

WRAP: an introduction to symptom monitoring and crisis planning

Introduction

This session follows on from the previous session and is designed to enable participants to learn more about symptom monitoring and crisis planning through completing pages 12 to 19 of **An Introduction to WRAP**.

Aims:

1. To help participants explore the use of symptom monitoring and crisis planning
2. To complete pages 12 to 19 of **An Introduction to WRAP**.
3. To explore effective ways of helping services users and carers develop their own WRAP plans particularly the sections of the plan that are to do with symptom monitoring and crisis planning.

Materials:

1. One copy of **An Introduction to WRAP: Wellness, recovery and action planning**
2. One spare copy for each participant of pages 12 to 19 of the above.
3. Flip chart paper and pens to record the feedback and discussion

Timing:

1. Introduction – five minutes
2. Participants work alone to complete pages 12 to 19. – 20 minutes
3. Participants discuss their work with one other person or in small groups – 10 minutes
4. Plenary discussion – what have people learned from completing the exercise – 10 minutes

Total time for exercise: forty five minutes

Instructions:

1. Ask people to turn to pages 12 onwards of the introduction to WRAP so that they have them in front of them as you talk.
2. Introduce the exercise by referring to the aims and talk people through what is expected of them.
3. Answer any questions that people may have – ask them about each of the pages they have to complete in turn.
4. Invite them to work on their own for twenty minutes to complete the work. Visit people as they work and offer any help needed.
5. After twenty minutes ask people to work in small groups or with one other person depending how large the class is, for 10 minutes to share the work that they've done.
6. When their ten minutes is up invite people to return to the large group to join a brief discussion.
7. Time is very limited so it may not be possible to have feedback from everyone. A general question to the group inviting them to share what they have learned about symptom monitoring and crisis planning usually triggers an interesting discussion.
8. Some participants might be interested in sharing copies of their work – conclude the session by offering to copy and distribute the work of any people who are interested. It is important to point out that is optional.
9. Draw people's attention to pages 20 onwards of the WRAP material on developing a Post Crisis Plan and advise people that they should read and familiarise themselves with this.