



LYNN A. MILLER, DIRECTOR, WRAP



Lawrence B.G. Rhone, U.S. Army Veteran and WRAP program participant.



Candice Griffith, Retired U.S. Army Major, Montana Army National Guard, and WRAP program participant.

A PROGRAM THAT STARTS WITH HOPE: WRAP PROVIDES A PATH TO RESILIENCE AND RECOVERY

At the heart of every strong community is a foundation of support, resilience, and well-being. For Veterans and service members, the challenges of transitioning to civilian life, managing service-related injuries, or maintaining mental health can be daunting. That's where the Wellness Recovery Action Plan (WRAP), a program of AHP, Inc., steps in.

WRAP is designed to help individuals manage stress, set goals, and maintain overall wellness. As an accessible and customizable tool, **WRAP equips Veterans with strategies to navigate challenges such as untreated behavioral health issues, homelessness, and service-related disabilities.** "Whatever your goals and whatever you're dealing with, WRAP is a tool you can use to get well, stay well, and create the life you want," said Lynn A. Miller, director of WRAP.



Through WRAP, Veterans gain access to structured wellness strategies, crisis prevention tools, and peer support programs that enhance their quality of life. The initiative is widely utilized in Veterans' hospitals, military organizations, and correctional facilities, helping service members and their families cope with life's uncertainties. WRAP offers training, consultation, and technical assistance, enabling Veteran-focused organizations to implement sustainable wellness programs.

Beyond personal development, WRAP offers a structured pathway for individuals to become certified WRAP facilitators. This allows participants to leverage their experience to achieve employment goals and make a positive impact on their communities. **A collaboration with MVO Task Force partner Farmer**

Veteran Coalition (FVC) exemplifies how the program can be applied in various fields. Through its H.I.V.E. program, FVC helps Veterans navigate life's challenges while pursuing careers in farming and ranching. By embedding WRAP into such initiatives, the program continues to expand its reach and provide life-changing support to the Veteran community.

One of WRAP's standout successes is WRAP for Veterans, service members, and families. Through a focused program delivered by Veterans, participants engage in hands-on experiential activities proven to improve their wellness and quality of life.

Veterans who have embraced WRAP often describe it as life-altering. Lawrence B.G. Rhone, a U.S. Army Veteran, shared, "WRAP is the foundational tool of everything I do. The structure of WRAP has afforded me the opportunity to prepare for, respond to, and recover from impactful life events. Because of WRAP, I can support others as they navigate their significant life events."

Similarly, Candice Griffith, Retired U.S. Army Major, Montana Army National Guard, and a dedicated WRAP advocate, emphasized the program's power in building lasting connections: "WRAP has given me the freedom to be unapologetically myself. **I have been able to use its five key concepts—Hope, Personal Responsibility, Education, Self-Advocacy, and Support—to guide me each day.**"

For those looking to support or benefit from WRAP's initiatives, there are multiple ways to get involved. Veterans, service members, and their families can explore WRAP's resources at wellnessrecoveryactionplan.com. Training opportunities are also available for individuals and organizations interested in implementing WRAP within their communities at wellnessrecoveryactionplan.com/wrap-in-action/training-seminars/.

With a steadfast commitment to empowering Veterans, WRAP continues to be a beacon of hope and resilience, ensuring every Veteran has the tools to thrive beyond their military service.

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