

BHSD Learning Partnership Presents:

Wellness Recovery Action Plan Seminar 1 (In-Person, 3-Day Training)

COURSE DESCRIPTION:

This course is for anyone who wants to learn about WRAP® and begin to incorporate it into their life to improve personal wellness and achieve an improved quality of life. This workshop is designed to be highly interactive and encourage participation and sharing from all present. This workshop also lays a broad foundation for building a peer workforce.

Course Objectives:

- Identify at least 1 personal definition of each of the key concepts
- Identify at least 3 wellness tools
- List 3 things to do every day to support their wellness
- Identify at least 1 additional wellness topic



Target Audience: Santa Clara County Behavioral Health Services staff and contract agencies

***Santa Clara County Behavioral Health Service Department (SCCBHSD) is approved by the CA Association of Marriage and Family Therapist (CAMFT) to sponsor continuing education for Santa Clara County LMFTs, LCSWs, LPCCs, and/or LEPs. SCCBHSD maintains responsibility for this program/course and its content. This course meets the qualifications for 18 hours of continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs, as required by the CA Board of Behavioral Sciences (BBS). CAMFT is the BBS recognized approval agency- Provider # 131775. SCCBHSD also is approved by CA Consortium of Addiction Programs and Professionals (CCAPP) and CA Association for Alcohol/Drug Educators (CAADE) and the Board of Registered Nursing (BRN) to provide CEUS. Lunch and scheduled breaks during the training do not count toward CEU credit.

Please contact Learning Partnership if you need accommodations for one of our trainings at 408-792-3900.

You now can download/print your own CEU Certificates online at sccLearn 2 weeks after the training date.

BJ North works as a consultant to build bridges across uncommon grounds such as those from businesses to community, individuals to community resources, and agencies to consumers. She has been able to assist various community agencies to service better those they work with by helping people to hear and speak to one another in the spirit of mutual respect. She uses a common foundation for her approach in teaching this, the use of language from cultural perspectives and working with individuals' self-knowledge.

Matthew Federici is the Executive Director for the Copeland Center for Wellness and Recovery. Matthew specializes in trainings to create wellness and community inclusion-oriented systems and to advance the peer support workforce including the implementation of the evidence-based practice of co-facilitated Wellness Recovery Action Plan®. Matthew is a Certified Advanced Level WRAP Facilitator and is a Certified Psychiatric Rehabilitation Practitioner. He received his B.A. from Alvernia University in Psychology and Communications and M.S. in Rehabilitation Counseling from Rutgers University (UMDNJ). Matthew developed and oversees the Doors to Wellbeing Program, a National Consumer Training and Technical Assistance Center.

Lala Doost is from the beautiful Bay Area in California. Lala has gained many years of experience working with non-profit, peer-run or peer-focused agencies and County departments in California, and other states, that are focused on providing support and resources to community members wanting to enhance their wellness. Lala continues to collaborate with agencies to provide workshops that promote the exploration of approaches to stay well in various environments, including at work. Lala enjoys exploring new techniques, ideas and connections in wellness and being able to share it with others.

Our Trainings are free-Register online at sccLearn

April 13, 14 & 15, 2022
9:00 am - 4:30 pm



**In-Person Training
Learning Partnership**
1075 E. Santa Clara St. 2nd floor,
San Jose, CA 95116