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## **NARBHA & MIKID Step Up Recovery for Transitioning Teens**

*(FOR IMMEDIATE RELEASE Flagstaff, AZ August 8, 2011)* - Northern Arizona Regional Behavioral Health Authority (NARBHA) is sponsoring MIKID's implementation of new tools for teens to have their voices heard in mental illness recovery and treatment. Wellness Recovery Action Planning (WRAP), a wellness program which allows participants to identify resources for facilitating recovery and "early warning signs" for crisis monitoring and aversion. WRAP is now part of treatment for teens to as they transition to adulthood.

This innovative approach to self-help and recovery for youth is the first in Arizona. MIKID staff received training through Visions of Hope, and is now working with clients from The Guidance Center and Child & Family Support Services to introduce WRAP training for transition age youth (14-18 years).

Transition age youth often seek to assert their independence and choose their own path while facing changes in the system of services available to adults versus those available to children. The Teen WRAP training demonstrates to teens, ways of identifying what they know about themselves, how they feel during the good times and the difficult times, and how to use tools from their own WRAP toolbox to navigate challenges and maintain wellness. WRAP addresses key recovery concepts including hope, personal responsibility, self-advocacy, and support. WRAP is interactive, fun, and full of real life application.

WRAP was developed in 1989 by Mary Ellen Copeland, PhD, and is a cornerstone of recovery models in behavioral health treatment. WRAP focuses on prevention, recovery, and wellness methods of self-help. For more information on WRAP, please visit Mental Health Recovery & WRAP® at <http://www.mentalhealthrecovery.com/about/>.

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