



# Recovery Roadmap

## Self-directed Plans

(e.g., \*Wellness Recovery Action Plan  
see [mentalhealthrecovery.com](http://mentalhealthrecovery.com))

VS

## Person-Centered Recovery Plans

A WRAP may be completed independent of the mental health system.

A PCRPP plan is completed within formal mental health services.

A WRAP plan's dominant function is to support an individual's daily wellness and recovery.

A PCRPP plan serves an individual's recovery as well as multiple administrative and fiscal functions, e.g., the PCRPP supports billing/ payment for professional services rendered.

A WRAP plan belongs to the person in recovery. A person may, or may not, decide to share it with you as their clinician or provider. Information in a WRAP may be helpful in informing a treatment plan. People can be invited, but should not be required, to share their WRAP plans.

A PCRPP plan belongs to the Team of people who have worked together to create it, i.e., professionals, a service user, and his/her natural supporters. Professional members of the Team automatically have access to the PCRPP plan as it is the formal document used to organize the delivery of mental health services and supports.

A WRAP plan identifies all the simple, safe, and effective things a person in recovery does to maintain their daily wellness. It also includes identifying things that may signal a crisis and identifying how a person prefers such crisis situations to be handled, i.e., who to involve, what services to offer, etc.

A PCRPP plan identifies long-term goal(s) that might take months or even years to get to. It then identifies the short-term objective that will bring a person closer to his or her goal over the next 3 or 6 months. It may or may not include a crisis plan or any of daily wellness strategies that a person uses in his/her recovery.

A WRAP plan can be revised anytime, and the person in recovery decides when and how to use it.

A PCRPP plan can also be revised at any time. However, PCRPPs are generally updated according to a standard schedule (e.g., every 3 months) which is determined by local and/or State regulations.

A WRAP focuses primarily on what the person in recovery will do to keep him- or herself well. While that may include use of mental health services, the plan focuses on the individual's personal steps towards wellness.

A PCRPP plan must include the range of clinical and rehabilitative interventions that are provided to the person in recovery. Quality PCRPPs also document self-directed action steps and contributions from natural supporters.