



Wellness Recovery Action Plan

SEMINAR 1

Advocates for Human Potential, Inc.



For 35 years, AHP has worked passionately to improve health systems and business operations through research and evaluation, training and technical assistance, and professional consulting to help organizations and individuals reach their full potential. www.ahpnet.com



Human Potential Press (HPP) is the publishing arm of AHP, responsible for the publication, management, and distribution of AHP publications. HPP produces all WRAP and Recovery Books materials, along with other AHP books, materials, and curricula.

What is WRAP[®]?

- In this WRAP workshop, we will learn an approach to daily living that supports us to maintain wellness through life's challenges.
- The WRAP curriculum and co-facilitation practice was developed by a group of people who had been dealing with difficult feelings and behaviors for many years—people working together to feel better and get on with their lives.
- What is now known as WRAP was conceived by these groups of peers in Vermont in 1997, led by Mary Ellen Copeland, PhD.



WRAP is Evidence Based



WRAP has been well researched and is an evidence-based practice (EBP). It is proven to help people feel less stress, more confidence, better able to talk with care providers, and more in control of their personal wellness.



In WRAP, we believe there are no limits to wellness.



In 2010, WRAP was recognized by the United States Substance Abuse and Mental Health Services Administration (SAMHSA) as an EBP.

Defining and Redefining What It Means to Be Well

What do we mean when we talk about wellness?

- In WRAP, wellness is broader than not feeling sick or not having symptoms. Instead, we think about wellness more holistically, to include:
 - A healthy body and mind;
 - Being involved in satisfying work, volunteer activities, or leisure time;
 - Having relationships, including friendships;
 - Having self-determined ways to spend time; and
 - Experiencing more wellness and happiness.

We reclaim our wellness when we think about it more broadly to include all aspects of our lives.

Four Parts to the Study of Wellness

1. Key Concepts
2. The Wellness Toolbox
3. Wellness Recovery Action Planning
4. Additional Wellness Topics:
 - Building Self-Esteem*
 - Changing Negative Thoughts to Positive Ones*
 - Peer Support*
 - Lifestyle Issues / A Healthy Way of Life*
 - Motivation*



Five Key Concepts of WRAP



Five Key Concepts

These five key concepts are a core part of WRAP, based on years of research:

1. HOPE
2. PERSONAL RESPONSIBILITY
3. EDUCATION
4. SELF-ADVOCACY
5. SUPPORT



Hope

- We all experience some sort of life and health difficulties, and those difficulties vary from person to person.
- We can get well, stay well, and fulfill our life dreams and goals.
- We do not need, nor do we benefit from, dire predictions about our future.
- We can lead a happy, productive life.



Hope *continued*

- Having purpose or meaningful activities is the first step toward feeling well.
- Being involved in meaningful activities starts with hope. And being hopeful makes it easier to be involved in meaningful activities.
- There are many things we can do to find hope and be well.

When I think about hope in my life...

Personal Responsibility

- We are the experts on ourselves!
- We know what we want and need!
- It is up to us to take personal responsibility for our own wellness and our own life!

I can do it!



Personal Responsibility continued

- Focusing on personal responsibility supports us to see what actions we need to take to make the best choices.
- Sometimes, this means re-taking responsibility for parts of our lives that we gave up in the past.

I have taken personal responsibility by...

Education

Learning all we can about ourselves so we can make good decisions about all aspects of our lives.

- It is the process of learning.
- Some areas where we can educate ourselves:
 - Lifestyle choices
 - Leisure-time activities
 - Relationships
 - Treatment options

Education continued

- Gives us the power to respond to life
- Let's consider all the options and decide which ones are right for us

A time I went through a process of self-discovery and education was...



Self-Advocacy

Become a strong advocate.

This means

- Working to get what we need with courage, persistence, and determination.
- Expressing needs and making requests respectfully, clearly, and calmly.

A time when I advocated calmly and effectively for what I needed was...

Self-Advocacy

Ten Steps at Being Effective Self Advocate

1. Believing in ourselves
2. Knowing our rights
3. Deciding what we want or what we are working towards
4. Getting the facts
5. Planning a strategy
6. Gathering support
7. Targeting our efforts
8. Expressing ourselves clearly
9. Asserting ourselves calmly
10. Being firm and persistent

Support

- Support from family, friends, community, and health care providers is very important.
- People feel better when they are supported.
- A circle of support enriches our lives.
- A good way to create and strengthen our supports is to be a support to others.



