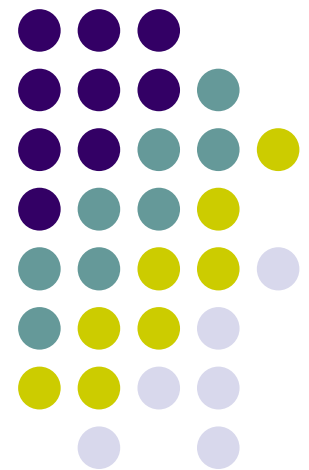


The Wellness Recovery Action Plan (WRAP)

Becca Witham, CTRS/L

Debbie Robinson, MS, CTRS/L, FACHE



Key Concepts



- **Hope**
- **Personal Responsibility**
- **Education**
- **Self-Advocacy**
- **Support**

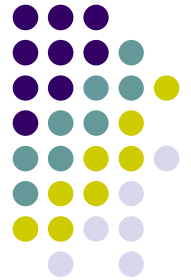


Find
Hope

TAKE
PERSONAL
RESPONSIBILITY



Chris Meier.com



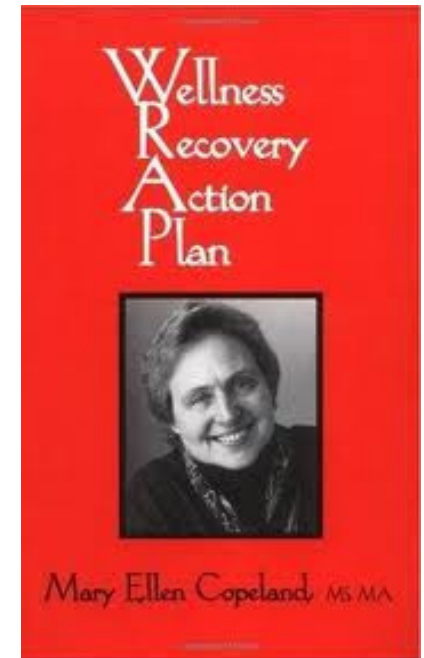






WRAP

- Wellness Toolbox
- Daily Maintenance Plan
- Triggers with Action Plan
- Early Warning Signs with Action Plan
- Signs That Things Are Breaking Down with Action Plan
- Crisis Planning
- Post Crisis Planning

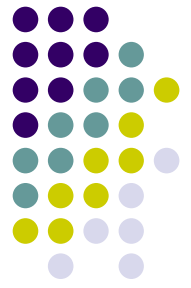


Wellness Toolbox



- Things you do to keep yourself well.
- Things you do to help yourself feel better when you don't feel well.
- Most are simple, safe and free.
- Different for everyone.





My Wellness Tools Song

credit to Krisi Geary

If you're _____(emotion)_____ and you know it,
_____(wellness tool)_____.

If you're _____(emotion)_____ and you know it,
_____(wellness tool)_____.

If you're _____(emotion)_____ and you know it, let your
wellness tools control it.

If you're _____(emotion)_____ and you know it,
_____(wellness tool)_____.



Daily Maintenance Plan



- Describe how you feel when you feel well.
- Examples: outgoing, cheerful, optimistic, calm, confident, active
- Make a list of things you need to do for yourself every day to keep feeling well.
- Make a reminder list of things you might choose to do. Read through the list daily and do the things on the list that reduce your stress and will keep you on track.

credit Krisi Geary

When I'm angry, overtired,
when I'm feeling sad
I simply remember my daily things,
and then I don't feel so bad!



Triggers



- External events or circumstances that may make you feel like you are getting ill
- Normal reactions to life events but if you don't respond to them, they may make you feel worse.



Triggers Action Plan



- Develop a plan that will keep you from feeling worse if a triggering event occurs
- A good first step is to go back to the Daily Maintenance Plan and do those things.

Early Warning Signs

- Internal, subtle signs of change that indicate you may need to take some further action
- May be unrelated to reactions to stressful situations
- Make a list of any early warning signs you have noticed



Early Warning Signs Action Plan



- Develop a plan of things to do every day until you feel better....a plan you think will help you from feeling worse if you notice early warning signs.

