



Age + Action

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Finding Your Wellness Your Way: A Statewide Initiative for Mental Health Self-Management

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TODAY'S AGENDA

- Learn about WRAP & the evidence base that establishes it as an ACL CDSME program
- Hear about the statewide initiative & partners contributing to its success
- Discover the components of WRAP & how they work
- Learn how to bring WRAP to your state or local area
- Consider additional options for encouraging peer support for mental wellness at your program

WELLNESS RECOVERY ACTION PLAN (WRAP®)

YOUR WELLNESS – YOUR WAY

WRAP is a program that anyone can use to get well, stay well, & make life the way they want it to be. It helps people to:

- Identify safe, simple tools to support healthier and happier aging
- Discover and reduce everyday stressors
- Build on personal strengths and interests
- Feel more hopeful, confident, & engaged in healthcare decisions

WRAP IS AN EVIDENCE-BASED WELLNESS SELF-MANAGEMENT PROGRAM

- Wellness encompasses both physical & mental health
- Research shows that WRAP reduces psychiatric symptoms (anxiety & depression), enhances hopefulness, increases empowerment, improves quality of life, increases self-advocacy, & lowers formal service utilization*

*(Cook et al., 2012a, 2012b, 2013; Jonikas et al., 2013)

WRAP FACILITATOR TRAINING

- WRAP is co-taught by 2 peers (defined as people actively using their own WRAP). Many certified facilitators have lived experience of mental health disorders
- To become certified, people participate in 1st class to develop their own WRAP and use it for 3-6 months. At 2nd class, they learn how to teach WRAP, followed by observation of teaching & ongoing feedback from experienced facilitators
- Additional information on required training:
<https://d2mkcg26uvg1cz.cloudfront.net/wp-content/uploads/Title-IIID-Highest-Tier-EBPs-January-2019.pdf>

WRAP LOGISTICS

- Class scheduling is flexible
- Our project uses 3 five-hour sessions (other options are weekly sessions held over 8-12 weeks)
- Fidelity is measured using a checklist for content & instructional modalities

GROUPS USING WRAP SUCCESSFULLY

- Veterans & their Families
- Older Adults
- High School Students
- People with Developmental Disabilities
- Children
- People with Chronic Medical Conditions (arthritis, diabetes, Hepatitis C, HIV)
- People with Serious Mental Illness

STATEWIDE INITIATIVE PARTNERS

- UIC Center on MH Services Research & Policy
- IL Department on Aging
- IL Department of Human Services, Division of Mental Health
- Copeland Center for Wellness & Recovery
- IL Area Agencies on Aging
- IL Pathways to Health
- IL WRAP Steering Committee
- IL Coalition on Mental Health & Aging
- Advocates for Human Potential

COMPONENTS OF WRAP



<https://mentalhealthrecovery.com/wrap-is/>

CREATING A WRAP PLAN

- Each person's WRAP will be unique and revised on an ongoing basis
- Developing a WRAP can be a highly creative process
- It includes much more than filling out forms and making lists

(Berg, 2017)

WRAP COMPONENTS

- Wellness Toolbox
- Daily Maintenance Plan
- Triggers & Action Plan
- Early Warning Signs & Action Plan
- Recognizing When Things Are Getting Worse & Action Plan
- Crisis Plan
- Post-Crisis Plan

WELLNESS TOOLBOX

- People identify things they've done in the past to help them stay well & become well
- They hear about other group members' wellness tools which can increase their own repertoire
- Emphasis is on tools that are simple, safe & free or low-cost (take a walk, call a friend, listen to music)

DAILY MAINTENANCE PLAN

- Participants describe themselves when they are feeling well
- They identify what they need to do every day to keep themselves feeling well
- They make an intentional choice to do these things
- Reading through this list daily helps the person stay on track

STRESSORS

- Stressors are external events or circumstances that may make a person feel very uncomfortable
- Participants identify these things in their own lives
- They develop a plan of how to avoid triggers & what to do if they occur

EARLY WARNING SIGNS

- Early Warning Signs are internal & not necessarily tied to stressors or stressful situations
- They are subtle signs that indicate a person may need to take further action
- Participants are asked to identify any early warning signs they've experienced
- Then they develop a plan to deal with early warning signs

