



Values and Ethics of Wellness Recovery Action Plan®

Mary Ellen Copeland worked with a group of her peers to provide educational workshops about wellness recovery based on her research of people just like her who were struggling with mental health difficulties and were seeking and achieving wellness despite those challenges. Continuing the process of a growing body of knowledge in wellness recovery, Mary Ellen and her peers evaluated how their initial workshops were going. Through this evaluation and collaboration a core set of beliefs and practices were established to enhance the education materials and ensure quality. These beliefs and practices are called the Values and Ethics of WRAP®.

Mary Ellen has stated that if you cannot follow these values and ethics then do not work with others using WRAP®. Following the establishments of the Values and Ethics, the Copeland Center for Wellness and Recovery has worked with Mary Ellen to developed training models to ensure those Facilitating WRAP with others understand and can apply these beliefs and practices in there presenting and supporting WRAP with others.

1. Each session supports the premise that there is hope, that people can get well, stay well for long periods of time, and do the things they want to do with their lives.
2. Self determination, personal responsibility, empowerment, and self-advocacy are key aspects of this program.
3. The program supports workshop decision-making and personal sharing.
4. Participants are treated as equals with dignity, compassion, mutual respect, and unconditional high regard.
5. There is unconditional acceptance of each person as they are,

- unique, special individuals, including acceptance of diversity with relation to culture, ethnicity, language, religion, race, gender, age, disability, sexual orientation, and "readiness" issues.
6. This program is based on the premise that there are "no limits" to recovery.
 7. Participants are given the opportunity to explore choices and options, and are not expected to find simple, final answers.
 8. All participation is voluntary.
 9. It is understood that each person is the expert on her or himself.
 10. The focus is on individual strengths and away from perceived deficits.
 11. Clinical, medical and diagnostic language is avoided.
 12. The focus is on peers working together and learning from each other to increase mutual understanding, knowledge and promote wellness.
 13. The program emphasizes strategies that are simple and safe for anyone, and it stays away from strategies that may have harmful effects.
 14. Difficult feelings and behaviors are seen as normal responses to traumatic circumstances and in the context of what is happening and not as symptoms or a diagnosis.
 15. There is unconditional acceptance of all creative work and expressions that are created or brought to each session.