

## Wellness Recovery Action Plans

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Family

No

Provider Refer

Yes

Self Refer

Yes

Highlands Community Services

<http://highlandscsb.org/wellness-recovery-action-plans-wrap/>

Main

(276) 525-1550

608 Campus Drive

24210 VA

United States

Payment Method(s)

Medicaid

,

Private Pay

,

Medicare

,

Tricare

,  
Private Insurance  
Languages Spoken  
English

Highlands Community Services', Peer Support Specialists provide services to eligible candidates who are at risk of decompensation because of difficulty understanding stressors and difficulty increasing supports. Wellness Recovery Action Plan (WRAP) services focus on health and safety in eight week training programs that help prevent crises and on assisting individuals to build "daily wellness toolkits" that offer hope for a healthy daily routine. These services facilitate integrated community citizenship. Services are provided at care coordination offices, assisted living facilities, and the Southwest Virginia Mental Health Institute.

Crisis Telephone Contacts:

Monday through Friday from 8:30am-5:00pm: Call (276) 525-1550;

After Hours, Holidays, and Weekends: Call (276) 645-7400 for Central Dispatch in Bristol or (276) 676-6277 for Central Dispatch in Washington County;

Life Threatening Emergency: Call 911.

Service Area(s)  
Abingdon City

,  
Bristol City

,  
Washington County