



IN CONJUNCTION WITH  
NORRISTOWN STATE HOSPITAL  
CONTINUING EDUCATION PROGRAM

## **Wellness Recovery Action Plans (WRAP)**

**Presented by: Jessica Celestin, MSW, LSW, CCDP-D &  
Fred McClaren, MS, CPS**

This is a beginner level presentation designed for psychologists, mental health staff, people who struggle with mental health challenges, family and friends who work with people that experience mental health challenges.

**Thursday, June 13, 2013 ♦ 8:30 am to 11:45 am**

### **MCES Board Room**

This workshop is designated for **three (3)** credit hours. Satisfaction surveys must be completed as demonstration of attendance earning credit hours. Workshop must be attended in its entirety to earn credit. Norristown State Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. Norristown State Hospital maintains responsibility for this program and its content.

### **Description & Learning Objectives**

WRAP is a tool for mental health wellness, recovery and relapse prevention. We will discuss how this time-proven, seven-part plan can be used to deal with both mental health and co-occurring problems. WRAP has changed the lives of thousands of consumers worldwide.

This workshop is designed to:

1. Describe an introduction to key concepts of recovery and WRAP.
2. List and explain the benefits of WRAP.
3. Discuss the process of developing a personal WRAP.

### **Presenter Information**

Ms. Celestin directs the Allied Therapy Department at MCES, supervises certified peer specialists and is a WRAP facilitator. She participates on the Trauma Task Forces both for MCES and Montgomery County and participates in the monthly CSP meeting. She graduated with an MSW from Millersville University and she is a licensed social worker. Ms. Celestin is also a Certified Co-Occurring Disorders Professional Diplomate.

Mr. McLaren is certified as a WRAP Facilitator and Peer Specialist, as well as a member of the MCES Allied Therapy Department. Mr. McLaren is a member of the OMHSAS Adult Committee, a consultant and writer for the Temple University Collaborative on Community Inclusion for People with

Psychiatric Disabilities, serves as co-chairman of the Collaborative's National Leadership Committee, and has lectured at numerous state and national conferences. He is also provider co-chair of the Montgomery County Support Program (CSP).