

WRAP



Wellness Recovery Action Plan

A self management tool used by you to enable you to take more control over your own wellbeing and recovery.

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What is WRAP?



WRAP is something we can refer to daily as a reference to turn to - especially in times of difficulty.

It's a tool for learning more about ourselves and the things that help us recover and stay well.

It's something that we can create over many months.

It's a living document - ever changing.

What is in a WRAP?



Wellness Toolbox

Wellness tools are things you do to keep yourself well, and the things you do to help yourself feel better when you are not feeling well.

Daily Maintenance List



Comes in three sections:

1. How you feel when you feel well – eg. Bright outgoing, withdrawn, content.
2. Things you need to do for yourself every day to keep well – eg get up at 7am on weekdays so I can get to work on time, exercise for half an hour, relax for at least 20 mins.
3. Reminder List for things you might choose or need to do on any day – eg; pay bills, spending time with a good friend, shopping, keeping appointments.

Triggers & Action Plan

Triggers are external events that may make you feel like you are getting ill – eg problems at work, benefits being questioned, feeling left out, aggressive sounding noises.



Here you will write a list of triggers unique to you that you may have experienced in the past, followed by an action plan to counteract those feelings created by the trigger eg. Do everything on your daily maintenance list, get one thing done that you know you can do, talk to someone, do some deep breathing.

Early Warning Signs & Action Plan

These are internal signs that tell you that you may need to take some action eg not sleeping, lacking motivation, anxiety or nervousness and then follow that up with a plan to counteract, eg do your daily maintenance plan, tell someone how you are feeling, peer support.



When things are breaking down & Action Plan

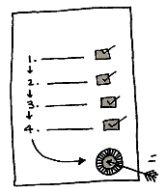
This is when you are beginning to feel even worse but are still in control. It's an important time to take immediate action to prevent a crisis. Eg losing track of what you're doing, feeling very oversensitive, irrational responses to others, sleeping all the time.



Then once again, following this up with an action plan but this time it needs to be clear and directive, with many things you 'must' do and with fewer choices. Eg call the doctor, talk to a supporter, arrange for someone to stay with you.

Crisis Planning

You write this crisis plan while you are well. This plan will tell others about how to care for you when you are not well. It keeps you in control, even when it seems like things are out of control.



Post Crisis Plan

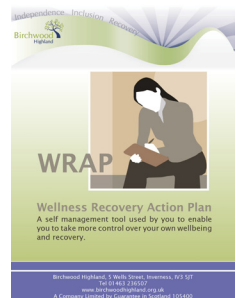


The time when you are recovering from a crisis can be very important. Although you feel ready to begin taking care of yourself again, you may still be dealing with difficult symptoms, as well as the aftermath of the crisis.

Who is WRAP for?

Anyone with an interest in planning and managing their wellbeing - even if they have never experienced mental illness.

It was first developed in America by Mary Ellen Copeland who suffered from mental ill health. Mary Ellen discovered during her own recovery that there was a lack of resources and with a working group, developed WRAP.



WRAP is based on 5 key concepts:

HOPE

There is much to hope for - you can work toward and meet your goals, you can lead a happy and productive life, you can get well and stay well for long periods of time.

PERSONAL RESPONSIBILITY

You are the expert on yourself, you know what you want and need, it is up to you to take personal responsibility for your own wellness and your own life.

EDUCATION

Learn all you can about yourself so you can make good decisions about all aspects of your life, lifestyle, career, living space, relationships. You can educate yourself through training, talking to others who have had similar experiences,

considering all perspectives and deciding which ones feel right to you.

SELF ADVOCACY

Become a strong advocate for yourself, believe in yourself, set personal goals and work towards meeting them.

SUPPORT

Developing a support system will help you feel better and improve your life. Someone to talk to, companionship, to have a good time, help work things out and make decisions, someone to take over for you and keep you safe when you can't take care of yourself.

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Would you like to find out more about WRAP?

Think and reflect on the following:

- ▶ You are the only person who can choose to create your own WRAP.
- ▶ Developing your WRAP takes a lot of time.
- ▶ Creating your WRAP can be a challenging process.
- ▶ Learning about and developing your WRAP is best done in a small group setting or on a one-to-one with someone you trust.
- ▶ For more information please speak to your Support Worker and they will set up a meeting with one of Birchwood Highland's facilitators.

Birchwood Highland Housing Support Teams

Inverness Team

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Team Leader: Trevor Walker.

Lochaber Team

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Tel 01397 700 944
Manager: Shona MacGillivray
Team Leader: Johnan Cameron.

Birchwood Highland Recovery Centre

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Manager: Annabel Mowat
Teamleaders: Sue Stone and Angela Wilkinson.



Independence
Inclusion
Recovery



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