

TOOLS FOR RECOVERY

PERSON-CENTERED CARE builds on the person's strengths, honors personal goals and provides meaningful options based on individual preferences. Services are based on shared decision-making, with the person receiving services treated as an equal partner.

*Learn more at dhs.wisconsin.gov/crs/webinars.htm; OR ct.gov/dmhas (type *person-centered recovery planning* in the search bar)*

EMOTIONAL CPR (eCPR) is an educational program designed to teach people to assist others through an emotional crisis by three simple steps: C=Connecting, P=emPowering, and R=Revitalizing. The Connecting process of eCPR involves deepening listening skills, practicing presence, and creating a sense of safety for the person experiencing a crisis.


Learn more at emotional-cpr.org

WELLNESS RECOVERY ACTION PLANS (WRAP) are designed to identify what helps you stay well, triggers and early crisis warning signs. WRAPs also help provide guidance for supporters on how best to help (or what not to do). WRAPs are designed by you and you alone.

Learn more at mentalhealthrecovery.com

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA) WELLNESS TRACKER is a virtual tool to help you easily track physical, emotional and mental well-being by recording key information on a regular basis. The tracker helps you better recognize potential problems and mood triggers in your daily life.

Learn more at tracker.facingus.org



“WRAP has changed my life completely. I used to think of myself as this “mentally ill” person. Now I am a person who knows how to take care of myself and help myself in difficult times. If I am feeling badly or having a hard time, I take action. And there are so many simple, safe things I can do.”

—WRAP user