



# WRAP it Up: Wellness Recovery Action Plan

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# Background: Multi-phase partnership with CHWs



**Phase I (2014):**  
Lived experience of depression



Interviews with Appalachian women with depression (N=28)

## Partnership with Community-based Institutions in Appalachian Kentucky:

- Kentucky Homeplace
- Center of Excellence in Rural Health
- Federally Qualified Healthcare Center

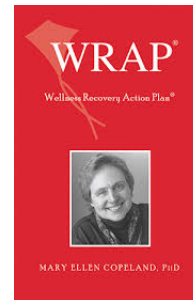


**Phase II (2014-2015):**  
Identifying Appropriate interventions



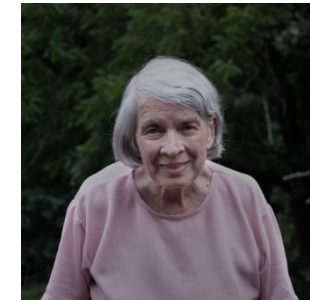
Interviews with diverse health professionals (N=11)

**Phase III (2016):**  
Adapting intervention



Focus groups, interviews with women (n=11), health providers (N=10), follow-up (N=10)

**Phase IV (2016):**  
Pilot Adapted Intervention



Participants (N=16), Personnel Interviews (N=5)

*Image: Rob Amberg*  
*Image: Gloria Feinstein Baker*



Researchers at the University of Kentucky College of Medicine are interested in learning how women deal with their depression to improve the services that are available in this region. Participants will take part in a 2-hour study that includes a confidential interview to share their experience of depression and a survey about their background and overall health.





**WRAP®**

# **Wellness Recovery Action Plan®**



Mary Ellen  
Copeland,  
PhD



# WRAP Includes:

- Wellness Toolbox
- Daily Maintenance Plan
- Triggers and Action Plan
- Early Warning Signs and Action Plan
- When Things are Breaking Down and Action Plan
- Crisis Planning
- Post Crisis Planning

# Wellness Recovery Action Plan



Was developed by a group of people who had been dealing with difficult feelings and behaviors for many years

People working to feel better and get on with their lives



# WRAP Will:

1. Help you stay as well as possible
2. Help you keep track of difficult feelings and behaviors, and develop action plans to help you feel better



# WRAP Will:

3. Tell others what to do for you when you feel so badly you can't make decisions, take care of yourself and keep yourself safe.





# WRAP

There is only one person who can write your WRAP-  
**YOU!**

You and only you decide:

- If you want to write a WRAP
- How much time it takes you to do it
- When you want to do it
- Which parts you want to do

# Key Recovery Concepts



- Hope
- Personal Responsibility
- Education
- Self-Advocacy
- Support

# There is Much to Hope For!



You **can** get well and stay well for long periods of time!





# There is Much to Hope For!

You **can** work toward and meet your goals!

You **can** lead a happy and productive life!





# Personal Responsibility

- **You** are the expert on yourself!
- **You** know what you want and need!
- It is up to **you** to take personal responsibility for your own wellness and your own life!



# Personal Responsibility

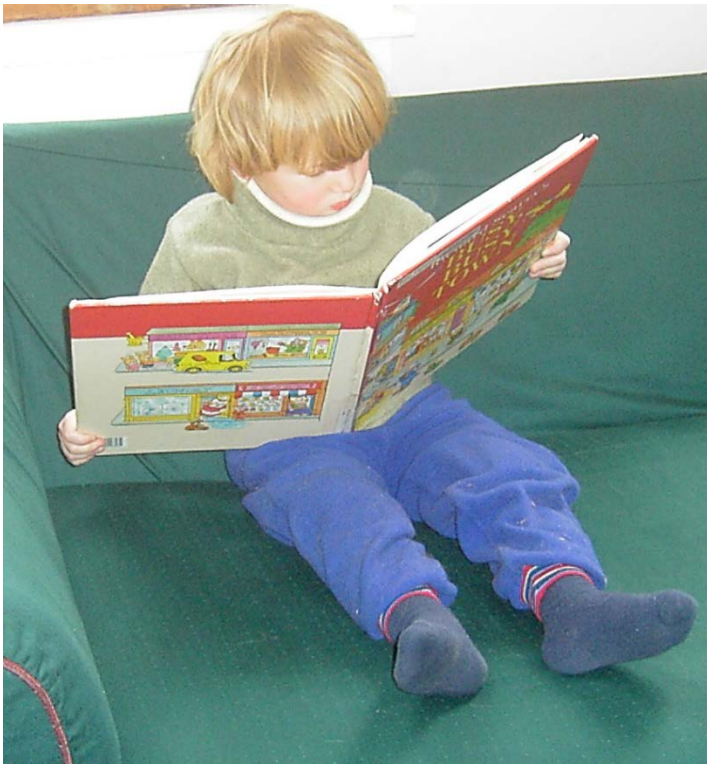
- Sometimes this means taking back control that you have lost in the past.
- Those of us who take back this responsibility achieve the highest levels of:

***Wellness, Happiness, and Life Satisfaction.***



# Education

Learn all you can about yourself so you can make good decisions about:



- Treatment
- Lifestyle
- Career
- Relationships
- Living Space
- Leisure Time Activities
- All Aspects of Your Life



# Education

Go to [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

for **free** educational articles and information, lists of resources and organizations, recovery stories, and mental health recovery and WRAP resources you can purchase including books, CDs and DVDs.





