

**W.R.A.P.**

Wellness Recovery Action Plan

## History

- WRAP was developed in 1997 by a group of people, led by Mary Ellen Copeland, who had been dealing with a variety of mental health challenges, including addictions, for many years. This group met over a period of time and began seeing themes and patterns develop. This would eventually become WRAP and is now coordinated through the Copeland Center.

## Mental Health Recovery Values and Ethics

- Each session supports the premise that there is **hope**, that people can get well, stay well for long periods of time, and do the things they want to do with their lives
- Self-determination, personal responsibility, empowerment, and self-advocacy are expected outcomes of WRAP

# Mental Health Recovery Values and Ethics

- Everyone involved with WRAP, including the person developing a WRAP plan and any support people, are treated as equals, with dignity, compassion and unconditional high regard; as a unique, special individual, including acceptance of diversity with relation to culture, ethnicity, language, religion, race, gender, age, disability, sexual identity, and “readiness” issues.

# Mental Health Recovery Values and Ethics

- WRAP is based on the premise that there are “**no limits**” to recovery.
- Each session supports the premise that there is **hope**, that people can get well, stay well for long periods of time, and do the things that want to do with there lives.

# What is WRAP?

- WRAP is a structured system for monitoring uncomfortable and distressing feelings and behaviors, and, through planned responses, helping yourself to feel the way you want to feel and be the way you want to be.
- WRAP is recognized as evidence based best practice. It has recently been added to SAMHSA's (Substance Abuse and Mental Health Service Administration) National Registry of Evidence based programs and practices.

## How is WRAP delivered?

- WRAP can be completed individually, either on line or pencil and paper, or your format of choice.
- However, it is recommended that WRAP be completed in a facilitated group setting in order for individuals to get the fullest experience.
- Group WRAP is facilitated by two trained WRAP facilitators and takes approximately 18 hours to complete. Within Addiction and Mental Health, we currently offer WRAP once per week, for two hours per week in a closed group setting.
- WRAP is evaluated by participants at the end of each 10 week session.

## Who facilitates WRAP?

- WRAP facilitators have a week long (37.5 hours) training session provided by the Copeland Center.
- To qualify for the training, individuals must have taken a WRAP class in order to be familiar with the material.
- It is recommended that WRAP be delivered peer to peer (individuals with lived experience of mental illness and/or addiction).

# **Personal Story**

**FRANK**

# **Personal Story**

**FAITH**

# **Personal Story**

**SHERRY**

# Five Key Recovery Concepts of WRAP

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

# Hope

“without hope you can not recover”.

You are quite unique and special.

YOU can lead a happy and productive life.

**There are NO limits to recovery**

# Personal Responsibility

- “the ability to respond not react”.
- Its about empowerment and encouragement

When you take ownership of your life and your future (**remember YOU are an expert on yourself**) you gain back control of your life. *Mary Ellen Copeland*

# Education

When dealing with mental health challenges in your own life, educate yourself about the possible causes of these issues, and what can be done to relieve and eliminate them. In order to make good decisions, it's important to find the answers to key questions that could affect your wellness, your recovery, and your life. *Mary Ellen Copeland*

“Learn all you can about yourself” so  
you can make good decisions.

**What works for YOU? YOU are the expert.**

# Self-Advocacy

It is important to understand that regaining a sense of control by successfully advocating for oneself gives back the hope and self-esteem needed to work toward recovery. *Mary Ellen Copeland*

**“Know your rights” and get what you  
need. Believe in yourself.**

# Supports

- Supports can be made up of family, friends or professionals.
- They help to figure things out in a way that works best for you. Before you become unable to do so.
- If you do have a “crisis” and are unable to advocate for yourself then your supports can take over.

## **WRAP Components<sup>®</sup> Includes:**

- Wellness Toolbox
- Daily Maintenance Plan
- Triggers and Action Plan
- Early Warning Signs and Action Plan
- When Things are Breaking Down and Action Plan
- Crisis Plan
- Post Crisis Plan

## The Wellness Toolbox

- List activities, actions and strategies that are *simple, safe, mostly inexpensive or free* that contribute to your wellness.
- This is used as a resource for the development of the Daily Maintenance section and Action Plans in your WRAP.