When Things Are Breaking Down



- A time when you feel worse, but are still able to take some action on your own behalf.
- You'll need to take immediate, assertive action to prevent a crisis.
- Make a list of feelings and behaviors, which, for you, mean that things have worsened and are close to crisis.

When Things Are Breaking Down Action Plan



- An action plan to use each day when things are breaking down.
- The plan now needs to be clear and directive with many things you “must” do and fewer choices.

Crisis Planning



- Despite your best efforts, you may find yourself in a crisis situation in which others may need to take responsibility for your care. You may feel completely out of control.
- Write this plan when you are well. It will instruct others how to care for you when you are not well. It keeps you in control of how others can best meet your needs.

Crisis Planning Steps



1. What I'm like when I'm feeling well
2. Symptoms
3. Supporters
4. Medications
5. Treatments
6. Home/community care/respite
7. Treatment facilities
8. Help from others
9. When my supporters no longer need to use this plan

Post Crisis Plan



- Healing from crisis is an important time
- May still be dealing with lingering symptoms
- Planning for this time before it happens may help you have an easier time recovering.
- Create a timetable for resuming responsibilities

Participant Agreements



At the start of each session, seek input from participants to structure sessions

Some examples:



Confidentiality

Voluntary

Safety contract or guidelines

Participate as much as able

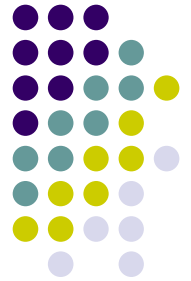
Start and end on time

Selling WRAP to your administration



- It is an evidenced based practice
- It is the right thing to offer our patients
- It offers a humane framework for our staff to use when treating patients
- It's not expensive
- Isn't it what we would all want for ourselves?

“In the years that I have been using WRAP, everything has changed in my life. I used to spend all my time just sitting around, watching TV and smoking. Now I hardly ever watch TV, I’ve given up smoking, I’ve gone back to school and I have a real job. And I have a wonderful partner. I never thought life could be this good.”





“WRAP for me is about personal responsibility. I can just let my “symptoms” take over my life. Or I can take personal responsibility, use my WRAP, and do what I need to do to take care of myself and feel better.”

<http://copelandcenter.com/what-wrap/testimonials>

“This has changed my life completely. I used to think of myself as this “mentally ill” person. Now I am a person who knows how to take care of myself and help myself in difficult time. If I am feeling badly or having a hard time, I take action. And there are so many simple, safe things I can do.”