WHEN THINGS ARE GETTING WORSE

- In spite of their best efforts, people may notice that their very uncomfortable feelings are worsening
- They identify how to tell when they are nearing the crisis stage
- They learn that there is still time to act & do things to avoid a full-blown crisis
- They develop a plan for when this occurs that is very directive with fewer choices & very clear instructions

CRISIS PLAN

- People identify behaviors that indicate to their supporters the need to take full responsibility for their care & make decisions on their behalf
- They specify what they would like to have happen & what kind of help they would like or not like, & from whom
- They identify signs that indicate the plan no longer needs to be followed
- The plan is signed by the participant and their supporters

POST-CRISIS PLAN

- People learn to give themselves time when they are healing from a crisis, whether medical or emotional
- They develop a schedule for resuming responsibilities that supports their wellness & promotes a fuller recovery
- Completion of the post-crisis plan is the last step in developing their WRAP, so they celebrate their achievements in a graduation ceremony

HOW HAVE OLDER ADULTS RECEIVED WRAP?

- Members of Illinois community-based senior centers, residents of public housing, & faith communities have been enthusiastic participants
- Results on the ACL mandated evaluation have averaged between 8-9 on a 10-point scale asking whether ppl feel better able to manage their care after completing WRAP
- Effective across different demographic groups

HOW HAVE OLDER ADULTS RECEIVED WRAP? (CONTINUED)

- Participants express a sense of relief about having a safe place to talk openly about physical and mental health
- Based on WRAP's interactive nature and subject matter, participants remain more actively engaged than they anticipated given the time frame
- People like the idea of engaging in goal setting & having structure in retirement

HOW HAVE OLDER ADULTS RECEIVED WRAP? (CONTINUED)

- People find WRAP helpful in dealing with common challenges of aging, including:
 - Experiencing loss, loneliness & worry
 - Knowing how to talk with the doctor
 - Coping with not being able to do as much as they used to
- Participants & host organizations report a stronger sense of community emerging among class cohorts

COMMENTS BY OLDER ADULT WRAP PARTICIPANTS

“Seniors need this class. I didn't realize I needed a safe place to share what's getting in the way of my wellness and happiness.”

“WRAP teachers didn't talk above us or at us. They were right there with us. They helped everyone see that we already know what to do. We just needed a gentle push to move forward.”

“This class was good for me. It's good to talk about things that will improve my wellness and life.”

INTERESTED IN OFFERING WRAP?

- Contact the Copeland Center for Wellness & Recovery to learn where WRAP is taught in your local area <https://copelandcenter.com/>
- The WRAP manual is available from Advocates for Human Potential <http://www.ahpnet.com/Products-Services#Wellness-Recovery-Action-Plan>
- The Copeland Center also can direct you to trained & certified WRAP facilitators in your state
- Reach out to your local, county or state mental health authority & ask whether they offer WRAP & how to access it

OTHER THINGS YOU CAN DO TO ENCOURAGE PEER SUPPORT FOR WELLNESS

- Encourage types of interaction that minimize a sense of isolation
- Help people find support through social exchange & reciprocity
- Create opportunities for people to share strategies for successfully coping with day-to-day challenges
- Help people learn from shared experiences of resiliency & thriving

(Naslund et al., 2014)

ADDITIONAL OPTION ~ PEER LED WELLNESS ACTIVITIES

This peer-led group meets weekly for one hour. The group leader manual contains 11 lessons focused on physical, emotional & intellectual wellness:

- Gratitude journaling
- Healthy food choices
- Yoga
- Intellectual wellness
- Habits and routines
- Mindfulness

- Sleep for wellness
- Healthy food choices
- Leisure planning
- Tips for eating well
- Relaxation techniques

Available at <https://www.center4healthandsdc.org/wellness-activities.html>
along with training webinar & podcast

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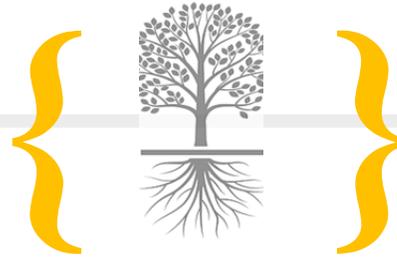
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