

# Introduction to Wellness Recovery Action Plan (WRAP)



*Promoting wellness. Ensuring care.*

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# What is WRAP?

- Developed by Mary Ellen Copeland, M.S., M.A., a person with a mental illness, who, like her mother, has struggled with bipolar affective disorder
- A Wellness Recovery Action Plan (WRAP) is an individually developed tool that encourages individuals to take personal responsibility for their recovery and work toward developing a wellness-oriented lifestyle

# What is WRAP?

- Each person's WRAP will be unique and revised on an ongoing basis
- Developing a WRAP can be a highly creative process
- It includes much more than filling out forms and making lists

# Benefits of WRAP

- Draws participant's attention to their strengths
- Increases self-awareness
- Focuses on self-determination and empowerment
- Provides an opportunity for thoughtful collaboration with supporters and clarifies the role of supporters

# WRAP Outcomes

- Some highlights include:
  - \* Hope for recovery
  - \* Taking personal responsibility for one's own wellness
  - \* Having a lifestyle that promotes recovery
  - \* Being aware of triggers and early warning signs
  - \* Having developed a crisis plan

# WRAP is Based on Five Key Recovery Concepts

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

## WRAP Includes:

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

# Wellness Toolbox

- Participants identify things they have done in the past, or could do, to help themselves stay well and things they could do to help themselves feel better when they are not doing well
- Most wellness tools are simple, safe and free



# Daily Maintenance Plan

- Participants describe themselves when they are feeling well
- They identify what they know they need to do everyday to keep themselves feeling well and things they might choose to do
- Reading through this list daily helps one keep on track

# Triggers

- Triggers are external events or circumstances that, if they happen, may produce symptoms that are, or may be, very uncomfortable
- Participants identify those things that, if they happened, might cause an increase in symptoms
- They develop a plan of what they can do if their triggers come up to keep them from becoming more serious symptoms

# Early Warning Signs

- Early Warning Signs are internal and may be unrelated to reactions to stressful situations
- They are subtle signs of change that indicate one may need to take some further action
- Participants identify any early warning signs they have noticed
- They develop a plan that will help reduce their early warning signs

# When Things Are Breaking Down

- In spite of one's best efforts, symptoms may progress to the point where they are very uncomfortable
- Participants identify symptoms which mean that things have worsened and are close to the crisis stage
- They develop a plan that they think will help reduce their symptoms when they have progressed to this point
- The plan needs to be directive with fewer choices and very clear instructions

# Crisis Plan

- It is important to confront the possibility of a crisis
- A crisis plan needs to be developed when one is well
- Participants describe symptoms that would indicate to others when they need to take over full responsibility for their care and make decisions on their behalf

# Crisis Plan

- They specify what they would like to have happen in the event of a crisis and what kind of help they would like or not like
- They identify indicators that the plan no longer needs to be followed
- The plan is signed by the participant and their supporters

# Post Crisis Plan

- The time when one is healing from a crisis can be very important
- Addressing issues after a crisis and making a timetable for resuming responsibilities can enhance wellness and a more rapid recovery

# Advantages of WRAP

- promotes self-determination by encouraging people to be active participants in their treatment and to acquire knowledge and skills that can help to develop satisfying and productive lives
- opportunity for thoughtful collaboration with supporters and clarifies the role of supporters
- combats stigma by showing consumers to be competent and capable



# Advantages of WRAP

- WRAP recognizes that there is value in what people learn from first hand experience and makes first hand experience a qualification for facilitating WRAP
- allows the mental health system to incorporate the expertise that comes from lived experience into mental health services

# Advantages of WRAP

- provides the opportunity to witness recovery in others model recovery oneself
- facilitates recovery and the forging of stronger social connections
- focuses on strengths of the individual
- opens up possibilities and allows for transformation and growth to find meaning and purpose in life