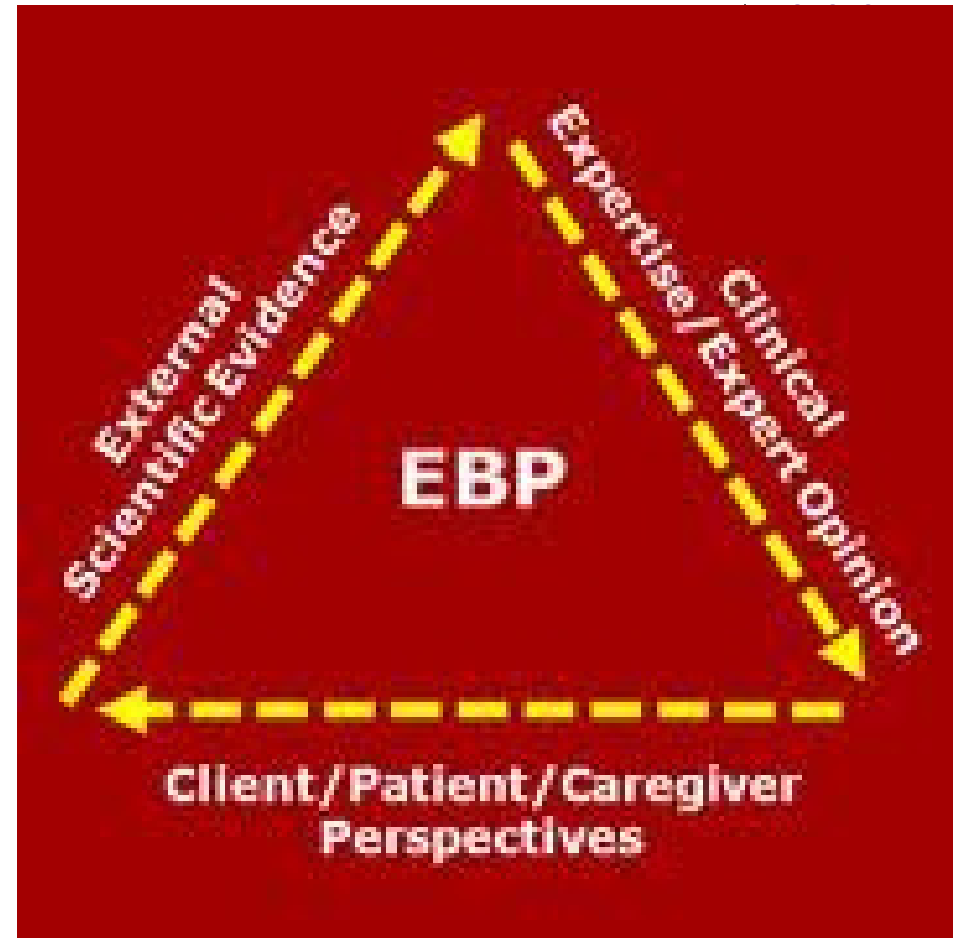
WRAP as an Evidence Based Practice



- Recognized by the US Government (Federal Substance Abuse & Mental Health Services Administration – SAMHSA) as an evidence based practice.
- Rigorously studied by researchers
- WRAP has been proven to help people experience greater levels of wellness & to move forward with their recovery.

EBP

- WRAP® listed by National Registry of Evidence-Based Programs and Practices



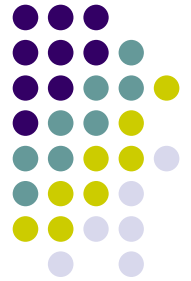
The Copeland Center for Wellness and Recovery was established in 2003 by Dr. Mary Ellen Copeland in honor of her mother, Kate Copeland, to insure the continuance of the networking of her well-known and highly respected mental health recovery and WRAP work.



www.copelandcenter.com

Copeland Center welcomes all inquires for providing workshops, seminars, speakers or consultations in your area. 802-254-5335.





The WRAP® Facilitators course is an experiential learning environment based on mutuality. Participants in this course will be expected to participate in interactive learning activities and demonstrate their own experience with WRAP.

Before attending the seminar, it is expected that you have familiarity with the different parts of WRAP through completion of one of the following prerequisites:

- Copeland Center Correspondence Course,
- 2 or 3 day Seminar I Course or Workshop,
- 8 or 12 week Seminar I workshop or WRAP Group

Additionally, you should also have and use your own WRAP, or assisted and supported another person in developing and using their WRAP. All Seminar I prerequisite course must be conducted by a WRAP Facilitator.

Costs vary for distance learning and in person sessions

There are three levels of WRAP Training:

1. Seminar I: Introduction to Mental Health Recovery and WRAP

This is where people learn about creating their own WRAP plan and integrating WRAP into their lives. There are a number of different formats for this: weekly WRAP groups, 2-3 day workshop, etc. These are run by WRAP Facilitators. [For an introduction to WRAP completed at your own pace and fitted to your schedule, read about The Copeland Center's Correspondence Course which also fills the prerequisite for the WRAP Facilitator training.]

2. Seminar II: WRAP Facilitator Training

This is a 5-day in-person training lead by two Advanced Level WRAP Facilitators. People attending this training already have a good understanding of WRAP and use it for themselves. They are ready to share about how they use WRAP and their belief in recovery. The 5-days covers the values and ethics of WRAP, facilitation skills, answering difficult questions, presenting WRAP with a co-facilitator, and more.

