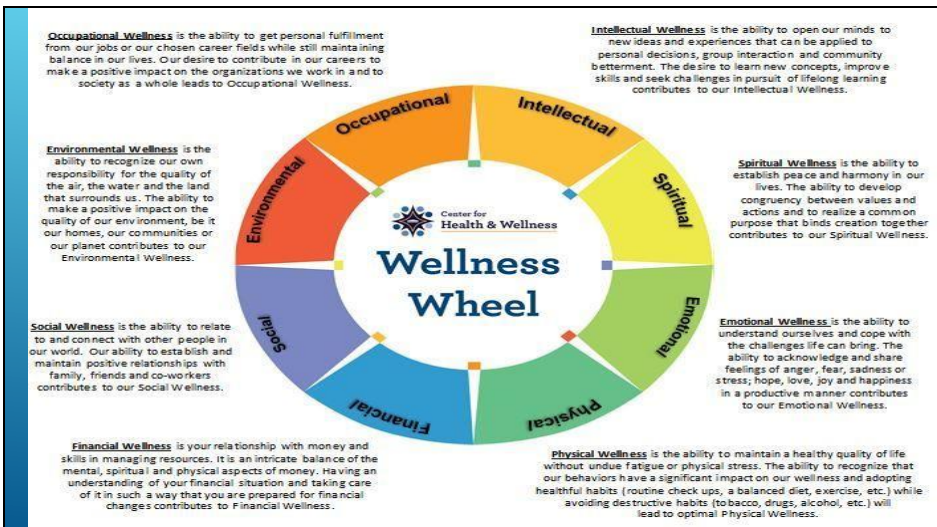


WELLNESS AND WRAP PLANS: A PRESENTATION FOR INCLUSA – FEBRUARY 2021

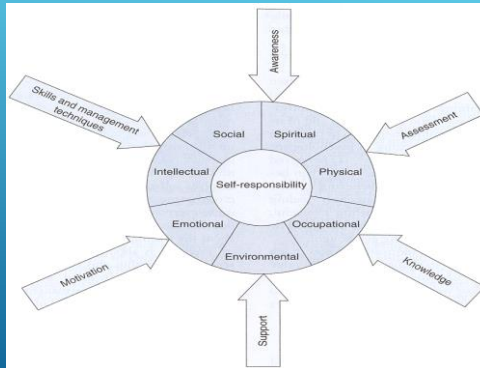
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SIX FACTORS THAT INFLUENCE WELLNESS

1. Awareness
2. Assessment
3. Knowledge
4. Skills and management techniques
5. Motivation
6. Support



WHAT IS WELLNESS RECOVERY ACTION PLANNING = WRAP?

- ▶ Developed by Mary Ellen Copeland.
- ▶ Based her research into wellbeing and recovery over 12 years with a large group of people who experienced long-term mental health problems.
- ▶ Widely used around the world.
- ▶ Considered an *exemplary practice* by the Center for Mental Health Services (SAMHSA: www.samhsa.gov).
- ▶ Now an *evidence-based practice*.
- ▶ Certification in WRAP group facilitation
- ▶ Believes heavily in writing

WRAP CLINICAL VALUES

- ▶ Collaboration, Person Centered and client driven.
- ▶ Facilitate resiliency, health, and wellness in the client's community of choice....a move away from managing symptoms
- ▶ Emphasis on holism, function, participation, and partnership, is used to help support people with mental illness to develop skills, engage in activities of interest, and meet individual recovery goals.

WRAP KEY CONCEPTS:

HOPE : What does hope mean to the client...how can it be increased?

PERSONAL RESPONSIBILITY: What does this mean to clients? "It's up to You!" Self reliance, honesty.

EDUCATION: "Learn all you can..." Learn boundaries, be aware of negative behaviors, accept the past, do new things, and self love.

SELF-ADVOCACY: Reach out to others and express needs, speak up, learn from failure, and explaining oneself.

WRAP INTERVENTIONS:

- ▶ Support the creation and use of a wellness recovery action plan.
- ▶ Teach/support the active use of coping strategies.
- ▶ Identify/implement healthy habits, rituals, and routines.
- ▶ Identify personal values, needs, and goals to enable informed decision making.
- ▶ Increase awareness of community-based resources.
- ▶ Encourage self-monitoring of health concerns, managing symptoms, and recognizing/responding to acute changes.
- ▶ Engage in long-term planning that leads to meeting personal recovery goals.

▶ Step One: Focus on a Current Behavior

- ▶ What do you want different now?
- ▶ What are you doing now that contributes to the problem (e.g. stress)?

▶ Step Two: Assess Current Actions

- ▶ Is what you are doing helping or working for you?
- ▶ Is what you are doing what you wish to be doing?
- ▶ What would you wish yourself to be doing differently?

▶ Step Three: Develop Action Steps

- ▶ On a scale of 1 to 10, with 10 meaning you have every confidence that this problem can be solved, and 1 meaning no confidence at all, where would you put yourself today?
- ▶ When the figure on the scale is improved by 1 point, what will be going on in your life that is not going on now? What would be a small step indicating to you that you are moving in this direction?
- ▶ On a scale of 1-10, how much confidence do you have that you can accomplish one of these small steps within the next week? Where would you need the number to be in order to move from thinking about change to acting on your commitment?