# Daily Maintenance Plan

- What do I look like when I'm well?  
( and what I'm moving toward in my life)  
*you could include a picture*
- Things I need to do everyday
- Things I might do

# Triggers & Action Planning

- *External* circumstances and events that interfere with my wellness
- **Action Plan**

## Early Warning Signs

- *Subtle, Internal signs* or indicators that, I am **not** “What I’m Like When I’m Well”
- **Action Plan**

# When Things Are Breaking Down or Getting Worse

- Indicators and/or behaviors that let me know that things are *getting worse* and I need to take *immediate action* for wellness
- **Action Plan**

This action plan is more focused, with clear direction and fewer options

# Crisis Planning Components

- What I' m like when I' m well
- Indicators other need to take over
- Supporters
- Medications
- Treatments
- Home, community of respite care
- Hospitals or treatment facilities
- Support from others
- Indicators that I can resume responsibility

# Crisis Planning

- Writing any part of a Wellness Recovery Action Plan is a hopeful act of personal responsibility, and this is especially the case when we start thinking proactively about planning for the worst
- When we think non-clinically about “crisis” we can see that it’s only human and natural to experience times when we are temporarily unable to make good decisions
- With a good Crisis Plan we can learn and grow through even the worst of times

## Crisis Plan

It's difficult to plan for a “**crisis,**” especially if you associate it with *losing control*, so it's helpful to remember that crisis planning is about *staying in charge*. It has many parts to it and is use by your supports when you are unable to act for yourself.

# Crisis Plan

- Your plan will instruct others about how to care for you when you are not well. It keeps you in control even when it seems like things are out of control.
- By carefully developing a Crisis Plan through negotiation and collaboration with your supporters, you can create a plan that keeps you in control even when decision-making is temporarily turned over to supporters
- Your supporters will be following *your* plan

# Crisis Plans Apply to *Any* “Crisis”

- Although Crisis Plans are often written with past psychiatric crises in mind, they are equally applicable to any situation where we would recognize the need to turn decision-making over (temporarily) to supporters whom we trust to follow our plans
- Considering other circumstances that might overwhelm you, like medical, financial, or relationship crises, may help you to recognize “crisis” and crisis planning as opportunities to learn, grow and face life more confidently

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## Post Crisis Plan

- This is a time for addressing certain issues that may have played a part in your crisis and creating a Timetable for Resuming Responsibilities
- It is also a time to re-visit your wellness plan and make necessary changes based on the learning that took place during your “Crisis”

# What makes WRAP unique?

- Peer to peer model; inspires feelings of hope and empowerment.
- WRAP is not a clinical document so each individual chooses to share their WRAP with who they want; this may or may not include clinicians. The **exception** this the “Crisis plan” which is shared with supports
- Based on the values and ethics of WRAP, individuals are allowed to participate in their own way as long as it is not disruptive to the group (comfort agreement).

## What Make WRAP Unique?

- Participants are not “referred” to WRAP and their participation is not monitored. They register for the group independently and share their WRAP as they choose. Again it is recommended to share the “Crisis plan”
- WRAP is based on the guiding principles of hope, self-responsibility, education, self-advocacy and support.

## Current status in Edmonton Zone

- Have trained 26 WRAP facilitators in three separate training sessions.
- Have a contract with the Copeland Center to provide additional training sessions and educational/support sessions for existing facilitators.
- Have completed 35 full WRAP classes; 3 currently underway. Ongoing registration for 4 upcoming classes.

## Current Status in Edmonton Zone

- We hold WRAP classes regularly at Northgate and 108 street building. We have also held classes in the all of the suburbs and with some of our community partners (SSA, CMHA).
- High school WRAP being piloted at 2 high schools in the Edmonton area.

## **Some feedback from WRAP participants:**

- “I feel very much more positive about myself, life and my ability to deal with health concerns.”
- “Being able to get ideas from others and bounce ideas back and forth, to see that I’ m not alone and that things sometimes aren’t’ as hard as they may seem.”

## **Some feedback from WRAP participants:**

- “Talking about triggers and what to watch for and brainstorm ideas of what to do. Recognizing what we are like when we are well compared to what we are like when we are not well.”
- “The best aspects of WRAP was being able to hear and share about other people’s illness and what they do to stay well; at the same time, I was able to share my own experiences.”

# Research Findings

- Increased hopefulness
- Increased quality of life
- Increased empowerment
- Increased self-advocacy
- Reduced symptoms of depression and anxiety

## Who can benefit from WRAP?

- Anyone who wants to create positive change in the way they feel, or increase their enjoyment in life. WRAP may be used for anything from deep sadness, arthritis, hearing voices, diabetes to “burn out.”
- WRAP was originally developed by and for adults with mental health concerns, but specific WRAP resources now exist for Addictions, Veterans Military, Children, and Families.

# For additional resources:

- [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)
- [Michelle.knox@alberthealthservices.ca](mailto:Michelle.knox@alberthealthservices.ca)
- Michelle Knox 780 342 7786  
AHS / CLSS

# QUESTIONS??

- Can you envision how this program could help your clients be more successful ,if so how could you integrate this program into your communities?
- Any other questions you would like to bring forward.