellness Recovery Action Plan) was developed in 1997 by a group of people working to overcome mental health challenges. WRAP is a self-designed prevention and wellness process that helps people maintain wellness, develop support systems and improve quality of life. WRAP provides a structured yet flexible framework for creating personalized strategies to maintain wellness and respond effectively to life's challenges

Why Choose WRAP?

Evidenced Based Results

Recognized by SAMSHA since 2010, research shows WRAP helps reduce symptoms, improve quality of life, and increase feelings of hope and empowerment.

Practical Tools for Real Life

WRAP provides concrete strategies you can use every day to maintain wellness and respond effectively to challenges.

Self-Directed Process

You decide what works for you. WRAP honors your wisdom and respects your choices about your own wellness.

Trainings Offered

WRAP Seminar I

This comprehensive training takes participants through the entire curriculum of WRAP and assists them in developing their own personalized WRAP plan. This training is a mandatory precursor for anyone wishing to sign up for Seminar II. Training Length: 3 days
Cost: Free

WRAP Seminar II

This training guides participants through the values and ethics of being a WRAP facilitator and provides them with the necessary tools and materials to facilitate their own WRAP groups. Participants who complete this training will be given a 2-year certification as a WRAP Facilitator
Training Length: 5 days
Cost: \$1000 per individual + \$125 per manual

WRAP Orientation

This training orients participants to the WRAP curriculum, the concepts that make it an evidenced based practice, and strategies to support individuals who participate in WRAP (Note this is not a substitute for a facilitator training)
Training Length: 3 hours
Cost: \$1500 for up to 20 participants

5 Key Concepts of WRAP

Hope

Believing that recovery is possible; that we can get well and stay well for longer periods of time.

Personal Responsibility

Taking charge of your own wellness journey & making choices that support your wellbeing.

Education

Engaging in self-discovery. Learning about what enhances your life & works best for you

Self-Advocacy

Developing skills to effectively communicate your needs & your desires. Finding your voice and acknowledging that you are the expert on your wellness journey.

Support

Building connections with others who understand & respect your experience