

My WRAP Plan

Personal Information

This Wellness Recovery Action Plan belongs to:

Name

Address

Postcode Tel Mob

Email

Special Instructions

.....

.....

.....

.....

What is WRAP?

WRAP stands for Wellness Recovery Action Plan

WRAP is a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives. WRAP is designed to:

- Decrease and prevent intrusive or troubling feelings and behaviours
- Increase personal empowerment
- Improve quality of life
- Assist people in achieving their own life goals and dreams

WRAP is a structured system to monitor uncomfortable and distressing symptoms that can help you reduce, modify or eliminate those symptoms by using planned responses. This includes plans for how you want others to respond when symptoms have made it impossible for you to continue to make decisions, take care of yourself or stay safe.

People who are using WRAP say:

- "It helps me feel prepared."
- "I feel better more often and I'm able to improve the overall quality of my life."

The person who experiences symptoms is the one who develops their personal WRAP. The person may choose to have supporters and health care professionals help them create their WRAP.

The **WRAP** system was developed by people who have been dealing with a variety of psychiatric symptoms for many years and who are working hard to feel better and get on with their lives. Mary Ellen Copeland has shared it with people with other illnesses and they too believe that it can be easily adapted for use with other conditions.

Reprinted from www.copelandcenter.com

WRAP: The Wellness Recovery Action Plan

By Mary Ellen Copeland PhD

WRAP is a self-designed plan for staying well and for helping you to feel better when you are not feeling well to increase personal responsibility and improving your quality of life.

The first part of WRAP is developing a personal Wellness Toolbox. This is a list of resources you can use to develop your WRAP. It includes things like contacting friends and supporters, peer counselling, focussing exercises, relaxation and stress reduction exercises, journaling, creative, fun and affirming activity, exercise, diet, light and getting a good night's sleep.

Section 1 of WRAP is the **Daily Maintenance Plan**. It includes a description of yourself when you are well, those Wellness Tools you know you must use every day to maintain your wellness and a list of things you might need on any day.

Section 2 is identifying those events or **Triggers** that, if they happened, might make you feel worse, like an argument with a friend or getting a big bill. Then, using your Wellness Tools, you develop an action plan you can use to get through this difficult time.

Section 3 is identifying **Early Warning Signs**, those subtle signs that let you know you are beginning to feel worse, like being unable to sleep or feelings of nervousness. Then again using your Wellness Toolbox, developing an action plan for responding to these signs, you feel better quickly and prevent a possible difficult time.

Section 4 is **When Things are Breaking Down**. In this section you list those signs that let you know you are feeling much worse, you may be feeling very sad all the time or are hearing voices. And again, using your Wellness Toolbox, develop a powerful action plan that will help you feel better as quickly as possible and prevent an even more difficult time.

Section 5 is a **Crisis Plan** or **Advance Directive** where you identify those signs that let others know they need to take over responsibility for your care and decision making, who you want to take over for you and support you through this time, health care information, a plan for staying at home through this time, things others can do that would help and things they might choose to do that would not be helpful. This kind of pro-active advanced planning keeps you in control even when it seems like things are out of control.

Section 6 is the **Post Crisis Plan**. You may want to think about this part of the plan in advance and even write some things to do in that time. However you may want to write most of it as you are beginning to recover from the crisis – when you have a clearer picture of what you need to do for yourself to get well.

Review your plans every day, noting how you feel and doing what you need to do to help yourself feel better or keep yourself well. As you become familiar with your plan, you will find that the review process takes less time and that you will know how to respond without even referring to the book. People who are using these plans regularly and updating them as necessary are finding that have fewer difficult times, and that when they do have a hard time it is not as bad as it used to be and it doesn't last as long.

The WRAP approach empowers you to take control of your own health and wellness. Since its development the system has been shared with thousands of people through the books – **Wellness Recovery Action Plan** and **Winning Against Relapse** – the **Winning Against Relapse** audio tape, the **Creating Wellness** video series, numerous support groups, workshops and seminars, and through the www.mentalhealthrecovery.com website.

