
Presenter: Stephanie Jack, MHPS
Certified WRAP Facilitator
Our Agenda

Overview of WRAP (40 min)

Questions & Answers (15 min)

WRAP Up (5 min)
Presenter Background

- Certified Texas Mental Health Peer Specialist and WRAP Facilitator since 2015

- Currently Respite Team Lead – Mental Health Crisis Peer Respite

- Previously provided direct service peer support, including facilitating WRAP support groups and workshops
Learning Objectives

At the end of this presentation, it is envisioned that learners will be able to:

- Recognize the 5 Key Recovery Concepts that form the foundation for WRAP
- Identify the primary components of a WRAP
- See the benefits of WRAP and the value in using personal strengths to create action plans for maintaining and achieving wellness
Person-Centered Recovery vs. Person-Led Recovery

“Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) toward those goals.” (SAMHSA-Substance Abuse and Mental Health Services Administration, 2012)
What is WRAP?

“WRAP is a popular, evidence-based practice, developed by peers, that guides people through the process of discovering their own personal resources and then using those resources to get well, stay well and effectively deal with life challenges, improving health and quality of life over time.”

• “My personal Plan of Actions I take (on my own or with my supporters) to Recover (reclaim, rebuild, reimagine) my sense of Wellness”
WRAP is Based on 5 Key Recovery Concepts

- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support
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
• Each person’s WRAP will be unique and revised on an ongoing basis
• Complements current treatment/therapy
  • It is for you by you!!
Why WRAP?

- Have a structured way of paying attention to one’s mental/physical health
- Use in times of change and difficult transitions
  - New responsibilities and experiences
  - Strategies that used to work no longer work
- Opportunity to develop self-awareness
- Teaches personal responsibility and self advocacy
- Build new habits and learn new strategies
- Helps discover interests and opportunities
WRAP can help you:

- Keep track of troubling feelings and behaviors – so you can plan responses to reduce, change, or prevent them

- Achieve your life goals and dreams

- It can also help supporters or caregivers learn how to respond when a person who is struggling cannot make decisions, take care of themselves, or keep themselves safe.
WRAP Includes:

- Wellness Toolbox
- Daily Plan
- Stressors and an Action Plan
- Early Warning Signs and an Action Plan
- When Things are Breaking Down or Getting Worse and an Action Plan
- Crisis Plan
- Post-Crisis Plan
Parts of WRAP

• **Wellness Toolbox**
  • List of things I can do to be well and stay well (my strengths)

• **Daily Plan**
  • A description of myself when I am well, the wellness tools to use every day to maintain wellness, and a list of regular daily activities

• **Stressors / Action Plan**
  • Events or circumstances that may compromise my wellness if I don’t have a response for them
  • Action: I respond rather than react to stressors by using my wellness tools
Parts of WRAP (cont.)

- **Early Warning Signs / Action Plan**
  - Subtle signals that I may need to take some action to avoid buildup of uncomfortable or distressing emotions
  - Action: Responding to the signs to feel better and avoid difficulties

- **Things Breaking Down or Getting Much Worse / Action Plan**
  - In this stage, things are getting even worse, but I am still able to take action on my own behalf
  - Action: Specific actions I need to take to avoid a crisis
Parts of WRAP (cont.)

• **Crisis Planning**
  - Will likely need other people to give me additional help or advocate for my expressed interests
  - Action: Let my supporters know when it may be time to step in to help me; the kind of support I need, things that help/don’t help; signs the crisis is over

• **Post-Crisis Planning**
  - Planning for life after a crisis is the first step to ensuring successful recovery
  - Action: My post-crisis plan identifies small steps on the road to recovery to help me transition back to wellness; identify areas for change
What People are Saying About WRAP…

“Finally, something I can do to help myself.”

“The topics I found most helpful was the Wellness Toolbox and what to do when things aren’t going well. Now I have things I can try that will help.”

“The word crisis has a different meaning for me now. I used to think it was a crisis when I felt really anxious and upset. I thought I needed to go to into the hospital or get my medications increased. Now a crisis is when everything is so bad I need others to take over for me. And I don’t have them anymore, because now I know how to take care of myself.”

“I like learning what works for me and learning what wellness looks like to each person.”