Asking for Support

- It might be hard to ask others for support.
- Make it a habit to ask for support from others when you need it.
- We can help our supporters by asking them directly for the supports we need.
- We can make notes in our WRAP when we need to ask others for support, to clarify what kind of support we may need, and who we need it from.

Support continued

The most valuable thing a supporter can do is...

LISTEN



In person



By phone



Through letters

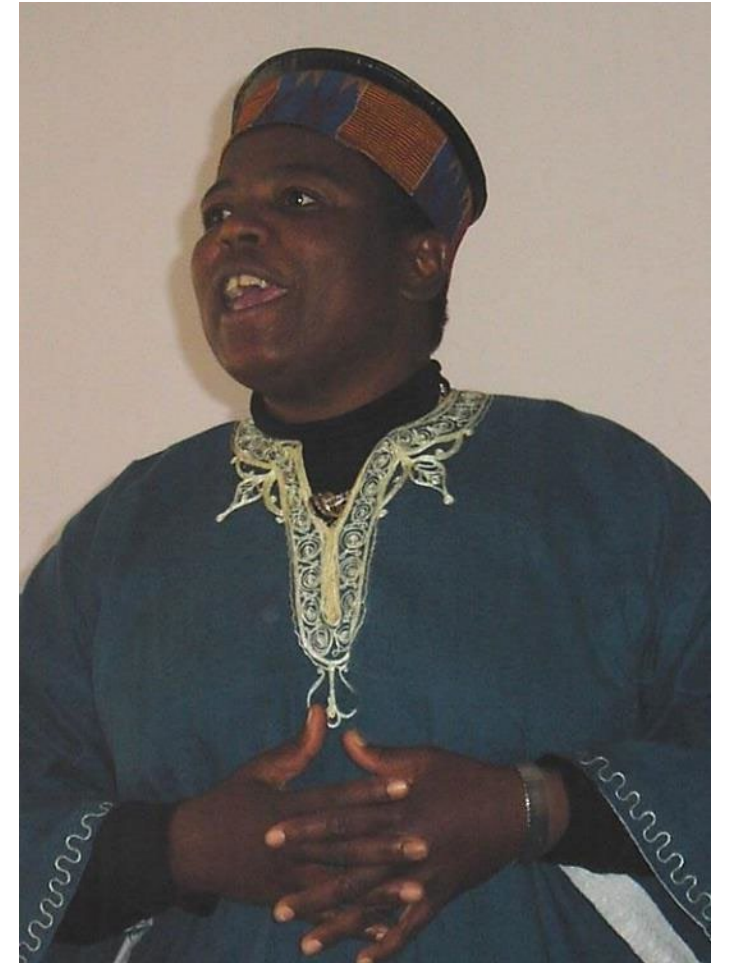


By email or text

One way support has been very important in my life is...

Five Steps in Developing a Strong Support System

- Become an **active member of a support group**.
- **Participate in community** activities, special interest groups, or church groups.
- ***Volunteer!***
- **Keep in touch** with friends and acquaintances.
- Make **mutual support a priority!**



Wellness Toolbox



Developing a Wellness Toolbox



We build our toolbox with lists of things that support us to stay well, called wellness tools.

Wellness tools also are things we do to support us when we have less wellness.

These tools are completely unique to our lives, preferences, and needs. We choose what works for us.

Wellness Tools

Ideas for choosing wellness tools to put into your toolbox:

- Things we're doing already to get and stay well
- Things we've done in the past to support our wellness
- Things we've heard or read about, and want to try now
- Things other people have suggested that might work for us

Most are simple, safe, free, and non-invasive.

Some wellness tools I enjoy are...

Common Wellness Tools

- Peer support
- Exchange listening
- Focusing exercises
- Exercise
- Sleeping well
- Focusing exercises
- Music
- Light
- Diet issues
- Diversionary activities
- Relaxation techniques
- Daily planning
- Spiritual beliefs
- Creativity/Art



The Wellness Recovery Action Plan



Develop a WRAP

- Anyone who wants to create positive change in the way they feel or increase their enjoyment in life can develop a WRAP.
- WRAP can support us to achieve wellness despite challenges from deep sadness, health issues, addictions, hearing voices, job loss, and diabetes, to “burn out.”
- It’s our plan to keep track of difficult feelings and behaviors and develop action plans to support our wellness.
- It can also support us to work on relationship issues.

