



Advocates for
Human Potential, Inc.

Evidence-Based Practices for Improving Behavioral Health: WRAP

Sue Pickett, Ph.D.

Advocates for Human Potential, Inc.

Nanette Larson

IDHS/Division of Mental Health

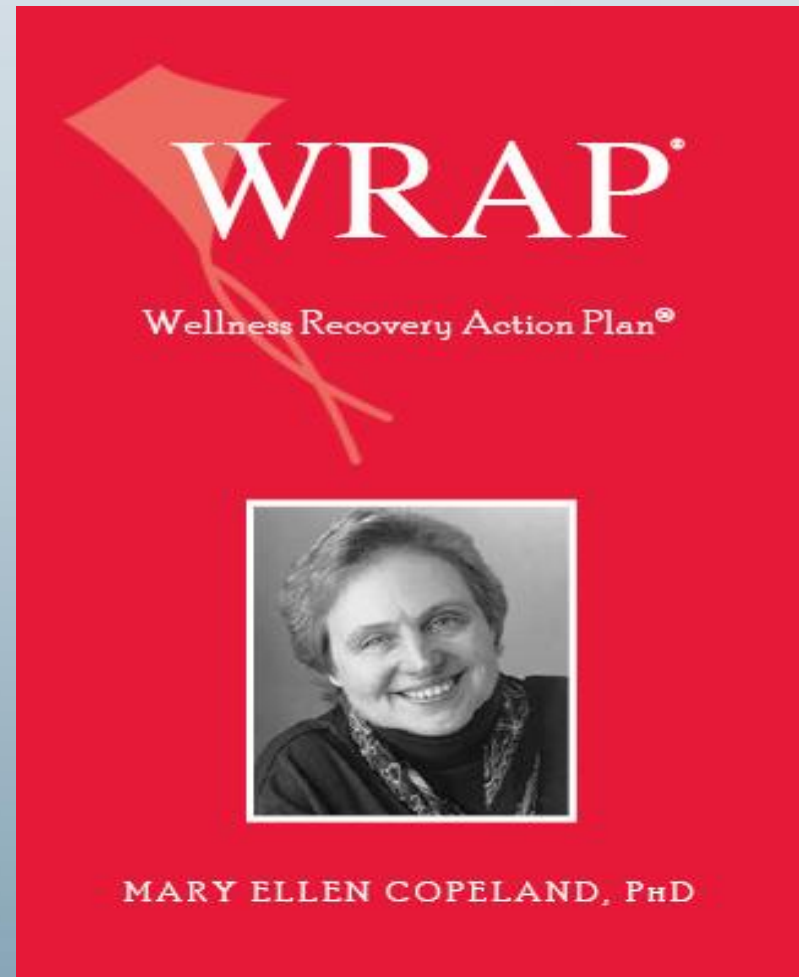
Today's Presentation

- What is WRAP[®]?
- What are the benefits of WRAP[®]?
- How do I/my agency provide WRAP[®]?



What is WRAP[®]?

- Wellness Recovery Action Plan (WRAP[®]):
 - Evidence-based, peer-led, personalized wellness and recovery approach that helps people achieve self-identified, self-directed wellness and life goals



WRAP[®]: Peers Helping Peers

- Peer-led group intervention created *by* people with behavioral health conditions *for* people with behavioral health conditions
 - WRAP[®] peer facilitators teach their peer participants how to develop and use daily wellness plans to manage a variety of life issues, including physical and mental health problems



