

**Creating and Inspiring Hope for Mental Health
Integrating RECOVERY Principles and Values into Everyday
Practice**

**WRAP: an introduction to wellness
recovery and action planning**

Introduction

This session introduces a half-day workshop on WRAP and provides an overview of what WRAP is, where it comes from and what it involves. It is followed by two sessions on symptom monitoring, crisis planning, wellness tools and daily maintenance.

Facilitators

It is important that the facilitators are able to speak from personal experience so you should aim to have at least one facilitator with experience of mental distress and of using WRAP personally and/or with service users.

Aims:

1. To introduce the final three sessions of the module
2. To introduce WRAP and stimulate interest in further learning and training
3. To provide an opportunity for people to begin to explore the different components of WRAP.

Essential pre-reading

Preferably the Wellness Recovery Action Plan (WRAP UK) workbook by Mary Ellen Copeland, edited by Piers Allott for the UK, published by the Sefton Recovery Group and which can be purchased from them at Recovemast@aol.com and www.seftonrecoverygroup.org.uk

Materials:

1. One copy of **An Introduction to WRAP: Wellness, recovery and action planning**
2. One copy for each person of the **Introducing WRAP power-point slides** – at four slides per page.
3. Copies of any posters and other materials produced during the morning sessions should be displayed around the walls
4. Flip-chart and pens to record any discussion

5. Optional: Mary Ellen Copeland's video which can be purchased from the Sefton Recovery Group at Recovemast@aol.com or www.seftonrecoverygroup.org.uk

Timing:

1. WRAP power-point presentation 25 minutes
2. Discussion of presentation – 15 minutes

Total time for exercise: forty minutes

Instructions:

1. This is the first of three sessions to introduce WRAP to the participants. In the following sessions participants will explore WRAP and how to use it through practical to develop their own WRAP plan.
2. Use the power-point presentation to introduce the afternoon and to introduce WRAP.
3. The session works best if people have done some pre-reading. Everyone should have been asked to read, enter details of Piers Allots book” and **An Introduction to WRAP: Wellness, recovery and action planning.**
4. Check that everyone has managed to do some reading before you start the presentation. If there are people in the group who haven't managed to read anything you might wish to consider giving people 10 or so minutes to read through **An introduction to WRAP.**
5. The key points to make are:
 - Developing your own WRAP is a very good way of developing skills in using it
 - Mary Ellen Copeland the author of WRAP is a prolific writer and there are many useful resources on her web-site.
 - More than anything else WRAP is about facilitating, empowering and enabling people to take control over their lives and the problems they are experiencing. It is a process that emphasises optimism, hope and mutual support for a better future.
6. Give people an opportunity to ask questions during the presentation but make sure that you leave plenty of time for a discussion at the end.