

Wellness Recovery Action Plan (WRAP)

Brief Description of Intervention:

Wellness Recovery Action Plan (WRAP) was historically developed through the collaborative efforts of Mary Ellen Copeland, PhD, and mental health consumers that created a system of strategies to recover and maintain wellness in their own daily lives. WRAP has transformed into a person-oriented, structured system that focuses on recovery and self-management skills to monitor and cope with uncomfortable, intrusive thoughts/feelings. WRAP focuses on improving one’s quality of life, and implements self-empowerment tools to achieve one’s life objectives/goals. WRAP is an individualized and fluid therapeutic process where the client is able to create their own Wellness Plan, and is empowered to take control of their own recovery process.

Anticipated Benefits for the Client [how this will address needs of beneficiary]:

WRAP is a self-designed plan used to increase personal responsibility of promoting and maintaining wellness and recovery in one’s life. WRAP is education and peer-focused, and is effective when working with clients with a variety of different mental health diagnoses. WRAP promotes the idea of self-help and self-management techniques throughout one’s wellness and recovery process, in conjunction with sharing dialogues with peers regarding their lived experiences. WRAP can improve one’s ability to identify their own triggers in respect to their mental health symptoms, and to develop tailored strategies in coping with these triggers. WRAP can also be beneficial by increasing the client’s interpersonal experience when sharing their mental health symptoms with others. WRAP can increase the client’s willingness to share their mental health symptoms with peers and with professionals which can then reinforce their natural support system long-term.

Who Can Use This Intervention?

	Physician	PA	NP	RN	RN with MH/MA	LVN or Psych Tech	L/R/W Psych	L/R/W LCSW/ASW, MFT/MFTI, LPCC/LPPCI	Trainee - post BA/BS and pre MA/MS/PhD	MHRS	Other, Unlicensed
WRAP	Y	Y	Y	N	N	N	Y	Y	Y	Y	Y

Pre-Requisite Training Needed Before Using This Intervention:

To become a Certified WRAP facilitator, attending an extensive training either through a WRAP-certified program or through the Copeland Center for Wellness and Recovery is required. To utilize any of the core components of the WRAP model, the following standards of practice are emphasized through the Copeland Center for Wellness and Recovery:

- Ability to facilitate and encourage a safe learning environment that promotes growth of the client
- Ability to openly share personal experiences in order to enhance and contribute to the growth process
- Ability to accept a client as they are in the present moment
- Ability to view their client as an equal who is valued
- Ability to present materials that are clear and easily understood by the client
- Ability to share examples of how WRAP interventions have positively impacted your own life as the provider
- Ability to encourage self-determination in supporting personal responsibility for positive changes.

Overview of Intervention:

WRAP is a model that develops a self-created plan to promote wellness and recovery in the client's life. WRAP increases personal responsibility for positive change where the provider facilitates an open dialogue to promote self-determined growth. The initial component of WRAP is to create a "Wellness Toolbox" of skills, resources, and strategies that a client can use during times of distress or dysregulation (i.e. support systems to contact, coping skills, relaxation exercises, positive life activities). The WRAP model then is structured into key sections that integrate WRAP's core components which include:

1. **Daily Maintenance Plan:** Description of the client; "Wellness Tools" to maintain a client's wellness; Developing a list of daily activities that the client must complete every day to ensure that the client is well.
2. **Triggers:** Identification of the client's potential triggers that would lead to deterioration. Then, using the client's "Wellness Tools", an action plan tailored to the client could be developed.
3. **Early Warning Signs:** Identification of subtle symptoms (i.e. feeling nervous, dysregulated sleeping/eating habits) that would warn of potential deterioration of the client's progress in maintaining wellness. Then, using the client's "Wellness Tools", an action plan tailored to the client could be developed.
4. **When Things are Breaking Down:** Clear identification of signs (i.e. psychotic symptoms) that the client's treatment is deteriorating. Then, using the client's "Wellness Tools", an action plan tailored to the client could be developed.
5. **Crisis Plan:** Identifies signs that alert other support person/s to take over responsibility for the client's care and decision making. This would include who was identified to support the client during the crisis, health care information of the client, an action plan for where the client should reside during the crisis, and other daily activities the support person could assume in order to care for the client during the crisis.
6. **Post-Crisis Plan:** An action plan to reduce the risk of experiencing a future crisis. This can be developed when the client may be in the beginning recovery stages of the crisis, or can be planned in advance before a crisis occurs.

Practice Guideline Established in Collaboration with:

- Copeland Center for Wellness and Recovery:
<https://copelandcenter.com/wellness-recovery-action-plan-wrap>
- Mental Health America (MHA):
<http://www.mentalhealthamerica.net/recovery-assistance-programs>
- WRAP Info Center (Advocates for Human Potential, Inc.-Mental Health Recovery):
<http://mentalhealthrecovery.com/info-center/>
- Article: "Experience of Wellness Recovery Action Planning in Self-Help and Mutual Support Groups for People with Lived Experience of Mental Health Difficulties"
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3556886/>
- My WRAP Plan-NAMI Austin
<http://namiaustin.org/wp-content/uploads/2014/09/Developing-a-WRAP-Plan.pdf>