What is WRAP?

It is a self-management recovery system for keeping well.
What is WRAP? (continued)...

- It is designed to decrease symptoms, increase personal responsibility and improve the quality of life for persons with mental illness.
- It is a consumer driven approach that is an evidence based practice.
Key Recovery Concepts

Hope

If you experience disturbing emotional symptoms and behaviors, you CAN get well and stay well for long periods of time.
Key Concepts (continued)...

Personal Responsibility

You are the expert on yourself. You know what you need and want.

It is up to you to take personal responsibility for your own wellness and your own life.
Key Concepts (continued)...

Education

Learn all you can do about yourself so you can make good decisions about your treatment, lifestyle, career, relationships and leisure.
Key Concepts (continued)...

Self-Advocacy

You can become an effective advocate for yourself by:

- Believing in yourself
- Knowing your rights
- Setting personal goals
Key Concepts (continued)...

Support System

Support from family, friends and care providers is essential. Being effectively supported will help you feel better.

- Someone to talk to
- Companionship
- Have a good time
- Help make decisions
History and Development

- WRAP was developed by researcher, author and educator Mary Ellen Copeland.
- Mary Ellen spent 12 years studying how people who have various mental health issues help themselves to feel better and how they recover.
- It can be used to help anyone deal with any kind of illness or circumstance.
Mary Ellen began struggling with her own symptoms of mental illness and was unable to get information on how to feel better, even from her doctor.

She was never told that she could learn how to relieve, reduce and even get rid of troubling feelings and perceptions.

“If I could just feel better.......”
The plan teaches how to keep yourself well, to identify and monitor your symptoms and to use simple, safe, personal skills, supports and strategies to reduce or eliminate symptoms.
The individual is the **ONLY** person that can write their WRAP plan.
The WRAP Plan includes:

- Wellness Toolbox
- Daily Maintenance
- Identifying Triggers--making an action plan for triggers
- Identifying Early Warning Signs--making an action plan for early warning signs
- Signs that Things are breaking down--and an action plan for these signs
The Wrap Plan...

- Crisis planning
- Post Crisis planning
The Wellness Toolbox

- Definition: It is a list of things that you do to keep yourself well, and the things you do to help yourself feel better when you don’t feel well.

- Examples: exercising, journaling, stress reduction and relaxation
A Daily Maintenance Plan

- Definition: A list of things you need to do for yourself every day to keep feeling well.

- Example: Getting up at 7:00am each day, eat three balanced meals, take medications and vitamins
Triggers and Action Plan

- **Definition:** A list of things that if they happened might make you feel worse
- **Develop a Plan of Action** that will keep you from feeling worse if a triggering event occurs.

- **Examples of Triggers:** Things not going well at work, anniversary of loss or trauma
- **Sample Plan:** Talk to a support person, journal, deep breathing
Crisis Planning

- Directions: Develop an Action Plan that will instruct others about how to care for you when you are not well.
- This plan will be written when you are well and given to others so they will have it when needed.
Post Crisis Planning

- This part of the plan will help you have an easier time recovering when you are feeling better after a crisis.
Early Warning Signs and Action Plan

• Definition: A list of subtle signs of change that indicate that you may need to take some further action.

• Develop a Plan of Action to do every day until you feel better - things that will help you feel better when you notice the early warning signs.

• Examples of Warning Signs: forgetfulness, avoiding others, obsessions

• Sample Plans: Surround myself with loving, affirming people, get plenty of rest
Signs Things are Breaking Down and Your Action Plan

- Definition: A list of feelings and behaviors which for you mean that things have gotten worse and are close to the crisis stage.

- Develop your Action Plan to use each day when things are breaking down.

- Examples of signs: Sleep disturbance, substance abuse, thoughts of self-harm

- Sample plan: Call my doctor for advice, arrange for someone to stay with me
Wrap Programming
At Evansville State Hospital
WRAP

WRAP is a consumer-driven program that teaches patients to design a plan that is a system for monitoring, reducing and eliminating uncomfortable or dangerous physical symptoms and emotional feelings.

It was developed by Mary Ellen Copeland, MS, MA whom herself suffered in psychiatric facilities with debilitating depression.

The hospital has been using this model of care since 2006.
WRAP KICKOFF

- Wrap Kick off meets on Mondays at 2pm. This program is designed to supplement the development of a WRAP plan with education and hands on experience. Patients enjoy the following activities in this program:
  - Patient presentations of completed WRAP plans
  - Guest speakers from the community
  - The planning of hospital wide educational activities
  - Pet therapy
  - Group Sandtray work
  - Wellness activities
Kickoff continued....

- Once patients experience the wide variety of material and presentations in this program, they will understand the concept of WRAP and it will assist them in the development of their plan such as creating wellness tools, developing lists of triggers and recognizing early warning signs.

- If patients are unable to participate in writing their own Wrap plans, they are welcomed to remain enrolled in this program to enjoy what this program alone has to offer.
Kickoff continued....

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WRAP DEVELOPMENT

- These programs are comparable to a “study hall.” They are offered during day as well as evening to give all patients a chance to write their WRAP plans. Two or more staff are in each WRAP development program to give assistance to the patients.

- Some patients complete their WRAP plans quickly, others take more time. There is no time limit. A WRAP plan is considered a “working document” so it can have things added and deleted at any time, as life happens.
Development continued....

- When the WRAP plan is completed, patients receive a WRAP certificate and several instructors sign the WRAP plans as witnesses that it is complete.
- There are over 100 patients in the last 3 years who have completed WRAP plans and most have been discharged into the community where they take their WRAP plans with them.
Development continued....

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WRAP LIVING

- Some patients who have completed WRAP plans and have excelled in participation in the WRAP kickoff program are placed in WRAP Living.
- The focus of this program is to actually APPLY your WRAP plan to your daily life and get in the habit of using it.
- In WRAP living, patients fill out weekly diary cards that indicate how they have used their WRAP plan in the last 7 days. The group then discusses the diary cards.
WRAP LIVING continued....

- There are two sections of WRAP living, OnCampus and OffCampus.
- Those enrolled in OnCampus have no off grounds trips due to being involved with the legal system in some way. They continue to fill out diary cards, have carry-in snacks and have group discussions.
- Those enrolled in OffCampus WRAP Living have two outings scheduled each month. The first outing is called a “Wellness Toolbox Outing.” The patients view the Wellness Toolbox section of their WRAP plans,
and choose an activity from the list and the group goes into the community to do the activity.

The second outing is a trip to The Peace Zone. The Peace Zone is a Peer-Run Recovery Center where the participants enjoy walking a track, playing basketball, playing pool, singing Kareoke, having coffee with friends, working on art projects, accessing the internet, support groups and yoga classes. This encourages our patients when they are discharged to seek out centers such as this.
WRAP LIVING continued...

- WRAP Living continues to meet once weekly to fill out diary cards and make adjustments to their WRAP plans.
- The individuals who are involved in this program are motivated to become leaders among other patients encouraging them to finish WRAP plans, answer questions about WRAP and most of all maintain their wellness through the use of their WRAP plans.