Wellness Recovery Action Plan®

Orientation to WRAP®, An Evidence Based Practice for Mental Health Recovery

March 18, 3:00 – 4:30 pm
Gina Calhoun, Chacku Mathai and Rita Cronise

Note: This presentation is not a substitute for WRAP Seminar I, which is required prior to taking WRAP Seminar II to become a certified WRAP® Facilitator.

The Academy of Peer Services (APS) is funded by the NYS Office of Mental Health (OMH) and operated by Rutgers University, School of Health Professions, Dept. of Psychiatric Rehabilitation in partnership with the New York Association of Psychiatric Rehabilitation Services (NYAPRS).

Tech Tips

- Webinar is being recorded
- Please keep audio mute/camera off
- Use chat to ask questions
- Use chat to respond to facilitators
- Q&A will be at the end
- Recording will be converted to a continuing education course (CE credit)
Introduction

Amanda Saake, LMSW, CPRP, NY CPS-P
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Director of the Office of Consumer Affairs, NYS OMH

Susan Friedlander, LCSW
Director of Community Integration and Wellness Initiatives New York City Field Office, NYS OMH

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Presenters

Gina Kaye Calhoun, BA, CPS, CPSS, ALF, AFAA-CGFI
The Copeland Center for Wellness and Recovery and Doors to Wellbeing

Chacku Mathai
SAMHSA Project Director at Center for Practice Innovations at Columbia University

Rita Cronise, MS, ALWF (Moderator for this session)
Coordinator, Academy of Peer Services Virtual Community Distance Faculty, Rutgers University

Objectives

- Identify the importance of talking about tobacco
- Recall the five key concepts of recovery
- Describe the main parts of the Wellness Recovery Action Plan
- Discover wellness tools and make action plans that can be used when making a change around tobacco use
- Explore the role peer supporters can play in addressing tobacco
Wellness
Wellness is a Connection of Paths: Knowledge and Action

Why Talk About Tobacco?
Amanda and Susan share how this series started

Why Talk about Tobacco? [Amanda]
- OMH has a commitment to better integrating a health and wellness in our services.
- Tobacco use disproportionately impacts people with behavioral health conditions, resulting in illness and reduced life span.
- Tobacco use can also have a negative impact on recovery and community inclusion.
- Let’s start a tobacco conversation which honors the values, principles and practices of Peer Support.
- We’re looking to create opportunities for tobacco champions and influencers in the Peer Support community!

Please contact me if you feel passionate about addressing tobacco use in your role as a Peer Worker. Amanda.saake@omh.ny.gov
WRAP(R) and Talking About Tobacco

Why Talk about Tobacco? [Susan]

- Creedmoor Project & Lessons Learned
- Peer Supporters can play a critical role!
- Not enough peer support for tobacco interventions
- Focus on cessation excludes people who are not ready to quit
- Need more practical information about how to properly use NRT

How can we help you more effectively address tobacco use in your role as a Peer Supporter?

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What is WRAP?

WRAP® is the Wellness Recovery Action Plan®

The WRAP® curriculum and co-facilitation practice was developed by a group of people who had been dealing with difficult feelings and behaviors for many years, people working together to feel better and get on with their lives.

What is now known as WRAP® was conceived by these groups of peers in Vermont in 1997.
The Copeland Center for Wellness and Recovery has continued this mutual learning process through the training of WRAP® Co-facilitators and Advanced Level WRAP Co-Facilitators.

- The Copeland Center is a licensed strategic partner of AHP to provide trainings and certifications in WRAP.
- AHP owns and operates WRAP and Recovery Books which publishes and offers a variety of materials and resources to learn about WRAP and WRAP Co-Facilitation.

www.wrapandrecoverybooks.com

What are you hoping to get out of today’s session?

Please share by typing your thoughts in the chat box.

Who Could Use WRAP?

Anyone who wants to create positive change in the way they feel, or increase their enjoyment in life.

To achieve wellness despite deep sadness, arthritis, addictions, hearing voices, job loss, diabetes to “burn out.”
4 Parts to the Study of Mental Health Recovery:
1. 5-Key Concepts
   - Hope
   - Personal Responsibility
   - Education
   - Self-advocacy
   - Support
2. The Wellness Toolbox
3. Wellness Recovery Action Plan
4. Additional Recovery Topics

The Key Concepts & Wellness Toolbox
- The foundation for our wellness action plans.
- Our Wellness Toolbox is an ever-expanding collection of personal wellness tools.
- Simple, accessible and safe things we do to recovery our wellness.

Daily Plan - What I Look and Feel Like When I Am Well
The Daily Plan is Section 1 of WRAP®.
It helps us figure out what to do every day to stay as healthy as possible
The Daily Plan includes three parts
1. What I Look Like and Feel like when I am well.
2. Things I Need to Do every Day to stay well.
3. Things I might Choose to do to stay well.
Taking Personal Responsibility for Wellness

WRAP crisis planning & post crisis planning

- This is the only part of WRAP that is specifically intended to be shared with others.
- Crisis is defined by the individual: We can use this part of the planning process for any life issue and may include direction for our treatment of medical issues.
- It is always a plan that we choose: who supports us; what supports we want and do not want; how we are supported by others including medical professionals.
- These plans may inform an Advanced Director/PAD – which is a separate legal process defined by state laws and regulations.