The Wellness Recovery Action Plan

Now that we have our wellness toolbox started, we can use these tools to build our WRAP.

There are six sections to developing action plans:

- 1 A three-part daily (maintenance) plan
- 2 Identifying stressors/"triggers" and Action Plans
- 3 Identifying early warning signs and action plans
- 4 Describing when things are breaking down and action plans
- 5 Describing crisis and support plans, such as names of individuals willing to help and types of assistance preferred
- 6 Plan for post-crisis support, retooling WRAP plan after a crisis, and graduation ceremony

Daily Plan—What I Look and Feel Like When I Am Well

- The daily plan is Section 1 of WRAP.
- It helps us figure out what to do every day to stay as healthy as possible.

The daily plan includes three parts:

1

What I look like and feel like when I am well.

2

Things I need to do every day to stay well.

3

Things I might choose to do to stay well.

Stressors

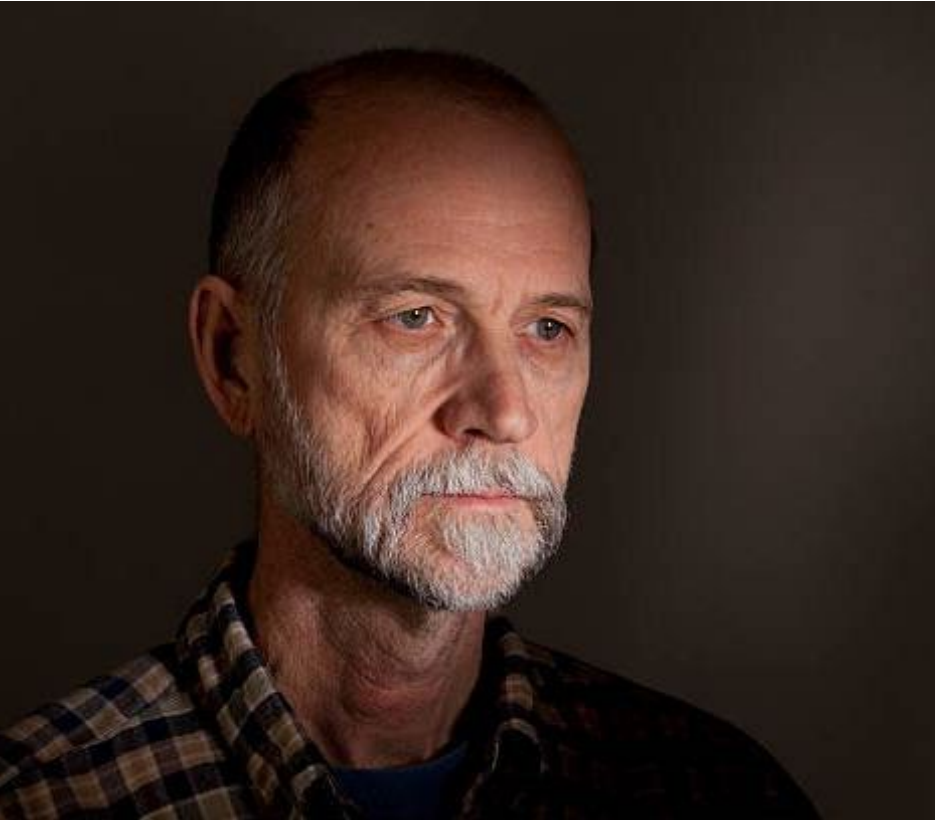


Stressors or "Triggers"

This section of WRAP is stressors, sometimes called "triggers."

- These are events and circumstances that may cause uncomfortable or distressing feelings.
- These may be normal reactions to life events, but, if we do not respond to them, they may make things worse.
- Sometimes stressors are reminders of specific events, or they take us back to a time when we felt like we had less or no control.

Stressors continued



- In WRAP, we learn that it is frequently possible to prepare in advance for dealing with what gives us stress, distress, or uncomfortable feelings.
- We can identify what these are for ourselves so we can prepare in advance to stay well, even when stressors come up.

