

Dear Sir/Madam,

Wexford Mental Health Association (WMHA) in conjunction with Mental Health Ireland are delighted to offer staff in your school the opportunity to participate in Wellness Recovery Action Plan (WRAP®) Level 1 training.

WRAP® is an evidenced-based, person-centred, self-management programme for mental health, widely approved and used both nationally and internationally by mental health leaders and practitioners. It is a simple individualised, prevention and wellbeing process that anyone can use to make positive changes in the way they feel and the way they react to life. It can help build a foundation to support oneself to stay emotionally well and the benefits can be lifelong.

Completion of the WRAP® Level 1 course is an investment in time and skills in how to care for our own mental health and wellbeing and also provides some structures and skills for supporting others in our daily work practice

Building on the experience of working with those who engaged with WRAP® from the general population, school communities and youth services in Wexford. WMHA was successful in securing national funding from Mental Health Ireland to expand the reach of WRAP® to community, school environment and youth services in supporting students, colleagues and young people to value and learn from their lived experience of mental health challenges and to respond to effectively respond to experiences that challenge our wellbeing and also managing times of crisis.

Training is over two consecutive days at venues throughout County Wexford. To offer choice there are 4 different dates/locations from which we are hosting these trainings. There is no cost in attending the course and light refreshments and lunch are provided each day. The course is particularly suitable for teachers involved pastoral care/student support teams in school and who work in the community such as HSCL teachers, Career Guidance Teachers and SPHE/CPSE Teachers

<i>Opportunity A: Wednesday 16<sup>th</sup> Nov</i>	<i>9:30am – 4:30pm</i>	<i>Venue: Parable Gardens Curracloe</i>
<i>Thursday 17<sup>th</sup> Nov</i>	<i>9:30am – 4:30pm</i>	<i>Venue: Parable Gardens Curracloe</i>
<i>Opportunity B: Friday 18<sup>th</sup> Nov</i>	<i>4:30pm – 9:30pm</i>	<i>Venue: Parable Gardens Curracloe</i>
<i>Saturday 19<sup>th</sup> Nov</i>	<i>9:30am – 4:30pm</i>	<i>Venue: Parable Gardens Curracloe</i>
<i>Opportunity C: Friday 25<sup>th</sup> Nov</i>	<i>4:30pm – 9:30pm</i>	<i>Venue: Riverside Hotel Enniscorthy</i>
<i>Saturday 26<sup>th</sup> Nov</i>	<i>9:30am – 4:30pm</i>	<i>Venue: Riverside Hotel Enniscorthy</i>
<i>Opportunity D: Friday 2<sup>nd</sup> Dec</i>	<i>4:30pm – 9:30pm</i>	<i>Venue: Murphy's Barn New Line Rd.</i>
<i>Saturday 3<sup>rd</sup> Dec</i>	<i>9:30am – 4:30pm</i>	<i>Venue: Murphy's Barn New Line Rd.</i>

The aim is to expand WRAP® into secondary schools and youth organisations across County Wexford. It is our hope that following completion of their own Level 1 WRAP® training, some may be interested in continuing on to complete the WRAP® Facilitator Training (Level 2).

This in turn will support the WMHA to ensure that the experiences of teachers, youth workers, project workers and students are used to support the design and delivery of WRAP® Level 1 within school and community settings.

Thank you for taking the time to read and consider this email as I realise there are many demands on your time.

For further information on the training please do not hesitate to contact Helena Hore at 089 4470352 or [wexfordmhawrap@gmail.com](mailto:wexfordmhawrap@gmail.com).

To book a place for any of the WRAP Level 1 training opportunities listed above please fill in the details in the booking form attached to this email and return to [wexfordmhawrap@gmail.com](mailto:wexfordmhawrap@gmail.com).

Kind Regards,

Helena Hore

[Note: For insights into the experience of WRAP® in Wexford school settings, please email Kieran Kinsella, Guidance Counsellor, Selskar College [kierankinsella@wwetb.ie](mailto:kierankinsella@wwetb.ie)

Extra information on WRAP® is also available at:

The Copeland Center: [www.copelandcenter.com](http://www.copelandcenter.com) and  
[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com) ]