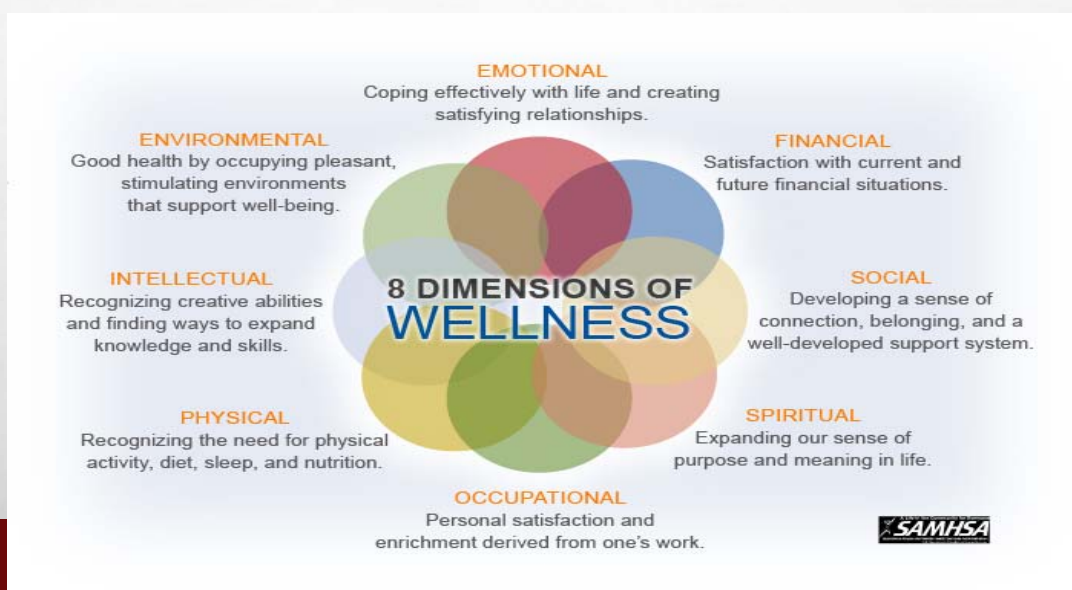


WELLNESS FOR WORK: WRAP® FOR WORK

PRESENTED BY:
PAULA GUSTAFSON



WELLNESS OVERVIEW:



RECOVERY/WELLNESS

- SAMHSA HAS ESTABLISHED A WORKING DEFINITION OF RECOVERY THAT DEFINES RECOVERY AS A PROCESS OF CHANGE THROUGH WHICH INDIVIDUALS IMPROVE THEIR HEALTH AND WELLNESS, LIVE SELF-DIRECTED LIVES, AND STRIVE TO REACH THEIR FULL POTENTIAL. RECOVERY IS BUILT ON ACCESS TO EVIDENCE-BASED CLINICAL TREATMENT AND RECOVERY SUPPORT SERVICES FOR ALL POPULATIONS.

WHAT IS WRAP®

- THE WELLNESS RECOVERY ACTION PLAN® OR WRAP®, IS A SELF-DESIGNED PREVENTION AND WELLNESS PROCESS THAT ANYONE CAN USE TO GET WELL, STAY WELL AND MAKE THEIR LIFE THE WAY THEY WANT IT TO BE. IT WAS DEVELOPED IN 1997 BY A GROUP OF PEOPLE WHO WERE SEARCHING FOR WAYS TO OVERCOME THEIR OWN MENTAL HEALTH ISSUES AND MOVE ON TO FULFILLING THEIR LIFE DREAMS AND GOALS. IT IS NOW USED EXTENSIVELY BY PEOPLE IN ALL KINDS OF CIRCUMSTANCES, AND BY HEALTH CARE AND MENTAL HEALTH SYSTEMS ALL OVER THE WORLD TO ADDRESS ALL KINDS OF PHYSICAL, MENTAL HEALTH AND LIFE ISSUES.
- WRAP HAS BEEN STUDIED EXTENSIVELY IN RIGOROUS RESEARCH PROJECTS AND IS LISTED IN THE NATIONAL REGISTRY OF EVIDENCE-BASED PROGRAMS AND PRACTICES.