Some stressors for me are...

Action Plans For Stressors

- After identifying our list of stressors, we make a plan for how we will respond.
- Using our wellness tools in a structured way helps us respond to difficult events instead of reacting on impulse.

An action plan for a stressor in my life is...



Recognize Early Warning Signs



Early Warning Signs

- Early warning signs are changes in the way we think, act, or feel.
- They may seem to be unrelated to specific events, experiences, or stressors.

One of my early warning signs is...



Action Plans For Early Warning Signs

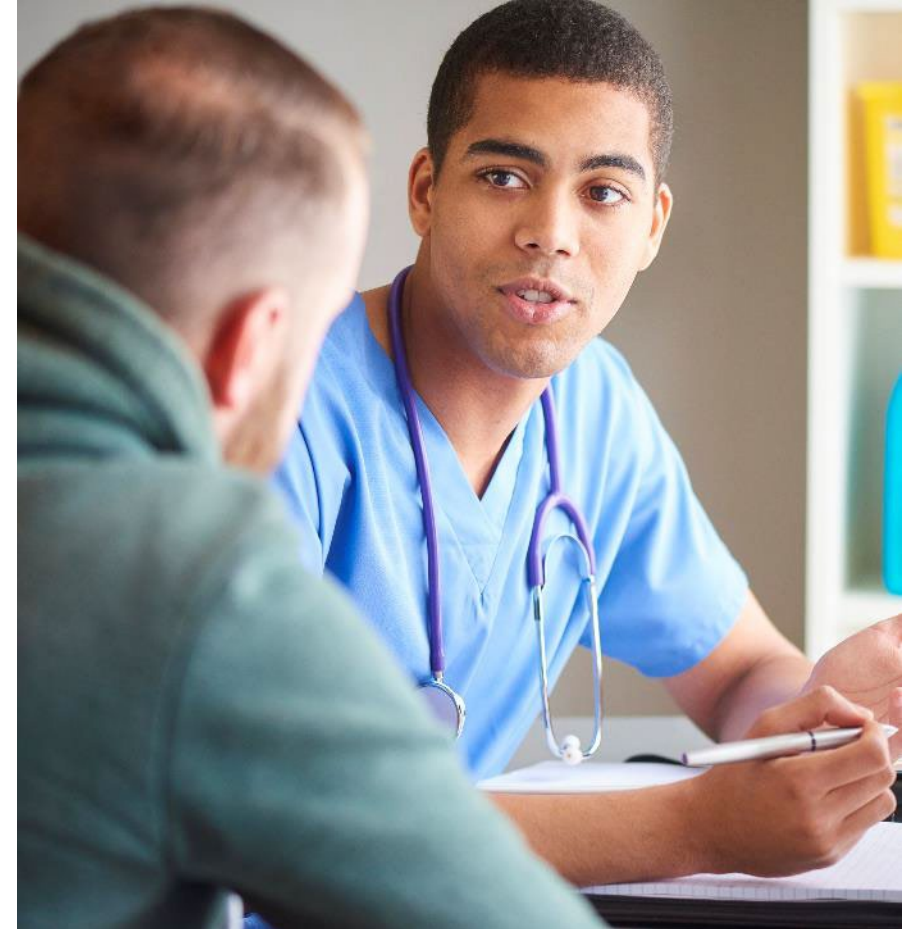
- Once we know our early warning signs, we can make plans for responding.
- Here, too, we can use our existing wellness tools, or think of new ones to create healthy responses.
- Having a plan gives us more choices, so we don't have to react on impulse.

An action plan for my early warning signs is...

Getting Good Health Care

- Another way we can respond when we experience early warning signs of being unwell is to reach out to our doctors or other treatment providers.
- A doctor might be able to help us deal with any changes in sleep, eating, concentration, or symptoms we're having.
- A doctor also might be able to adjust our medications or recommend a new one.

Information for my doctor...



Setbacks



When Things Are Breaking Down or Getting Much Worse

- Even when we've been making our best efforts to stay well, things may get worse. When things are breaking down or becoming much worse, our health or behavior may change so much that our supporters can tell something is wrong.
- Taking immediate and specific action can make a difference.

In my life, I know things are getting much worse or breaking down when...

