

Developing a Wellness Recovery Action Plan

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History of WRAP

- ❖ Mary Ellen Copeland's story
- ❖ Copeland Center for Wellness & Recovery
- ❖ Transforming lives
- ❖ Transforming service delivery



WRAP for What?

- ❖ You can write a WRAP for anything!
- ❖ First you must decide what it is that you want to write your WRAP for
- ❖ Each part of your plan will be relevant to that particular thing that you are planning for



WRAP for What?

❖ Examples May Include:

✎ Mental and emotional well-being

✎ Living with a chronic health condition

✎ Nutritional health

✎ Staying drug and alcohol-free

✎ Having strong friendships or other relationships

✎ Staying on track at school or work



WRAP Concepts: Part One

- ❖ Wellness Toolbox
- ❖ Daily Maintenance
- ❖ Triggers/Action Plan



Wellness Toolbox

- ❖ Many, many things you can do to be well and stay well
- ❖ You can do these things any time, or never
- ❖ What goes in MY toolbox may or may not go in yours
- ❖ You can keep adding to the list as long as you'd like



Wellness Toolbox

- ❖ Some examples of MY wellness tools:
 - ✎ Exercise (walking, swimming & stretching)
 - ✎ Reaching out for support
 - ✎ Prayer
 - ✎ Water
 - ✎ Journaling



At My Best

- ❖ A “picture” of you at you best, in regard to the situation you are writing this WRAP for
- ❖ A clear description of you when things are really going well
- ❖ Gives you a goal, so you know what you are working toward



At My Best

❖ Some examples of ME at my best:

✎ Introverted

✎ Silly

✎ Curious



Daily Maintenance Plan

- ❖ Developed from tools in the wellness toolbox
- ❖ A distinct list of items you do EVERY DAY to keep you *AT MY BEST*
 - ✎ Start with 3-5 items; may increase over time
- ❖ These items are those which, if I do NOT do them, my wellness may be compromised
 - ✎ Ask yourself: “And if I don’t do this ...”



Daily Maintenance Plan

❖ Some examples of MY daily maintenance:

✎ Go to bed and get up at the same time every day

✎ Take meds and supplements

✎ Pray

✎ Talk with a supporter

✎ Walk



Triggers, and an Action Plan

- ❖ Events or circumstances that may compromise my wellness if I don't respond to them



Triggers

❖ Identify:

✎ “Events or circumstances” – this can be just about anything

✎ What are they for ME, in regard to the WRAP I am working on?



Triggers Action Plan

❖ Action planning is empowering

✎ “If I don’t respond to them” – this means that I CAN respond to them

✎ First I must develop an Action Plan!



Triggers and Action Plan

❖ Some examples of MY triggers:

✎ Family stress

✎ Work stress

✎ Being overtired

❖ Different action plan for different triggers

✎ Action plans are developed using tools in the wellness toolbox

✎ At least two action items for each trigger



Triggers and Action Plan

❖ Family stress:

✎ Talk to a supporter

✎ Take time away from family

❖ Work stress:

✎ Talk to a supporter

✎ Focus on what I CAN do

❖ Being overtired:

✎ Reduce activity level

✎ Make wellness a priority



Review of WRAP Concepts: Part One

- ❖ Wellness Toolbox + Daily Maintenance + Triggers/Action Plan = Living Well Every Day
- ❖ WRAP can be for anyone and anything
- ❖ WRAP is a lifestyle, not just a program



WRAP Concepts: Part Two

- ❖ Early Warning Signs/Action Plan
- ❖ Things Breaking Down/Action Plan
- ❖ Crisis Planning
- ❖ Post-Crisis Planning



Early Warning Signs, and an Action Plan

- ❖ Subtle signs of change, that only you notice, that indicate to that you may need to take some further action



Early Warning Signs & A.P.

❖ Identify:

- ✎ Sometimes referred to as “internal” because they are not obvious to other people
- ✎ You are the only one who is aware of them
- ✎ Thoughts, feelings or sensations

❖ Plan:

- ✎ Plan: When you take action at this stage, you can stop the ball from rolling down the hill!



Early Warning Signs & A.P.

