

# **Introducing WRAP Wellness Recovery Action Planning**

**(Creating and inspiring hope  
integrating RECOVERY values)**

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# Overview

- What is WRAP?
- Where does it come from?
- What does it involve?
- What's the best way to do it?

# At the core of WRAP

- Hope and recovery
- Personal Responsibility
- Education
- Self-advocacy
- Developing and maintaining a support system

# What is WRAP?

## Wellness Recovery Action Planning

its 'about living in new and different ways that promote growth, recovery and wellness' – *Mary Ellen Copeland*

- When done well it is a great person centred planning tool
- WRAP is a systematic, structured self-management system
- But it can be fun to do aswell

# WRAP includes

- Wellness tools – to develop a healthier lifestyle
- Self monitoring – recognising and responding to “symptoms”
- Managing setbacks & crisis planning
- Building self esteem and developing self-management strategies

# The Goals of WRAP

- Promote wellness, recovery and stability
- Reduce the need for and use of costly/intrusive treatment
- Develop more control over distressing experiences
- Promote understanding of mental health problems
- Reduce stigma
- Raise hope and increase working towards wellness
- Promote personal responsibility and empowerment

# Where does WRAP come from?

- WRAP is a self-management system
- Developed by people with personal experience of mental health problems - struggling to develop healthier lifestyles
- WRAP was developed by Mary Ellen Copeland and is promoted by the Copeland Center for Wellness and Recovery
- [www.copelandcenter.com](http://www.copelandcenter.com)

# What does WRAP involve?

- The development of a (usually written) plan
  - To get and stay well
- By the person who will use it
- With the help of family, friends & mental health workers, if chosen by the person
- Completed at the persons own pace
  - It may be a lengthy process, but then all good things take time
- That specifies what needs to happen, when, where, how and with whom the person will do things

# A WRAP plan includes (1)

- **Wellness tools** – Developing a Wellness Toolbox is the foundation of developing your WRAP. This is a listing of things you have done in the past, or could do, to help yourself get well and stay well
- **Daily maintenance** – those things you need to do every day to keep yourself well, such as eating three healthy meals and getting a half-hour of exercise
- **Triggers** - external events that could trigger symptoms or distressing experiences, such as an argument with a friend or getting a big bill, and responses that might keep this event from causing or worsening symptoms or distressing experiences