3. Advanced Level WRAP Facilitator Training

This training is a 5-day in-person training designed to certify Advanced Level WRAP Facilitator who lead WRAP Facilitator Trainings.



WRAP Resources

Mental Health Recovery website

- www.mentalhealthrecovery.com
- info@mentalhealthrecovery.com

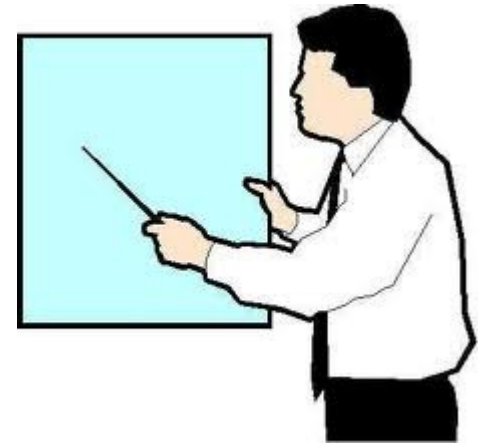


The Copeland Center for Wellness and Recovery

- 1-866-I DO WRAP

www.WRAPandRecoveryBooks.com

The qualities that the Copeland Center is looking for in Advanced Level WRAP® Facilitator Applicants are:



- Experience- Applicants have completed a minimum of 5 WRAP groups, Mental Health Recovery and WRAP presentations, and/or supported individuals in writing their own WRAP
- Growth as a facilitator as demonstrated through evaluations.
- Motivation- Applicants are highly-motivated
- Committed to the 5-Key concepts- Hope, Personal Responsibility, Education, Self-Advocacy, and Support
- Dynamic presentation and facilitation skills
- Demonstrated commitment to the ethics and values of WRAP
- Have a thorough knowledge of all parts of Mental Health Recovery and WRAP

WRAP & Peer Support at NHH

WRAP Planning:

- Led by Rehab staff & peer support specialist, focused on completing as many of the steps of the WRAP plan as possible during the inpatient stay.
- Encouraging patients to use WRAP outside of the hospital and share it with their supporters



WRAP Topics:

- Led by a peer support specialists focused on the key concepts to foster recovery.
- Encouraging patients to learn more about WRAP and use it in their recovery journey.

WRAP in Peer Support in NH



- 17 Peer Support Centers in ten NH regions offer WRAP
- “On the Road to Recovery provides regular classes for those desiring to develop their own Wellness Recovery Action Plan (WRAP). Our facilitators are specifically trained for this group and are located at both of our sites (Manchester & Derry).”

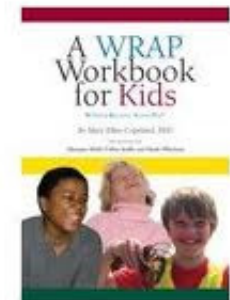
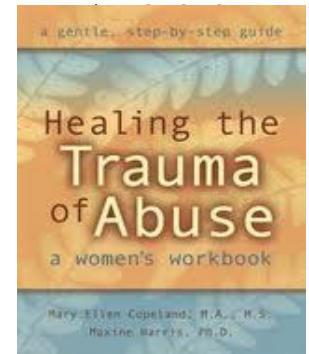
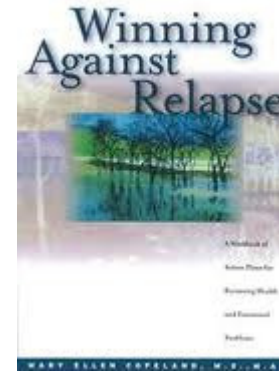
WRAP Resources

