

## Mental Well-Being: WRAP Yourself in Wellness

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Wellness Recovery Action Plan (WRAP) can be a game changer for individuals struggling with stability in mental,



emotional, or even chemical recovery. It offers the ability to stay focused on positive identity and an active detour from crisis back to good.

My name is Todd M. Kuikka. I'm an author, artist, veteran, and community peer support specialist. Following five combat tours in active military service and being wounded, I found myself struggling with transitions, suffering from severe Post Trauma, anxiety, depression, and physical injuries. For years I attended most any form of therapy, counseling, and pharmaceutical intervention only to find myself feeling defeated and riddled with negative stigmas attached to mental illness.

WRAP places the individual in control of their own program. It is a self-paced plan that centers on how a person looks, feels, acts, and recovers back to a positive state in order to avoid a full blown crisis. It offers an opportunity to

really identify the strengths, abilities, and connections that work best for one's self. The written document can be very revealing and empowering. I was able to identify the best ways to de-escalate and who is best suited for each level of crisis that I may find myself enduring. I also found that I could share this plan with those I wanted included. It is not a legal document, but can be used as medical tool if so desired.

I was introduced to WRAP by a wonderful peer community leader named Jode Freyholtz-London, whose organization, Wellness In The Woods, still offers WRAP throughout Minnesota. Originally designed by Mary Ellen Copeland as a mental health recovery tool, WRAP can offer hope and stability in a manner that empowers the individual and reduces the stigma that many carry. WRAP classes are offered to communities upon request. For information please contact Wellness In The Woods online at:

[www.mnwitw.org/services](http://www.mnwitw.org/services) or another certified organization.