“I’ve already been doing WRAP all along, and just didn’t know it. Now I have a language to use when I talk to my doctor or my family members about how I’m doing.”
# Ways to Take WRAP – Option A

<table>
<thead>
<tr>
<th>Option A - 2x8</th>
<th>(2 Days, 8 Hours Each Day)</th>
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<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td><strong>Day 2</strong></td>
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<tr>
<td>9:00 AM</td>
<td><em>Introductions/Agenda</em></td>
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<tr>
<td>10:00 AM</td>
<td><em>WRAP Overview</em></td>
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<tr>
<td>11:00 AM</td>
<td><em>5 Key Recovery Concepts</em></td>
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<tr>
<td>12:00 PM</td>
<td><em>Lunch</em></td>
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<tr>
<td>1:00 PM</td>
<td><em>Values and Ethics</em></td>
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<tr>
<td>2:00 PM</td>
<td><em>Creating Wellness Toolbox</em></td>
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<tr>
<td>3:00 PM</td>
<td><em>Examples Wellness Tools</em></td>
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<tr>
<td>4:00 PM</td>
<td><em>Daily Plan</em></td>
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## Ways to Take WRAP – Option B

**Option B - 4x4 (4 Days, 4 Hours Each Day)**

<table>
<thead>
<tr>
<th>Day 1</th>
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<tbody>
<tr>
<td><strong>9:00 AM</strong></td>
<td><strong>Wellness Tools</strong></td>
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<tr>
<td><em>Agenda/WRAP Overview</em></td>
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<td><strong>10:00 AM</strong></td>
<td><strong>The Daily Plan</strong></td>
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<td><em>Values Ethics of WRAP</em></td>
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<tr>
<td><strong>11:00 AM</strong></td>
<td><strong>Stressors/ Action Plan</strong></td>
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<td><em>5 Key Recovery Concepts</em></td>
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<tr>
<td><strong>12:00 PM</strong></td>
<td><strong>Early Warning Signs/Action Plan</strong></td>
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<tr>
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<tr>
<td><strong>9:00 AM</strong></td>
<td><strong>Review</strong></td>
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<tr>
<td><em>When Things Are Breaking Down/Action Plan</em></td>
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<tr>
<td><strong>10:00 AM</strong></td>
<td><strong>Post Crisis Plan</strong></td>
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<td><em>Building Support</em></td>
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<tr>
<td><strong>11:00 AM</strong></td>
<td><strong>Post Crisis Plan</strong></td>
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<tr>
<td><em>Crisis Planning</em></td>
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<tr>
<td><strong>12:00 PM</strong></td>
<td><strong>Living WRAP</strong></td>
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<tr>
<td><em>Crisis Planning</em></td>
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Ways to Take WRAP – Option C

Option C - 8x2  (8 Days, 2 Hours Each Day)

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<tbody>
<tr>
<td>9:00 AM</td>
<td>WRAP Overview</td>
<td>Values/Ethics of WRAP</td>
<td>Wellness Tools</td>
<td>Identifying Stressors</td>
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<td>10:00 AM</td>
<td>5 Key Recovery Concepts</td>
<td>Creating a Wellness Toolbox</td>
<td>Daily Plan</td>
<td>Identifying Stressors Action Plan</td>
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<td>Day 5</td>
<td>Day 6</td>
<td>Day 7</td>
<td>Day 8</td>
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<td>When Things are Breaking Down/Action Plan</td>
<td>Crisis Planning</td>
<td>Post Crisis Plan</td>
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<tr>
<td>10:00 AM</td>
<td>Early Warning Signs Action Plan</td>
<td>Building Support Team</td>
<td>Crisis Planning</td>
<td>Living WRAP</td>
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Additional Options – Presentations (30min, 1hr, or 2hr):
- An Overview of WRAP, Why It Matters & Its Impact on Your Well-being
- A Demonstration of a WRAP Program Tailored to Your Group’s Specific Needs
- Any of the individual sessions above can also be provided as a standalone presentation
Looking Ahead

• Upcoming WRAP Sessions
  • Hosted by MHA of Greater Houston
  • Planned to begin in May 2019
  • Currently to be held on Saturdays
  • Held at the MHA office

• Hosting Sessions at Your Site
  • Scheduling may begin now for April dates and onwards

• Future ‘WRAP Overview’ Webinars
  • Today’s introductory webinar will be held year-round
  • Spread the word!

• REMEMBER: There is ALWAYS flexibility in how you can complete or offer WRAP to start maximizing wellbeing!
QUESTIONS?
THANK YOU!