

WRAP: an introduction to wellness tools and Daily Maintenance Planning

Introduction

This final session follows on from the previous session and is designed to enable participants to consider the process of identifying and recording coping strategies and to explore the development of wellness tools and daily maintenance planning through completing pages 8 to 11 of **An Introduction to WRAP**. The session also provides an opportunity for participants to discuss and give feedback on the experience of attending the training programme.

Aims:

1. To help participants explore the use of wellness tools and daily maintenance planning.
2. To complete pages 8 to 11 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 wellness tools and daily maintenance planning.

Materials:

1. One copy of **An Introduction to WRAP: Wellness, recovery and action planning**
2. One spare copy for each participant of pages 8 to 11 of the above on **The Wellness Toolbox** and **Daily Maintenance Planning**
3. Flip chart paper and pens to record the feedback and discussion

Timing:

1. Introduction – five minutes
2. Participants work alone to complete pages 8 to 11. – 20 minutes
3. Participants discuss their work with one other person or in small groups – 15 minutes

4. Plenary discussion – what have people learned from completing the exercise– 10 minutes
5. Plenary discussion – what is people’s experience of attending the training programme? – 15 minutes

Total time for exercise: 60 minutes

Instructions:

1. Ask people to turn to pages 8 to 11 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 15 minutes to share the work that they’ve done.
6. When their time 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 wellness tools and daily maintenance planning usually triggers an interesting discussion.
8. Encourage people to share any personal strategies for staying well that haven’t been covered in the above discussion.
9. 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.
10. Use the last 15 minutes of the session to lead a broad discussion about the participant’s experience of attending the entire programme. Remind people that you will be distributing evaluation sheets for them to complete anonymously.

You might find it helpful to have copies of the programmes for both day available and to ask people;

What did they find most helpful about attending the programme?

What did they find least helpful about attending the programme

What changes if any would they recommend for future programmes?