Action Plans for When Things Are Breaking Down or Getting Much Worse

- To prevent a crisis, we need to take immediate, intensive, structured, and direct action.
- The plan now needs to be very specific, with fewer options than our other plans, with things we must do to prevent a crisis.

An action plan for when things are getting much worse for me...



Changing Negative Thoughts to Positive Ones

- One of the most common sources of stress and isolation is negative thinking.
- Thinking the worst about ourselves or our situations can make it hard to have hope, take personal responsibility, or go through a process of self-discovery.
- It is universally human to struggle with negative thinking, but there are very good ways to change negative thoughts into positive ones.



Crisis Planning



The Crisis Plan

- This is a time to plan for our wellness where we need our supporters the most.
- The situation is at a point where we need to be directive to those supporting our instructions.
- The crisis plan includes supporters who have agreed to be part of our plan.

For me, a “crisis” is when...

Crisis Planning

- Despite our best planning and assertive action, things sometimes reach a crisis.
- During a crisis, we will likely need other people to give us additional support, assume some of our responsibilities, or advocate for our expressed and clearly defined interests.
- Develop and share this plan with supporters before it is needed and when you are well.



Crisis Planning *continued*

- Writing a crisis plan when we are doing well allows us to let others know what we want for ourselves; that way they can help us when we're not able to do so.
- When a crisis occurs, family members and friends will not waste time trying to figure out what to do; the crisis plan lets them know exactly what to do.



Structure of the WRAP Crisis Plan (EBP)

Part 1	What I'm like when I'm feeling well
Part 2	Signs I need my supporters to step in
Part 3	Supporters
Part 4	Medications / supplements / health care
Part 5	Treatments and complementary therapies
Part 6	Home care / community care / respite
Part 7	Hospital or other treatment facilities
Part 8	Help from others
Part 9	Inactivating the plan

General Structure of the WRAP Crisis Plan

Part 1	What I look like when I am well
Part 2	Signs I need my supporters to follow this plan
Part 3	At this time, I want my supporters to
Part 4	If my supporters disagree on a course of action, I want them to settle the dispute in this way
Part 5	I want the following people to support me in these ways
Part 6	People who should not be involved in supporting me or making decisions on my behalf
Part 7	Things to support me feel better and get back to wellness and things, which do not support me and would make things much worse
Part 8	When I'm in a crisis, these are the tasks to be taken care of, and who I want to do them
Part 9	These are the signs that will let my supporters know it's time to stop using this crisis plan

WRAP Crisis Plan

- For our crisis plan to work, it is important to share it with our supporters. It is meant to be shared BEFORE a crisis occurs.
- Crisis is defined by the individual. We use this part of the planning process for any life issue and may include direction for support of our medical issues.
- It is a plan where WE choose who supports us; what supports we want and do not want; how we are supported by others including medical professionals.
- These plans may inform our advanced directive which is a separate legal process defined by state laws and regulations.

The Post Crisis Plan

- After a crisis, it can take time to get back to the “wellness” we described in the first part of our daily plan.
- It is an opportunity to reflect on what led to the crisis and how we want to update our WRAP to help prevent another one.
- This section we will develop plans for easing back into personal responsibilities of daily life.



Structure of the WRAP Post-Crisis Plan

Describe:

- What I look like when I'm out of the crisis and ready to use this post-crisis plan.
- How I want to feel when the crisis is over.
- What did I learn during this crisis.
- Changes to make in my lifestyle and life goals.
- When and how to make these changes.
- Supports to make these changes.
- Changes in my WRAP that will support me to prevent a crisis in the future.

Structure of the WRAP Post-Crisis Plan *continued*

List:

- Things that will ease my transition back to everyday life
- Things I will ask someone to do
- Things that can wait for now
- Timetable for resuming responsibilities
- The people to support me in these ways after the crisis
- People I need to thank
- Things I need to do to prevent negative effects from this crisis
- People with whom I need to make amends
- What I learned through this to revise my daily plan

My Wellness My Way

- This is a good time to talk about how we feel our lives are going right now, and how we may use WRAP to feel our best.
- WRAP offers an opportunity to create our lives the way we want it to be and build our wellness the way we choose. WRAP is most effective when we use it as part of our everyday life.
- It is up to us to decide how to use our WRAP. It is important to know that many people find the more they use their WRAP, the better they feel and the more smoothly their lives go.

Questions?

