

Title of Service: Wellness Recovery Action Planning (WRAP)

Total Number of Sessions: 12

Duration of each session: 45 minutes

Target population:

- **Diagnoses:** Mood Disorders, Anxiety Disorders, Thought Disorders
- **Barriers to be overcome:**
 - Inability to identify/manage triggers to symptoms
 - Inability to identify early warning signs of mental health relapse
 - Limited support system to assist with development of crisis and safety plan.

Service Goal: The development of a WRAP plan will enable participants to develop a personalized and effective approach/plan to overcoming distressing symptoms and unhelpful behavior patterns.

Service Objectives:

- Develop a daily maintenance plan/wellness toolbox
- Learn to identify triggers and develop plans to manage them
- Learn to identify early warning signs of relapse and develop an action plan to address such.
- Learn to identify “When things are breaking down” and develop an action plan.
- Crisis planning
- Post Crisis planning

Each participant will receive a copy of a blank Wellness Recovery Action plan to be completed throughout the course of this group.

Resources: Copeland, M.E. (1997) Wellness Recovery Action Plan

Title of Service: WRAP

Session: 1

Duration: 45 Minutes

Service Objective(s): Developing a Wellness Toolbox

Handouts: WRAP Personal Workbooks

Activities: (pg. 9-12) Chapter 1

- What is WRAP and who should use it?
- Identify experiences that have supported wellness in the past.
- Identify an object/person that carries a sense of meaning or significance.
- Create personalized lists of tools that are useful in staying well and relieving symptoms.

Homework:

- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 2

Duration: 45 Minutes

Service Objective(s): Developing a Daily Maintenance List Part A: What I'm Like When I'm Doing Well.

Handouts: WRAP Personal Workbooks

Activities: Chapter 2 (pg. 13-16)

- Participants identify descriptive personality traits of when they are doing well.

Homework:

- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 3

Duration: 45 Minutes

Service Objective(s): Developing a Daily Maintenance List Part B: What I need to do to maintain My Wellness and Sobriety.

Handouts: WRAP Personal Workbooks

Activities: Chapter 2 (pg.17 Part B)

- Participants identify things they need to do in order to remain healthy, also including things they want to avoid to stay healthy.

Homework:

- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 4

Duration: 45 Minutes

Service Objective(s): Developing a Daily Maintenance List Part C: Things I Should Consider Doing to Maintain My Wellness/Recovery

Handouts: WRAP Personal Workbooks

Activities: Chapter 2 (pg. 18) Part C

- Participants identify things they should be doing to stay mentally/physically healthy, but don't.
- Participants will identify reasons for completing these daily tasks.

Homework:

- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 5

Duration: 45 Minutes

Service Objective(s): Learn to identify triggers and develop plans to manage them

Handouts: WRAP Personal Workbooks

Activities: Chapter 3 (pg. 19-22) Part A

- Define “trigger” and why they are problematic
- Compile list of potential or known triggers
- Discuss answers openly in group in order to share specific triggers

Homework:

- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 6

Duration: 45 Minutes

Service Objective(s): Learn to identify triggers and develop plans to manage them

Handouts: WRAP Personal Workbooks

Activities: Chapter 3 (pg. 23)

- Develop a triggers action plan based on triggers identified in session 5.
- Discuss answers openly in group in order to share specific triggers and strategies

Homework:

- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 7

Duration: 45 Minutes

Service Objective(s): Learn to identify early warning signs of relapse and develop an action plan to manage such.

Handouts: WRAP Personal Workbooks

Activities: Chapter 4 (pg. 24-28) Part A & B

- Discuss the benefit of identifying early warning signs and reasons to review them regularly
- Identify specific early warning signs of relapse
- Develop an action plan to manage and proactively address early warning signs of relapse

Homework:

- Participants will ask supporters in their recovery to share early warning signs they have noticed and record this in their WRAP plan.
- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 8

Duration: 45 Minutes

Service Objective(s): Learn to identify “When things are breaking down” and develop an action plan.

Handouts: WRAP Personal Workbooks

Activities: Chapter 5 (pg. 29-33) Part A & B

- Stress the importance of this stage, as immediate action is necessary in order to prevent a crisis.
- Complete a list of signs which indicate things are breaking down
- Develop an action plan to address signs completed from Part A.
- Elicit individual’s examples from group members to share, but stress that this stage can be very different from person to person.

Homework:

- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 9

Duration: 45 Minutes

Service Objective(s): Crisis Planning

Handouts: WRAP Personal Workbooks

Activities: Chapter 6 (pg. 34-36) Parts 1-4

- Begin developing a detailed crisis plan to share with supporters
- Part 1: Describe yourself when you're feeling well (this is the same list from session 2)
- Part 2: Signs- Describe signs that would indicate to others that they need to take over responsibility for your care and make decisions on your behalf.
- Part 3: Supporters: Identify at least 3-5 supporters who are willing to take over for you should the need arise. Also list people you do not want involve in your care
- Part 4: Medications- Keep a current list of medications with dosages. Include medications that are not helpful for you.

Homework:

- Participants will be asked to discuss this plan with supporters, who will also be encouraged to assist in the development of the plan
- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 10

Duration: 45 Minutes

Service Objective(s): Crisis Planning

Handouts: WRAP Personal Workbooks

Activities: Chapter 6 (pg.46-48) Parts 5-8

- Continue developing a detailed crisis plan to share with supporters
- Part 5: Treatments- Compile and describe a list of treatments that help you and also list treatments you would like your supporters to avoid
- Part 6: Home/Community Care/Respite- Develop a plan so that you can stay at home or in the community and still get the care you need.
- Part 7: Treatment Facilities: List treatment facilities where you wish to be treated; also list facilities to avoid.
- Part 8: Help from others: List things that supporters can do for you to make you more comfortable. List specific household tasks/chores you need someone to complete for you while you are unable.
- Part 9: Inactivating the plan-Describe signs or lack of signs that indicate supporters no longer need to refer to or use your crisis plan.

Homework:

- Participants will be asked to discuss this plan with supporters, who will also be encouraged to assist in the development of the plan
- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 11

Duration: 45 Minutes

Service Objective(s): Post Crisis Planning

Handouts: WRAP Personal Workbooks

Activities: Chapter 7 (pg. 49-59)

- Educate participants the need carefully re-enter life roles/responsibilities after a crisis; especially a hospitalization.
- Openly discuss examples of when more support was needed after a crisis situation that what was given.
- Complete sections in workbook that correspond to post crisis planning.
- **Reiterate to participants that this step may include making changes to various stages of the WRAP plan in order to prevent a specific crisis from occurring again.

Homework:

- Participants will be asked to discuss this plan with supporters, who will also be encouraged to assist in the development of the plan
- Complete any worksheets not finished in group

Title of Service: WRAP

Session: 12

Duration: 45 Minutes

Service Objective(s): How to effectively use your WRAP plan

Handouts: WRAP Personal Workbooks/Pocket size Crisis Worksheet and WRAP plan

Activities: Chapter 8 (pg. 60-61)

- Discuss the importance of reviewing WRAP plans daily in order to stay focused on recovery and to learn to identify the earliest signs of relapse.
- Group will be provided with pocket sized WRAP plans to complete on their own time so that they are able to easily carry both their WRAP plan and Crisis Plan with them at all times
- Solicit participants for feedback regarding effectiveness of this plan throughout the course of this group.

Homework:

- Participants will be asked to discuss this plan with supporters, who will also be encouraged to assist in the development of the plan
- Complete any worksheets not finished in group