▶ **Step Four: Supporting the Plan**

- ▶ *What obstacles might arise to sabotage your best intentions?*
- ▶ *How might the courage needed to address this be applied to get you what you want? What other strengths might you need to tap into to address this?*
- ▶ *What are the dangers to initiating this plan right now? What will be the first indicators that you are ready to move forward?*

▶ **Step Five: Benefits and Consequences**

- ▶ *What are the benefits of this plan for you?*
- ▶ *Who would be in support of this plan for you and why?*
- ▶ *Are the consequences of not initiating this plan enough to overcome the discomfort, fear, and uncertainty of moving forward? If Not what would be?*

▶ **Step Six: Mission Statement**

- ▶ *All Plan are guided by a mission statement, What will yours be?*
- ▶ *What are the guiding principles to your plan? Who are the primary participants?*

WRAP - THE WELLNESS TOOLBOX

• **The Cornerstone of WRAP**

- Ever-expanding list of tools, actions, activities and behaviors used to develop an *action plan*.
- Individual starts with whatever wellness tools they have or do not have.

• **List of things you have done, or could do, to help yourself stay well (or things that make you feel good):**

Examples

- Exercise
- Call a warm line or a hot line
- Read
- Focusing Exercises - Guided Imagery
- Take medications, vitamins, minerals, herbal supplements
- Make a list of your accomplishments
- Listen to music
- Pray
- Repeat positive affirmations

WRAP – THE DAILY PLAN

• Three Main Areas:

- "What I look like on my best well day"
- Things I need to do every day to stay well"
- Things I might choose to do every day to add to wellness"

Responses to these questions result in a "Generic Daily Plan"

- 8 AM – wake up, make bed...eat breakfast
- 10 AM – call two supportive people
- 11 AM – 30 minutes of exercise...

"Creating Powerful Lungs and Rock Solid Fitness"

WTB #2 (addressing changes wanted in the areas of weight & asthma control)

HOPE	PERSONAL RESPONSIBILITY	EDUCATION	SELF-ADVOCACY	SUPPORT
*Inspirational TV programs about individuals that lost weight, kept it off and some that started related Businesses	*Keep a food journal *Address emotional eating by ID & getting support *No snacks after 8pm (except Thursdays-Grey's Anatomy Night) *Take daily peak flow meter readings	*Internet research on foods that provide my body fuel and benefit *Health Related Biblical Scripture	*Call Empire, AARP, AAA and see if they offer discounts to a local Gym *Reward System for Positive changes e.g. Movie Night	*Join Weight Watchers or a 12 step food related program, which would be more cost effective *Call a friend when I feel like binge eating
*Interview people I know that have lost weight	*Develop 1-3 Accountability Buddies	*Call Empire Ins. about programs available for individuals with Asthma	*Call 311 for local free or low cost health alternatives	*Start a neighborhood walking group

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STRESSORS – AKA “TRIGGERS”

- Trauma's or Mental Health Issues that come up that cause a change in “the plan”
- Examples of triggers: social inequality, relationships, HALT, authority figures, medical issues, pain, or withdrawal symptoms.
- Idea is to develop “Action Plans” to deal with triggers.
- Distraction skills, regulation skills, distress tolerance skills, assertiveness skills, spiritual skills, etc.
- Create Action Plan to address these triggers....

EARLY WARNING SIGNS:

- Develop plan to recognize triggers early....early internal and external signs that things are changing.....a wake up call.
- Isolation, abandonment, anger, urges to use, worthless feelings, or fear.

- Yet another plan is developed to recognize warning signs.
- Breath work, avoidance, meditation, find hope, and accepting feelings. Color or write, attend AA, or do something for someone else. Review daily plan!



BREAK DOWN

- Sometimes even the best plan doesn't work for everything....this is called Break Down. WRAP sets up a plan for this as well.
- Signs of Break Down:
Fighting, being violent, blaming others, self injuring, suicide thoughts, disconnect from your body, rage outbursts, or dishonesty.

- Action Plan for Break Down:
- Talk to 3 people a day (write down numbers), exercise, distract using the senses, self soothing, do something for others, or review daily plan.
- Break Down will end!
- Recognize signs of break down to prevent them.
- Don't make the situation worse!!!



CRISIS PLAN

- This is what I look like when I am well:
- If my behaviors worsen, this is what I want my supporters to do:
- When I am in crisis, this is what I want support persons to do to support me.
- People I DO NOT want involved in a crisis.
- Please do these things when in crisis
- Please DO NOT do these things when in crisis.
- What things need to be taken care of until well again?
- This is how to tell a crisis is over.



POST CRISIS PLAN

- This is what I look like when a crisis is over.
- This is how I want to feel after recovery from a crisis.
- What skills do I need to learn to prevent another crisis?
- What did I learn from this crisis?
- What changes to I want to make?
- Changes in WRAP plan.

Personalizing the WRAP

- Values, Beliefs, Spirituality
- Motivation
- Passions
- What is their reason for living?

- Examples:
 - Beloved pets
 - Artwork
 - Family
 - Friends
 - Others?



Empowering Interactions

Power Robbing Language	Empowering Language
You should	Can, could
You need	What have you considered?
You must	What are your options
You can't	What can you do?
No one can do that...	Up till now...
Problem	Challenge, situation, concern
But	And
It only works when...	What other ways might work for you?
The best way is...	Some choices are...
Your only option is...	Options to possibly consider are...
My advice to you is...	What has worked for you in the past?
You can't do that	Some things that worked for me are...

WELLNESS WHEEL ACTIVITY PDF