WRAP WILL HELP YOU:

- DISCOVER YOUR OWN SIMPLE, SAFE WELLNESS TOOLS
- DEVELOP A LIST OF THINGS TO DO EVERY DAY TO STAY AS WELL AS POSSIBLE
- IDENTIFY UPSETTING EVENTS, EARLY WARNING SIGNS AND SIGNS THAT THINGS HAVE GOTTEN MUCH WORSE AND, USING WELLNESS TOOLS, DEVELOP ACTION PLANS FOR RESPONDING AT THESE TIMES
- GUIDE YOU THROUGH THE PROCESS OF DEVELOPING A CRISIS PLAN OR ADVANCE DIRECTIVE
- INTRODUCE YOU TO POST CRISIS PLANNING

WRAP® OVERVIEW

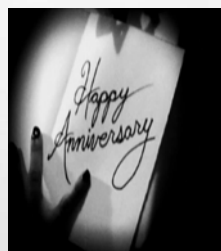
- **WELLNESS TOOLBOX** – A LIST OF RESOURCES USED TO DEVELOP YOUR WRAP. IT INCLUDES THINGS LIKE: CONTACTING FRIENDS AND SUPPORTERS, PEER COUNSELING, FOCUSING EXERCISES, RELAXATION AND STRESS REDUCTION TECHNIQUES, JOURNALING, AFFIRMING ACTIVITIES, EXERCISE, DIET, LIGHT, AND GETTING A GOOD NIGHT'S SLEEP.



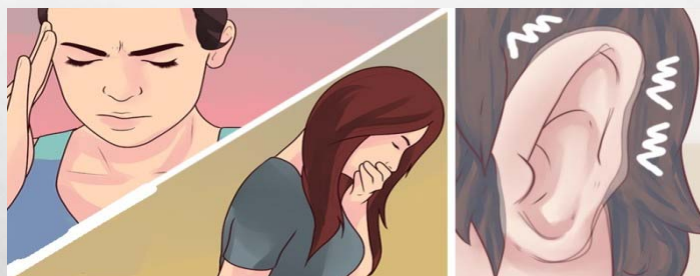
- **DAILY MAINTENANCE PLAN** – DESCRIBE YOURSELF WHEN YOU ARE WELL, AND LIST THINGS YOU NEED TO DO EVERY DAY TO MAINTAIN WELLNESS.



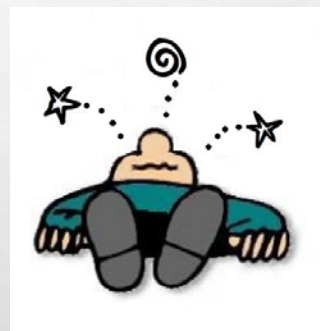
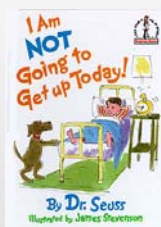
- **TRIGGERS** – EXTERNAL EVENTS OR CIRCUMSTANCES THAT, IF THEY HAPPEN, MAY MAKE YOU FEEL UNCOMFORTABLE. THESE ARE NORMAL REACTIONS, BUT IF WE DON'T DEAL WITH THEM IN SOME WAY, THEY MAY ACTUALLY CAUSE US TO FEEL WORSE



- **EARLY WARNING SIGNS** – INTERNAL, SUBTLE SIGNS THAT LET YOU KNOW YOU ARE BEGINNING TO FEEL WORSE. REVIEWING EARLY WARNING SIGNS REGULARLY HELPS US TO BECOME MORE AWARE OF THEM AND ALLOW US TO TAKE ACTION BEFORE THEY WORSEN



- **WHEN THINGS ARE BREAKING DOWN** – LIST SIGNS THAT LET YOU KNOW YOU ARE FEELING MUCH WORSE, LIKE FEELING SAD ALL THE TIME, OR ARE HEARING VOICES. USING YOUR WELLNESS TOOLBOX, DEVELOP A POWERFUL ACTION PLAN TO HELP YOU FEEL BETTER AS QUICKLY AS POSSIBLE AND PREVENT AN EVEN MORE DIFFICULT TIME.



- **CRISIS PLAN** – IDENTIFY SIGNS THAT LET OTHERS KNOW THEY NEED TO TAKE OVER RESPONSIBILITY FOR YOUR CARE AND DECISION MAKING. OUTLINE A PLAN FOR WHO YOU WANT TO TAKE OVER AND SUPPORT YOU THROUGH THIS TIME, HEALTHCARE, STAYING HOME, THINGS OTHERS CAN DO TO HELP AND THINGS THEY MIGHT CHOOSE TO DO THAT WOULD NOT BE HELPFUL. THIS KIND OF PROACTIVE ADVANCED PLANNING KEEPS YOU IN CONTROL EVEN WHEN IT SEEMS LIKE THINGS ARE OUT OF CONTROL.