# Self-Advocacy

Become a strong advocate for yourself.

This means:

**“Going for it”** with courage, persistence and determination;

expressing yourself clearly and calmly until you get what you need for yourself.



# WRAP®

To develop your own Wellness Recovery Action Plan®  
begin by developing a list of personal

## WELLNESS TOOLS



# Wellness Tools

Wellness tools are things you do to keep yourself well, and the things you do to help yourself feel better when you are not feeling well.





# Daily Maintenance List

Examples (Be Specific):

- Get up at 7:00 AM on weekdays so I can get to work on time.
- Pack a healthy lunch and snacks to take to work.
- Eat three healthy meals and three healthy snacks.



# Triggers

External events or circumstances may make you feel very uncomfortable.

These are normal reactions to life events - but if you don't respond to them, they may actually make you feel worse.



# Triggers Action Plan



Sample Plan:

If Any of My Triggers Come Up I Will:

- Make sure I do everything on my Daily Maintenance List
- If work related, talk to my Vocational Counselor or employer
- Focus on tasks that are easy for me to do well

# Early Warning Signs



Early Warning Signs are internal and may be unrelated to reactions to stressful situations.

They are subtle signs of change that indicate you may need to take some further action.





# Early Warning Signs

Examples:

- Avoiding doing Daily Maintenance items
- Being uncaring or apathetic
- Avoiding others or isolating
- Being obsessed with things
- Feeling unconnected to my body
- Increased irritability or negativity



# Early Warning Signs Action Plan



Sample Plan:

- Do everything on my Daily Maintenance Plan
- Tell a supporter how I am feeling
- Peer Counsel
- Do a Focusing Exercise

# When Things are Breaking Down or Getting Worse



You may begin to feel even worse – very uncomfortable, like the situation is serious – and even dangerous – but you are still able to take some action in your own behalf.

This is a very important time. It is necessary to take immediate, assertive action to prevent a crisis.

# When Things are Breaking Down or Getting Worse



Examples:

- Seeing things that aren't there
- Risk taking behaviors, like driving too fast
- Thoughts of self-harm
- Taking your anger out on others



# Crisis Planning

The next section of the WRAP is the **Crisis Plan**.

In spite of your best planning and assertive action, you may find yourself in a crisis situation where others will need to take over responsibility for your care.

You may feel as though you are totally out of control.



# Crisis Planning Part 1:

## “What I’m Like When I’m Feeling Well”

Examples:

Bright

Outgoing

Humorous

Athletic

Reasonable

Responsible

Industrious

Withdrawn

Active

Talkative

Energetic

Dramatic

# Crisis Planning Part 2: Signs that Supporters Need to Take Over



List those signs that indicate to others that they need to take over responsibility for your care and make decisions on your behalf.



# Crisis Planning Part 3: Supporters

List at least 5 people you want to take over for you. You can include family members, friends and/or care providers.

Ask the people you choose if it is OK for you to include them on this list.

Tell them what would be involved. Show them a copy of your plan.

# Crisis Planning Part 3: Supporters



Include a list of people you do not want to be involved in decision making or care.

You can also write why you do not want them involved.

Also describe how you want supporters to settle disputes if they disagree.



# Crisis Planning Part 4: Medication

Provide the following information:

- Names and Phone Numbers of your Physician and Pharmacy
- Your Insurance Company Name, Phone Number, and ID Numbers
- All Allergies
- Medications and Health Care preparations you are currently using, why you are using them, dosage and when you take them

# Crisis Planning Part 4: Medication

- Medications you would prefer to use if medications (or additional medications) become necessary and why you would choose them
- Medications that would be acceptable to you if medications became necessary, and why you would choose them
- Medications that should be avoided and why

# Crisis Planning Part 5: Treatments

List those treatments you would like and those that you would want to avoid.

Include “alternative” therapies that have helped as well as those that have not been helpful.



# **Crisis Planning Part 6:**

## **Home/Community Care/ Respite Center**

Hospitalization is often not the best option.

Develop a carefully devised plan so that you can stay at home or in the community and still get the care you need.

In order to do this, find out what resources are available in your community.

# Crisis Planning Part 7: Treatment Facilities



List those treatment facilities where you would prefer to be hospitalized if that became necessary, and those you wish to avoid.



# Crisis Planning Part 8: Help From Others



Include a list of specific tasks you will need others to do for you, and who you would like to take care of these things.



# Crisis Planning Part 8: Help From Others



List things that others should avoid doing, things that would not help or might make the situation worse.

Examples:

- Using force
- Spending too much time alone
- Being teased

# Crisis Planning Part 9:



## When my Supporters No Longer Need to Use This Plan

When you feel better, your supporters will no longer need to follow this plan.

Develop a list of indicators that your supporters can use to determine when they no longer need to follow this plan.



# Post Crisis Planning



Thinking about this time before you even have a crisis, and perhaps giving it more attention when you are starting to feel better after a crisis, may help you have an easier time recovering and moving on.



# Post Crisis Planning



- Create a Step by Step plan for resuming responsibility, for instance, going to work for one day the first week, two days the second week, three days the third week.



# Conclusion



You have now reviewed the Wellness Recovery Action Plan!

Perhaps you have started to work on your own plan or are helping someone else develop their plan.



# Resources

For further help in developing your WRAP, check out the resources at

**[MentalHealthRecovery.com](http://MentalHealthRecovery.com)**

and

**[WRAPandRecoveryBooks.com](http://WRAPandRecoveryBooks.com)**