❖ Key Feature in this Phase:

✎ Only you are aware

❖ Key Action in this Phase:

✎ Take Action Against Emotion



Early Warning Signs & A.P.

❖ An example of one of MY ews & ap:

✎ I don't want to buckle my seatbelt

✎ Action Plan:

- Take action against emotion: BUCKLE UP!

❖ Another example:

✎ I am having thoughts of suicide

✎ Action Plan:

- Write down all the reasons I have for living



When Things Are Breaking Down, and an Action Plan

- ❖ Sometimes referred to as “Things Are Getting Worse”
- ❖ In this stage, things are getting even worse, and other people are beginning to notice, but you are still able to take action on your own behalf



When Things Are Breaking Down

❖ Identify:

✎ These signs are obvious to other people

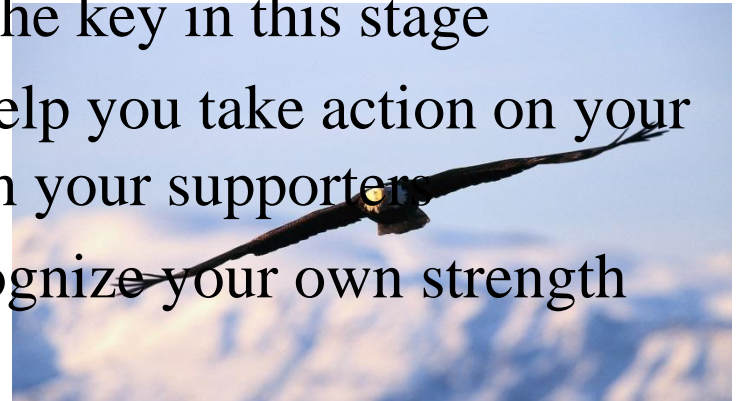
✎ Sharing with others what the signs might be helps them to be good supporters

❖ Plan:

✎ Support that is empowering is the key in this stage

✎ Identify action steps that will help you take action on your own behalf and share these with your supporters

✎ Taking action helps you to recognize your own strength and resiliency



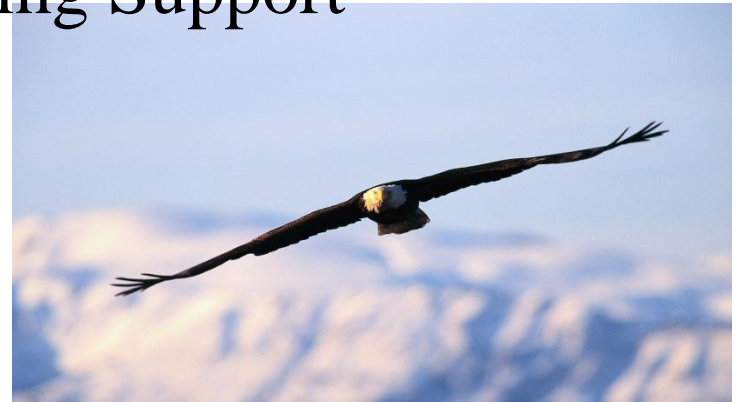
When Things Are Breaking Down, and an Action Plan

❖ Key Feature in this Phase:

✎ Someone else can observe it, but you can still take action on your own behalf

❖ Key Action in this Phase:

✎ Involvement of Empowering Support



When Things Are Breaking Down

❖ An example of one of my TBD signs:

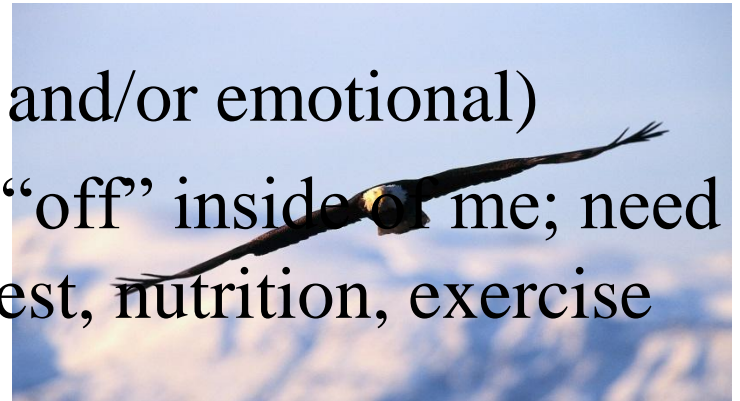
✎ Self-harm

✎ Action Plan: talk to a supporter; go to a safe place; don't be alone

❖ Another example:

✎ Overly sensitive (physical and/or emotional)

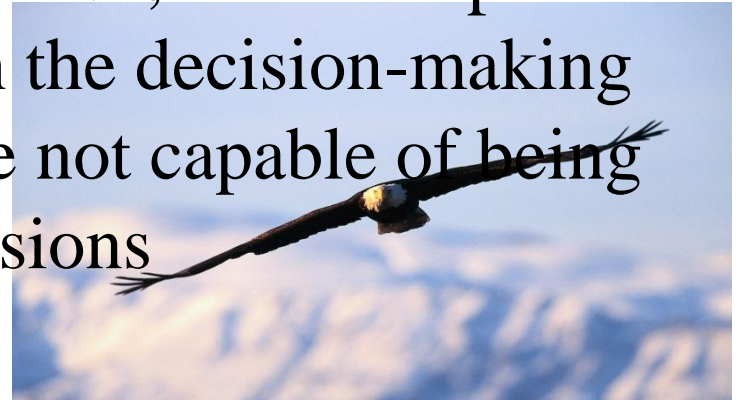
✎ Action Plan: something is “off” inside of me; need to return to basics: water, rest, nutrition, exercise



Crisis Planning

❖ A crisis is defined as a situation in which you can no longer take care of yourself, and others will need to take over responsibility for your care

✎ Much like an advance directive, the crisis plan allows you to participate in the decision-making process, even when you are not capable of being the person making the decisions



Crisis Planning

- ❖ You write the crisis plan when you are well
- ❖ To instruct others about how to care for you when you are not well
 - ✎ Similar to an advance directive, but not a legal document
 - ✎ Allows you to participate in the decision-making process, even when you are not capable of being the person making the decisions



Crisis Planning

- ❖ Whereas the other parts of the WRAP are developed for your own use, this part of the WRAP is being developed for others to use, so you have to be very clear when you are writing it



Crisis Planning

❖ Identify:

✎ Examples of what you may need to identify:

- What you are like when you are well
- What the signs of a crisis may be

❖ Plan:

✎ Specific plans for your supporters to follow:

- Who to call (and who not to call)
- Where to seek help
- How they will know to discontinue the plan



Crisis Planning

❖ Key Feature in this Phase:

✎ Someone will have to take over

❖ Key Action in this Phase:

✎ Plan ahead so your supporters will know what to do that is helpful and according to your wishes



Crisis Planning

❖ Examples of signs of a crisis for ME:

✎ Self-destructive, abusive or violent behavior

✎ Refusing to eat

✎ Uncontrollable pacing, unable to stay still



Post-Crisis Planning

❖ Planning for life after a crisis is the first step to ensuring successful recovery

✎ Identify:

- What will make your life more manageable after the crisis has passed?

✎ Plan:

- What steps can you take to get yourself slowly on the road to recovery?



Post-Crisis Planning

❖ Key Feature in this Phase:

✎ You are now ready to be in control of your own life again

❖ Key Action in this Phase:

✎ Plan small steps on the road to recovery, to help your transition back to wellness



Post-Crisis Planning

❖ Examples from MY post-crisis plan:

✎ Work part-time, transition to full-time

✎ More frequent contact with my supporters,
transition to less over time

✎ Thank those who helped in the crisis

✎ Apologize to anyone who I harmed in the crisis



WRAP is a Lifestyle

❖ Writing a WRAP plan is more than a one-time occurrence

✎ The WRAP plan itself is a dynamic document

✎ Ever-changing to fit your personal needs and experiences

❖ A WRAP Lifestyle is living each day with

✎ A sense of hope, personal responsibility and self-awareness,

✎ A willingness to seek out support when needed



WRAP is a Lifestyle

❖ WRAP is always based on personal choice

✎ The pursuit of good information in order to make good choices

✎ Being able to communicate effectively in order to reach your goals

❖ WRAP is a spiritual process

✎ Daily of pursuit purpose



For More Information

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