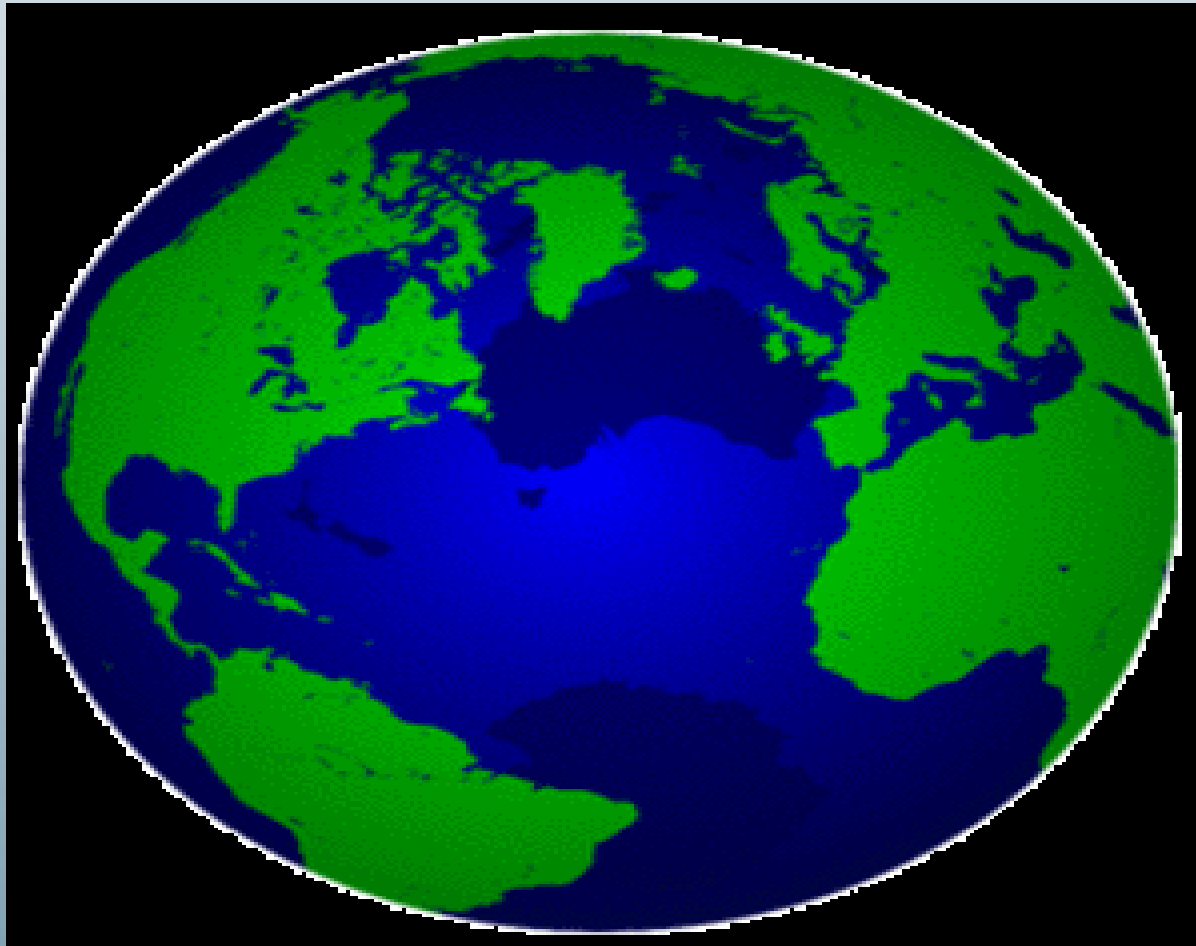
WRAP[®] Goals

Develop daily wellness action plans that help people with behavioral health conditions:

- Decrease and prevent troubling feelings, behaviors and symptom triggers
- Gain and maintain support during crises
- Improve their quality of life
- Increase personal empowerment
- Achieve self-identified life goals

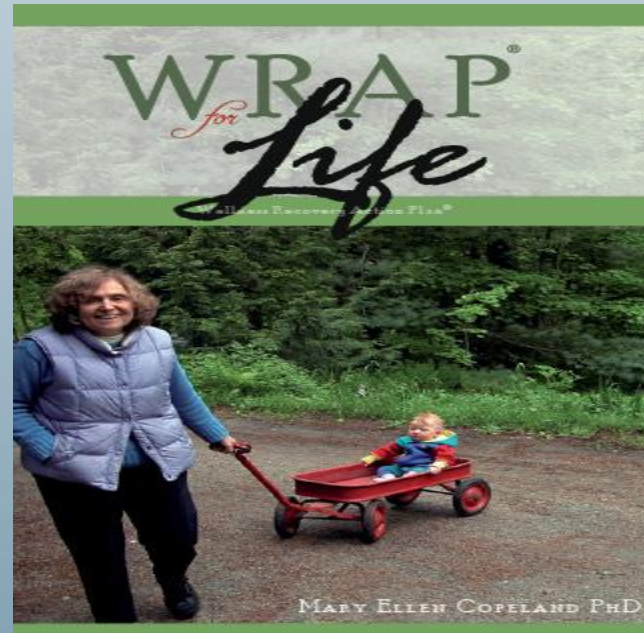


WRAP[®] is Everywhere



WRAP[®] is for Everyone

- WRAP[®] for Addictions
- WRAP[®] for Youth
- WRAP[®] for Veterans and People in the Military
- WRAP[®] for Families
- WRAP[®] for Life
 - Smoking cessation
 - Chronic physical illness
 - Weight management
 - Clutter



WRAP[®]: Format



- 8 -12 week sessions
- Community-based
- 10-15 participants per group
- Led by two trained, certified WRAP[®] peer facilitators who are using WRAP[®] to manage their own recovery
- No cost/low cost

WRAP[®] Key Recovery Concepts

HOPE

People with behavioral health conditions get and stay well, and achieve their goals

PERSONAL RESPONSIBILITY

It's up to you, with help from others, to take action and do what needs to be done to get well

EDUCATION

Learn all you can about what you are experiencing so you can make good decisions



WRAP[®] Key Recovery Concepts

SELF ADVOCACY

Effectively reaching out to others so that you can get what you need, want and deserve to support your wellness