- Newsletter
- DVD and VHS
- Audio tapes
- CD-ROMs
- Webinars



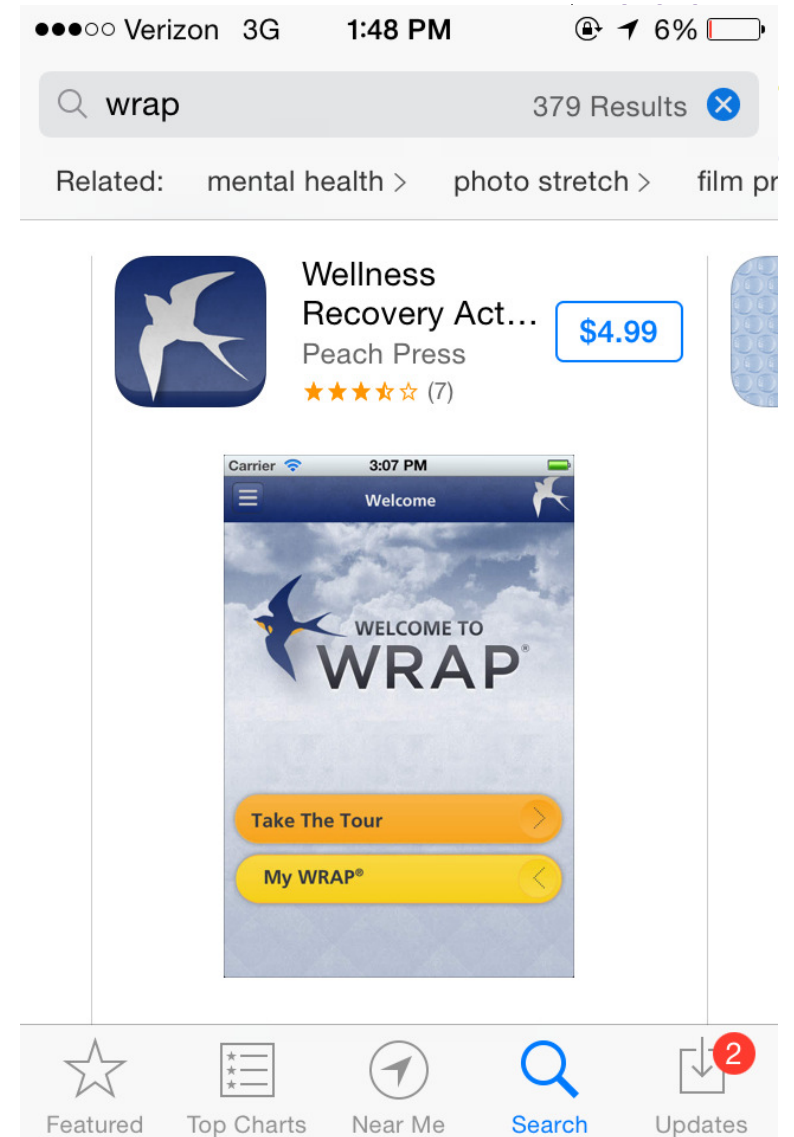
WRAP/ Mary Ellen Publications

- WRAP for Dual Diagnosis
- WRAP for Veterans and People in the Military
- WRAP in Spanish
- A WRAP Workbook for Kids
- WRAP for the Effects of Trauma
- Winning Against Relapse
- Wellness Recovery Action Plan & Peer Support
- Healing the Trauma of Abuse



The WRAP App!

- Available for iPhone and Android
- Carry your WRAP plan with you
- \$4.99



WRAP Pages on Facebook



- Copeland Center for Wellness & Recovery
- Mary Ellen Copeland - Mental Health Recovery & WRAP®

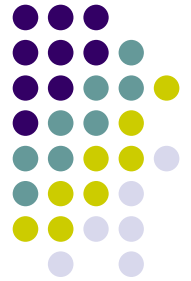
WRAP Groups on Facebook

- WRAP Facilitators
- Mental Health Recovery & WRAP®

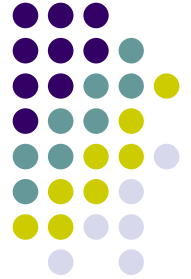
Recovery Resources



- Boston University Center for Psychiatric Rehabilitation, www.bu.edu/cpr/
- www.resiliencycenter.com
- Donnellan, A. (1984). The criterion of least dangerous assumption. *Behavioral Disorders*, 9, 1414-150.
- <http://www.naminh.org/>



THANK YOU!!



It's been a pleasure spending today with you.
Please feel free to contact us
with any questions....

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