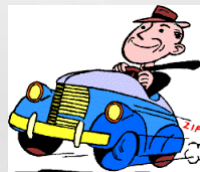


Respite



KEEP
CALM
BECAUSE
WE HAVE
A PLAN

- **POST CRISIS PLAN** – YOU MAY WANT TO THINK ABOUT THIS PART OF THE PLAN IN ADVANCE AND WRITE SOME THINGS TO DO POST CRISIS. HOWEVER, YOU MAY WANT TO WRITE MOST OF IT AS YOU ARE BEGINNING TO RECOVER FROM THE CRISIS—WHEN YOU HAVE A CLEARER PICTURE OF WHAT YOU NEED TO DO FOR YOURSELF TO GET WELL. IF YOU HAVE JUST BEEN THROUGH A CRISIS, LET YOUR POST CRISIS PLAN GUIDE YOU AS YOU HEAL.



WHY DO I NEED ONE FOR WORK:

**WRAP IS FOR ANYONE, ANY TIME. IT WILL
SUPPORT YOU IN BEING THE WAY YOU WANT TO
BE AND DOING THE THINGS YOU WANT TO DO**

KEY RECOVERY CONCEPTS

- FIVE KEY RECOVERY CONCEPTS PROVIDE THE FOUNDATION OF EFFECTIVE RECOVERY WORK.
- **HOPE** – PEOPLE WHO EXPERIENCE MENTAL HEALTH DIFFICULTIES GET WELL, STAY WELL AND GO ON TO MEET THEIR LIFE DREAMS AND GOALS.
- **PERSONAL RESPONSIBILITY** – IT'S UP TO YOU, WITH THE ASSISTANCE OF OTHERS, TO TAKE ACTION AND DO WHAT NEEDS TO BE DONE TO KEEP YOURSELF WELL.
- **EDUCATION** – LEARNING ALL YOU CAN ABOUT WHAT YOU ARE EXPERIENCING SO YOU CAN MAKE GOOD DECISIONS ABOUT ALL ASPECTS OF YOUR LIFE.
- **SELF ADVOCACY** – EFFECTIVELY REACHING OUT TO OTHERS SO THAT YOU CAN GET WHAT IT IS THAT YOU NEED, WANT AND DESERVE TO SUPPORT YOUR WELLNESS AND RECOVERY.
- **SUPPORT** – WHILE WORKING TOWARD YOUR WELLNESS IS UP TO YOU, RECEIVING SUPPORT FROM OTHERS, AND GIVING SUPPORT TO OTHERS WILL HELP YOU FEEL BETTER AND ENHANCE THE QUALITY OF YOUR LIFE.



LEGALITIES



- WRAP CAN BE USED AS AN ADVANCED MENTAL HEALTH DIRECTIVE
- WHEN DECIDING WHO TO SHARE IT WITH BE MINDFUL OF POSSIBLE LEGAL RAMIFICATIONS

THINGS TO THINK ABOUT BEFORE DISCLOSURE

- STIGMA
- RETALIATION
- ACCOMMODATIONS
- INFORMATION THAT IS PRIVILEGED OR THAT YOU CAN KEEP PRIVATE FROM EMPLOYER

SUPERVISION AS A COLLABORATION:

- **IN THE HUMAN SERVICE FIELD THE GOAL OF SUPERVISION IS :**
 - **"TO TEACH THE SUPERVISEE AND TO PROTECT THE CLIENT"**
HAYNES ET AL (2004)
 - **..."TO DELIVER TO AGENCY CLIENTS THE BEST POSSIBLE SERVICE, BOTH QUALITATIVELY AND QUANTITATIVELY, IN ACCORDANCE WITH AGENCY POLICIES AND PROCEDURES." KADUSHIN (2002)**

EDUCATIONAL ASPECT:

- **CLINICAL SUPERVISION IS A PROCESS WHEREBY A PERSON IN A SUPERVISORY ROLE FACILITATES THE PROFESSIONAL GROWTH OF ONE OR MORE DESIGNATED SUPERVISEES TO HELP THEM ATTAIN KNOWLEDGE, IMPROVE THEIR SKILLS, AND STRENGTHEN THEIR PROFESSIONAL ATTITUDES AND VALUES..." COHEN (2004)**

LEARNING ORGANIZATIONS/LEARNING CULTURE:

- **"ORGANIZATIONS WHERE PEOPLE CONTINUALLY EXPAND THEIR CAPACITY TO CREATE THE RESULTS THEY TRULY DESIRE..." SENGE (1990)**
- **PEER SUPPORT RELATIONSHIP:**
 - **PEER SUPPORT TRAINING ALLOWS US TO CREATE RELATIONSHIPS WITH OTHERS IN NEW AND DIFFERENT WAYS THAT PROMOTE GROWTH, RECOVERY AND WELLNESS.**