SUPPORT

While working toward your wellness is up to you, receiving support from others, and giving support to others will help you feel better and enhance the quality of your life



Creating a Personal Wellness Toolbox

- What are you like when you are well?
 - What are things you do (or have done in the past) to stay well?
 - What are some things you could do to stay well?
- Wellness Tools List
 - Meditation
 - Daily walk/yoga/exercise
 - Talking with friends
 - Getting enough sleep
 - Peer support groups
 - Friday night enchiladas
 - Therapist/community support team
 - Listening to music
 - Avoiding toxic people
 - Medications



Daily Maintenance Plan

- Describe yourself when you are well
- List your wellness tools
- Review and use your plan every day!



Relapse Prevention

- Maintaining wellness includes identifying and listing in your WRAP[®] what makes you feel bad or 'worse' including:
 - Triggers
 - Early warning signs
 - Signs that things are breaking down and you're really feeling worse or bad most or all of the time



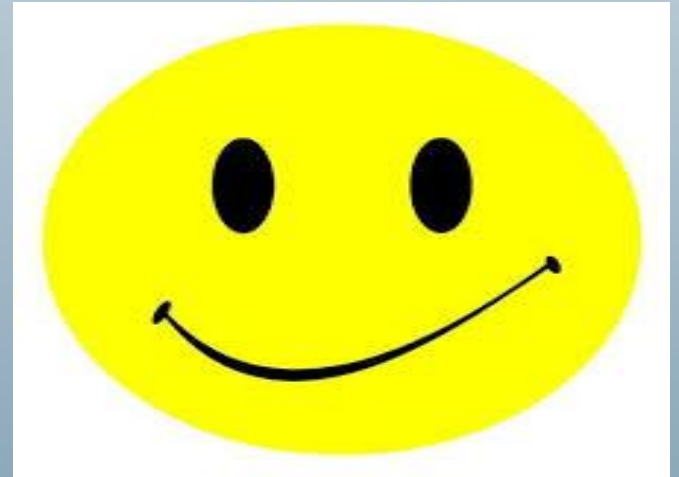
Crisis Planning

- Personal Advance Directive
 - List signs and symptoms of when you want others to take over your care and decision making
 - List your supporters – people you trust to help you and what you need/want them to do
 - List treatments and healthcare “do’s” and “don’ts”
 - List signs or actions that indicate when crisis is over and plan is no longer needed



Post-Crisis Planning

- Getting back to wellness and recovery
 - Initial recovery activities
 - Issues to consider
 - Timetable for resuming responsibilities
 - Review/revise wellness tools



WRAP[®] : An Evidence-Based Practice



- Research shows that participating in WRAP[®]:
 - Reduces mental health symptoms
 - Improves general functioning and well-being
 - Increases treatment self-advocacy
 - Increases social connectedness and social support
 - Enhances quality of life

Providing WRAP®

- “Traditional” settings:
 - Mental health centers
 - Hospitals
 - Peer run programs
 - Residential facilities
 - Substance use treatment programs
- “Non-traditional” settings
 - VA clinics
 - Jails
 - On-line WRAP®



Providing WRAP®: Training & Resources

- Facilitator Training
 - Training overseen and provided by the Copeland Center for Wellness & Recovery
 - Facilitator and training requirements
 - Prior WRAP® participation; must be using WRAP® to manage personal wellness
 - 5 day initial facilitator training + refresher training
- WRAP® curricula
 - Materials and resources provided by WRAP and Recovery Books

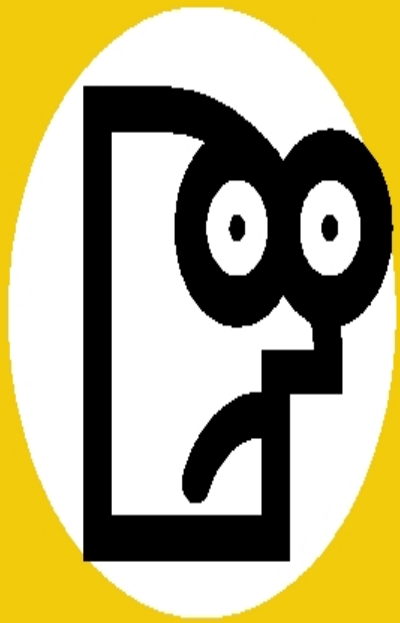


WRAP[®] in Illinois



Let's WRAP[®]





It's QUESTION TIME !!

For More Information:

- **WRAP and Recovery Books**
<http://wrapandrecoverybooks.com>
- **Copeland Center for Wellness and Recovery**
<http://copelandcenter.com>.
- **Sue Pickett, Ph.D.**
spickett@ahpnet.com
- **Nanette Larson**
Nanette.Larson@Illinois.gov

