

**Theresa Utton-Jerman**

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**Subject:**

FW: Re-instating funding for WRAP

I am writing to ask that you please help re-instate funding for the unique and vital WRAP program here in Vermont. This educational program is the only one that actually teaches people with mental illness, chronic pain and other chronic health conditions, or disabilities to create a self care system that works. It is a very important and thorough program that is not duplicated anywhere in the state. We need more, not less, of the Wellness Recovery Action Plan seminars and trainers. The practical function of implementing this training more extensively would be to significantly enable people with diabetes, brain injury, etc. to function better in society, and manage more of their own care. As the trainings are based on peer facilitators, this program also allows for disabled people to contribute to society and gain some income. Please support the funding of the WRAP program for self management, as it is a unique and highly effective, life changing program. Thank you.

All the best,

A 53 year old, female, Burlington resident.

p.s. I have been called one of the “highest functioning” brain injured people in Vermont. I owe my capacity to this program, which I have used for over 15 years. I think it should be made much more widely available, not cut. Thank you for your time.