

A GUIDE TO COMPLETING YOUR WELLNESS RECOVERY ACTION PLAN (WRAP®)



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St. Vincent's Mental Health Service **ACUTE INPATIENT SERVICE**

The WRAP® was developed by Mary Ellen Copeland (Mary Ellen Copeland Center) and a group of people in the USA who experience mental health challenges. These people learned that they can identify what makes them well, and then use their own Wellness Tools to relieve difficult feelings and maintain wellness. The result has been recovery and long-term stability

The WRAP® helps you to:

- Feel empowered
- Take personal responsibility for your recovery
- Improve the quality of your life
- Provide structure and monitor uncomfortable or distressing feelings
- Helps you with your emotional, physical, and mental health challenges
- Identify triggers and take action
- Identify signs that things are breaking down and take action
- Create positive change
- To plan in case of crisis
- Learn following a crisis
- Decrease and prevent intrusive or troubling feelings and behaviours

Your WRAP® should be at the centre of your recovery! It is you who directs what you want and need. You are the expert in your own care!

Your Recovery Partner or Associate will help you to develop your WRAP® and will ask you about some things they have noticed and think would help you. Your Recovery Partner or Associate may start the WRAP® for you and capture some information they have gathered from your family, friends and other people who have been helping you on your recovery journey.

Alternatively, you may want to work on your WRAP® by yourself. A copy of your WRAP® will be kept in your file and scanned on to the electronic system when you are discharged.

It is important that others involved in your recovery journey are aware of it and it's very useful for everyone to have a copy of it. This way, everyone can support you in the way that you wish them to. This may be the Crisis & Assessment Team (CAT) or your PDRS worker. You can continue working on and updating your WRAP® with your Case Manager or anyone else you may wish to help you.

My Wellness Toolbox

When you start working on your WRAP[®], think about some of the things that you feel and do when you are feeling well; your likes and dislikes; things that may help you to feel better. What do others notice about you when you are well?

What are some of the strengths you have? You may have started a Strengths Assessment and Goal Plan with your Case Manager



EXAMPLES:

Bright and happy
Visit my local library
Take care of my personal needs
Go to college or work
Listen to music
Feel good about life
Go to my support group
Exercise

Interested in things
Go to the movies
Use my computer
Take my medication
Relaxed
See my friends and family
Cooking and shopping
See my Recovery Partner

My Wellness Maintenance Plan

Some of the things I might do daily or each week/month to help myself feel better and stay well. You can include some of the tasks and activities you have identified to achieve your short term goal steps you may have worked on with your Case Manager in the community.

Examples:

The things in my **Wellness Toolbox**

Make a plan for each day

Make a shopping list

Call a friend or family member to have a chat or
arrange to meet

Make a list of the people who I need to contact
and how often



My Relapse Prevention Plan

The things that make me more stressed, distressed; make me want to do things I wouldn't normally do. What can I do about them?



Examples:

Conflict/argument with friends or family or work colleagues

Too much to do

Not enough to do

Money problems

Being very critical of myself

Being negative about what I can do

What are the signs that I may be unwell or becoming unwell? What would people around me notice? What are the events and thoughts that lead to me becoming upset and have a negative effect on me?

Examples:

Not feeling like myself
Not sleeping
Not eating well
Stop doing things from my daily maintenance plan
Not having contact with people who support me
Smoking and/or drinking more
Worried about things at home
Not taking medication

Not doing or enjoying my usual activities
Increase in/symptoms return
Irritable and emotional
Suspicious about things
Using non-prescribed drugs
Avoiding being with others
Feeling scared and unsafe
Feeling restless



It is a good idea to think about what you were doing and what was happening in your life when things started to feel and be different.

Making a list sometimes helps. Sometimes we forget little things that happen. Sometimes it's the little things that affect us the most!



Think about some of the possible positive outcomes. Then think about the choices and decisions you can make. Write down the things you can do to have a positive outcome.

My Crisis Plan

What is a crisis for me?

Am I feeling overwhelmed? Am I feeling I can't manage? Are things deteriorating? Do I feel unable to cope? Are my symptoms getting the better of me? Do I feel out of control?



During a crisis

- Who would I need to tell?
- Who do I not want to know that I'm unwell?
- What would I want other people to do?
- What do I need other people to do?
- What medication helps me?
- What helps me when I'm feeling overwhelmed?
- What treatments do I need to have and why?
- Where I would like to be treated and why?
- What treatments I don't want and why?

After the crisis has passed

How I would know I'm not in crisis anymore?

What do I need to do first?

What can wait?

Who do I want to contact?

What is it that I need right now?

Where do I start?

What help do I need?



This is a good time to learn more about what happened before the crisis. What were you doing? How did you feel? What were you not doing? What did you need help with? Collect this information in your relapse prevention plan.

Support

Who are the people who support me now and have done before?

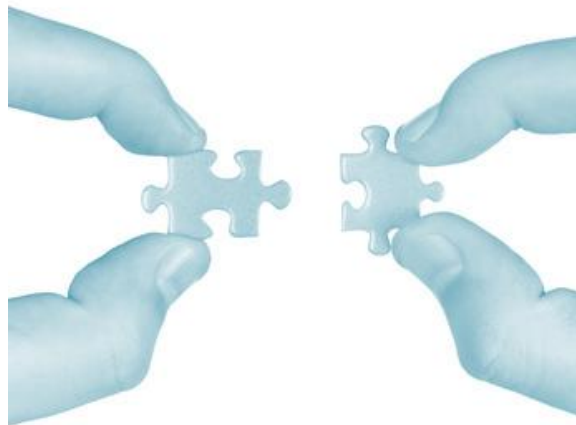
What do I want them to do and when?

How do I let them know I need them?

What should they do if they notice I am becoming unwell?

What do they need to know to be able to support me when I need it?

What services have helped me before and how could they help me in the future?



Keep your WRAP[®] somewhere you know you can look at it and use it easily. Make sure that your support people are aware of your wishes.