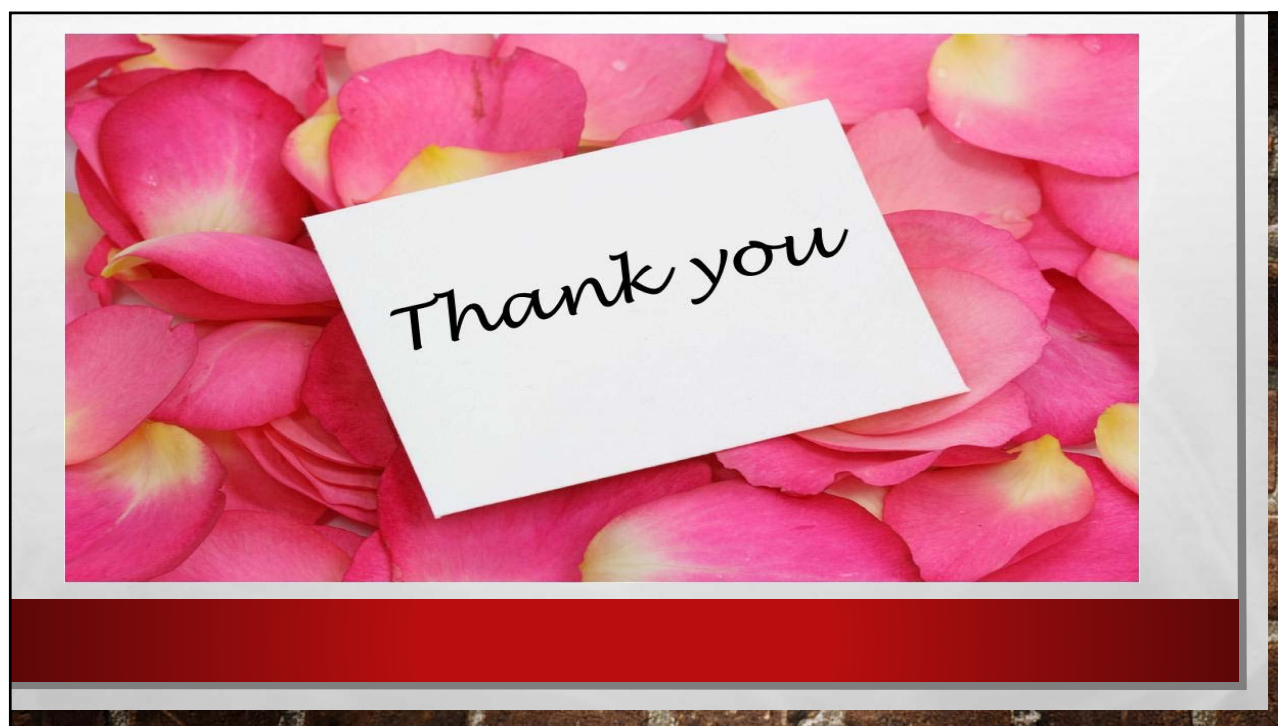
LEARNING ORGANIZATIONS CONT.'

- **A LEARNING ORGANIZATION IS AN ORGANIZATION THAT IS "SKILLED AT CREATING, ACQUIRING, AND TRANSFERRING KNOWLEDGE AND AT MODIFYING ITS BEHAVIOR TO REFLECT NEW KNOWLEDGE AND INSIGHTS" GARVIN (1998)**
- **I BELIEVE THE PRACTICE OF PEER SUPPORT CREATES A LEARNING CULTURE THAT WE SHARE WITH THE ORGANIZATIONS WE WORK FOR THUS GROWING LEARNING ORGANIZATIONS FROM THE INSIDE OUT**



FRAMING THE CONVERSATION

- **INQUIRE**
- **I WONDER IF WE CAN HAVE A CONVERSATION ABOUT....**
- **OPEN**
- **HONEST**
- **SHARE YOUR WRAP® OR NOT YOUR CHOICE**
- **YOUR WELLNESS AS IT RELATES TO ORGANIZATION/JOB**
- **SUPPORT YOU MAY NEED FROM CO-WORKERS OR SUPERVISOR**



Copeland Center
FOR WELLNESS AND RECOVERY

<https://copelandcenter.com/wellness-recovery-action-plan-wrap>



The slide features the Copeland Center logo and a URL. It also displays four images related to the WRAP program: a 'WRAP AND PEER SUPPORT HANDBOOK' cover showing people in a group, a stack of 'WRAP Workbook' and other materials, a 'WRAP Life' book cover showing a woman with a child, and a smartphone displaying the 'WRAP' app interface.



Consumer Council System of Maine
A Voice for Consumers of Mental Health Services
www.maineccsm.org

Paula Gustafson
Community Outreach Coordinator

55 Middle Street, Suite 2
Augusta, Maine 04330
Office: 207.430.8300
Cell: 207.687.6035
Fax: 207.430.8301
Toll Free: 1.877.207.5069
pgustafson@maineccsm.org



Advanced Level WRAP® Facilitator