Structure of the WRAP crisis plan (EBP)

Part 1: What I’m like when I’m feeling well.
Part 2: Signs I need my supporters step in
Part 3: Supporters
Part 4: Medications / supplements / health care
Part 5: Treatments and complementary therapies
Part 6: Home care / community care / respite
Part 7: Hospital or other treatment facilities
Part 8: Help from others
Part 9: Inactivating the plan
Structure of the WRAP Post-Crisis Plan (EBP)

- How I want to feel when the crisis is over
- What I look like when I'm out of the crisis and ready to use this plan
- Supporters
- Arriving at home (if you have been hospitalized or away from home)
- What did I learn through this crisis
- Revisiting my Daily Plan and other sections of my WRAP
- Timetable for resuming responsibilities.
- Other issues I may want to consider.

The implementation science of WRAP® facilitation programs

Randomized controlled trial research demonstrated

Overall positive outcomes symptoms and overall quality of life.


Significant decrease in service utilization and self reported need for services.


Increase in patient self-advocacy.


WRAP® Outcomes: WRAP recipients improved more than controls from baseline to 8-month follow-up on multiple outcomes

Increased:
- Hopefulness
- Quality of life
- Recovery
- Employment
- Self-advocacy

Reduced:
- Troublesome symptoms
- Like depression and anxiety
WRAP® Tested in This Study

- Lasted for 8 weeks
- Met for 2 and ½ hours every week
- Followed a highly standardized curriculum:

The Way WRAP Works

https://copelandcenter.com/resources/way-wrap-works

Essential Keys to Implementing

1. Support at least 2 Certified WRAP® Co-facilitators to organize a presentation or group.
2. Develop a WRAP® through a Co-facilitated peer group.
3. Use your plan as much as you can
4. Complete the five day Seminar II WRAP® Co-Facilitator training
5. Mentor with experienced and certified Advanced Level WRAP® Co-Facilitators
6. Organize a WRAP group where you can help others use WRAP. (work, organization, personal challenges, team building etc...)
Next Steps to building capacity for fidelity to WRAP® implementation

1. Seminar I Developing WRAP® Course: designed to facilitate people to develop their own personalize plan. Based on an 8 week 2.5 hour agenda that is co-facilitated by peers.

2. Seminar II WRAP® Co-Facilitator Certificate Program: designed for people who use WRAP®, to learn the values and ethics in co-facilitating WRAP® with their peers. Based on a 5 Day Agenda. Co-Facilitated by Copeland Center for Wellness and Recovery trained Advanced Level Facilitators.

3. Advanced Level WRAP® Co-Facilitation Certification course: designed for experienced WRAP® Facilitators to learn how to mentor peers in the values and ethic of Facilitating WRAP® (Exclusive Copeland Center Course held annually)

Being Connected and Wellness

We all experience times of isolation and loneliness, and in these times, there are ways to connect with others and ourselves.

There are many things we can do to take action on our own behalf and to create positive changes for ourselves.
Choosing Connection

There are seven sections in this guide we will explore together and share ideas and reflections:

1. What is Connection
2. Enjoying Alone Time
3. Connection with myself
4. Connection Tools
5. Daily Routine
6. Creating Structure
7. Supporter Qualities

Next Steps

- Expanded version beyond COVID-19
- Co-facilitation guide
- Complements WRAP peer support groups
- WRAP co-facilitator online training
- WRAP co-facilitator peer specialists online groups
- Grassroots peer support 1:1
- Providers share resources
- Workforce and team self-care

Education

For free educational articles and information, lists of resources and organizations and recovery stories go to:

www.MentalHealthRecovery.com
www.WRAPandRecoveryBooks.com
www.CopelandCenter.com

For WRAP resources you can purchase including books, workbooks, audio downloads, the WRAP App, CDs, DVDs and more.
More Information About WRAP & Other Recovery Topics

For WRAP and Other Wellness Resources
- AHP's www.wrapandrecoverybooks.com

For Training and Technical Assistance:
- Copeland Center for Wellness and Recovery http://copelandcenter.com
- Doors to Wellbeing http://www.doorslowellbeing.org/

Information about the WRAP study: http://www.cmhsrp.uic.edu/nrtc/wrap.asp
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Academy of Peer Services
Webinar
Key Concepts of Recovery

Questions?

Next in the Series...

Sharing Our Stories
– Becoming Champions for Talking About Tobacco

Key Concepts of Recovery

Thank you
The Copeland Center,
Advocates for Human
Potential,
NYS Office of Mental Health
and Today's Presenters

Academy of Peer Services
Webinar
Thank you for joining us today

On behalf of the Academy of Peer Services, we thank you for attending today’s webinar.

For questions related to today’s topic or ideas for upcoming sessions, send email to: academy.virtual.community@gmail.com

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