# A WRAP plan includes 2

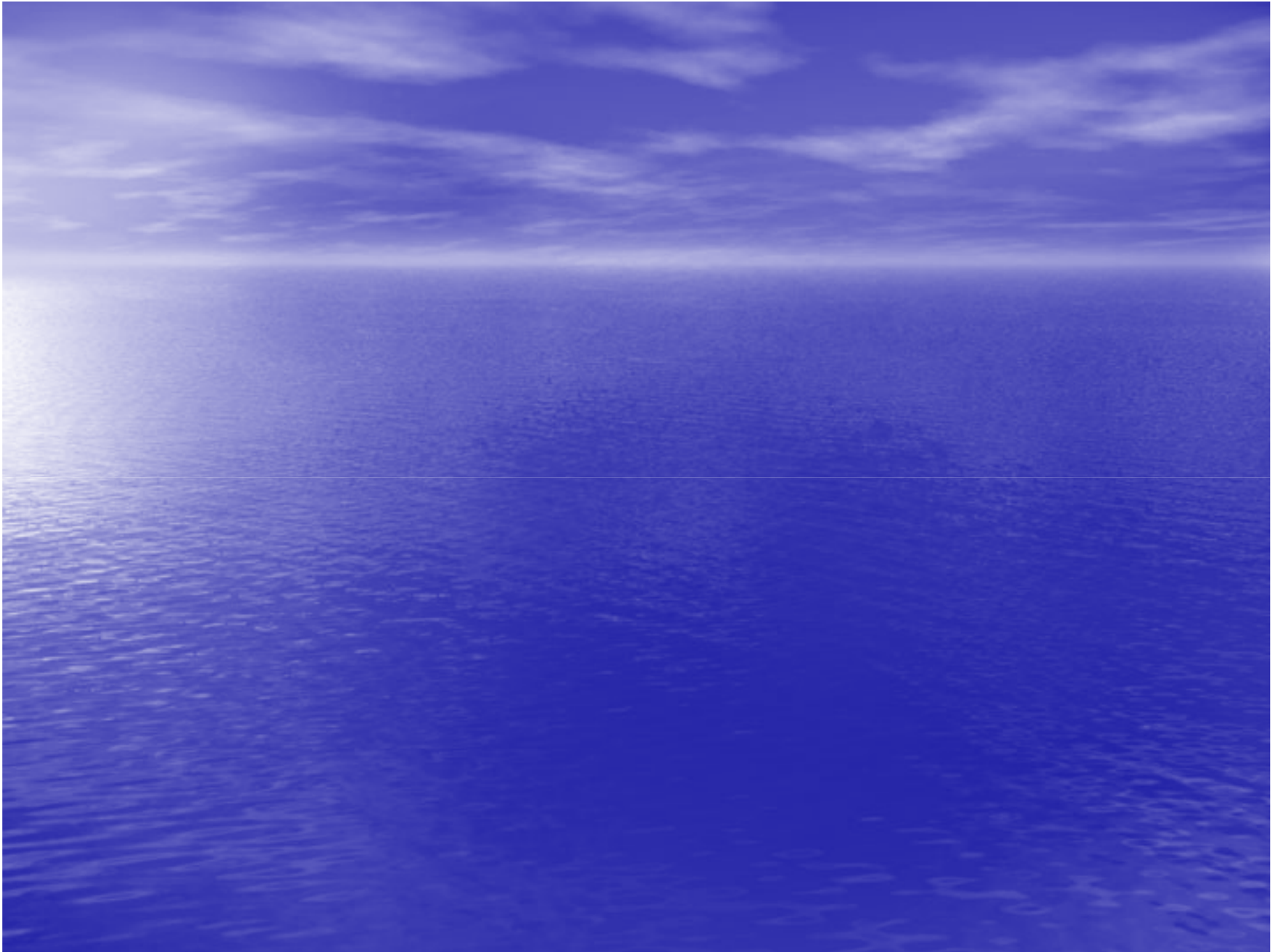
- **Early warning signs** – such as irritability or anxiety - that indicate your symptoms or distressing experiences may be worsening, and a response plan
- **When things are breaking down** – symptoms or distressing experiences that indicate the situation is getting much worse, such as reckless behaviour or isolation, and an action plan to stabilize the situation
- **Crisis plan** – through developing a crisis plan when you are well to let others know what your wishes are and how to care for you when you become unwell, you can remain in control even when you are out of control.
- **Post Crisis Plan** - This is constantly changing as you heal. When you are no longer in the post crisis stage you can go back to using your Daily Maintenance Plan.

# Best way to do it?

- Training (groups, online, practicing on each other)
- Done at the pace of the person
- Looking at 'wellness' is often a great place to start – might be easier and can be written, drawn or be done with photos
- Exploring 'recovery' can reaffirm people's strengths (step back and remember the journey)

# Conclusion

- **WRAP** is an approach to self management that emphasises – **hope** and working to get and stay well
- **WRAP** was developed by people who had used mental health services
- **WRAP** is empowering
- **WRAP** enables the person to make choices and work out what works for them



# Exercise (a snippet from WRAP training!)

- Look at the 'wellness' cards on your desk
- Discuss the statement on the cards – which helps wellness/recovery?
- Which could be a negative?
- Put them in columns (positive/negative)
- Put the statements written by service users about MH services at the top of the columns
- **WRITE UP TO 4 STATEMENTS/WORDS ON RECOVERY/WELLBEING ON THE BLANK SHEETS OF PAPER PROVIDED**