**WRAP of DC**

**Community Links Project:  Reentry Moving Forward from Incarceration**

**Fact Sheet**

Dreamers & Achievers Center Inc & WRAP of DC Facilitators are co-facilitating a ‘DC Community Links Project’.

The ‘DC Community Links Project’ is aimed at Families and individuals involved in the Criminal Justice System. The Community Links Project will provide comprehensive WRAP Around services for Families and Individuals involved in the Criminal Justice System.

Dreamers & Achievers Center Inc & WRAP of DC Facilitators will be utilizing SAMHSA recognized proven evidence based practices & programs when providing WRAP Around services to their clients.

The Certified Peer Specialist, Recovery Coaches & WRAP Facilitators are all fully trained and experience in a variety of evidenced based programs & practices including:

1. **Wellness Recovery Action Planning (WRAP) Seminar I: Developing a Wellness Recovery Action Plan … (16 hours)**

* WRAP for Reentry: Moving Forward from Incarceration
* WRAP for Addictions
* WRAP for Life
* WRAP For The Effects of Trauma
* WRAP for Veterans
* Healing the Trauma of Abuse a women’s workbook
* Family WRAP
* Worry Control
* Loneliness
* Shared Decision Making Tools & Aids

1. **WRAP Seminar II: WRAP Facilitator Training … (40 hours)**
2. **Community Links Pathways to Reconnection and Recovery Program Implementation Training … (24 hours)**

1. **Anger Management for Substance Abuse and Mental Health Clients**

**‘Coping with Grief & Loss’**

**Mental Health Recovery**

**Including**

**Wellness Recovery Action Planning (WRAP)**

**A workshop for people who experience mental health challenges and for those who care about them**

TOPICS INCLUDE:

* Empowerment & Responsibility
* Developing a Wellness Recovery Action Plan
* Diet, Light & Exercise
* Preventing & Avoiding Suicide
* Stress Reduction & Relaxation Methods
* Developing & Keeping Support Systems
* The Importance of Education
* Taking Preventative Action Early
* Changing Negative Thoughts to Positive Ones
* Taking Responsibility for Wellness
* Building Self-Esteem & Self-Confidence
* Peer Counseling

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