Copeland Center for Wellness and Recovery

PO Box 6464 – Chandler, Arizona 85246

Email: info@copelandcenter.com

www.copelandcenter.com

www.mentalhealthrecovery.com

How to Use the WRAP Programme

*Reprinted from **Wellness Recovery Action Plan***

By Mary Ellen Copeland PhD

Published by Peach Press 1995-2005

In order to use this programme successfully, you have to be willing to spend up to 15 or 20 minutes daily reviewing the pages, and be willing to take action if indicated. Most people report that morning, either before or after breakfast, is the best time to review the book. As you become familiar with your symptoms and plans, you will find that the review process takes less time and that you will know how to respond to certain symptoms without even referring to the book.

Begin with the first page in Section 1, Daily Maintenance Plan. Review the list of how you are if you are all right. If you are all right, do the things on your list of things you need to do every day to keep yourself well. Also refer to the page of things you may need to do to see if anything 'rings a bell' with you. If it does, make a note to yourself to include it in your day.

If you are not feeling all right, review the other sections to see where the symptoms you are experiencing fit in. Then follow the action plan you have designed.

For instance, if you feel very anxious because you got a big bill in the mail or had an argument with your spouse, follow the plan in the triggers section. If you noticed some early warning signs (subtle signs that your symptoms might be worsening) like forgetting things or avoiding answering the phone, follow the plan you designed for the early warning signs section. If you notice symptoms that indicate things are breaking down, like you are starting to spend excessive amounts of money, chain smoking or have more intense pain, follow the plan you developed for 'when things are breaking down'.

If you are in crisis situation, the book will help you discover that, so you can let your supporters know that they need to take over. However, in certain crisis situations, you may not be aware or willing to admit that you are in crisis. This is why having a strong team of supporters is so important. They will observe the symptoms you have reported and take over responsibility for your care, whether or not you are willing to admit you are in a crisis at that time. Distributing your crisis plan to your supporters and discussing it with them is absolutely essential to your safety and wellbeing.

If you have just been through a crisis, refer to your post-crisis plan to guide you as you heal from this difficult time. When you feel you are ready, you can return to using the other parts of your Wellness Recovery Action Plan as you did before the crisis.

Building My Daily Maintenance Lists

You may have discovered certain things you need to do every day to maintain your wellness. This plan helps you recognise those things which you need to do to remain health, and then plan your days accordingly. When you are starting to feel out of sorts, you can often trace it back to not doing something on your Daily Maintenance List.

This is how I am when I am feeling good (or how I'd like to be when I'm feeling well):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

These are the things I know I need to do for myself **EVERY DAY** to make sure I stay well:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

These are the things I need to do **WEEKLY** to make sure I stay well:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Building My Daily Maintenance Lists

These are the things I need to do **MONTHLY** to make sure I stay well:

<hr/>	<hr/>

These are the things I need to do **PERIODICALLY** to make sure I stay well:

<hr/>	<hr/>

I can do these **special little things** for myself when I need to feel better:

<hr/>	<hr/>

Looking for My Early Warning Signs

Some of the subtle thoughts, feelings, sensations and behaviours that you tend to experience when you are first starting to have a problem. These may or may not be related to any specific situation. Be sure to ask your friends, family or professionals for early warning signs they have noticed.

This is a list of my **early warning signs**:

<hr/>	<hr/>

Action Plan - Be sure to make good use of your wellness toolbox. You may also look at cutting back on some of the non-essential things you are doing.

These are the things I **MUST** do:

<hr/>	<hr/>

These are the things I **COULD** choose to do if they feel right to me:

<hr/>	<hr/>

When Things are Breaking Down or Getting Worse

You may be beginning to feel even worse – very uncomfortable, like the situation is serious – and even dangerous – **but you are still able to take some action on your own behalf.** This is a very important time. It is necessary to take immediate, assertive action to prevent a crisis.

Symptoms that, for me, mean that things have **got worse** and are close to the crisis stage:

<hr/>	<hr/>

Action Plan - If the previous symptoms come up, I will need to do **ALL** of the following things:

<hr/>	<hr/>

These are things that might **also help**:

<hr/>	<hr/>

My Crisis Plan

In spite of your best planning and assertive action, you may find yourself in a crisis situation where others will need to take over responsibility for your care. You may feel as though you are totally out of control. Your crisis plan will instruct 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. Others will know what to do, saving everyone time and frustration, while ensuring that your needs will be met.

Part 1

This is what I'm like when I'm **feeling well** (from Daily Maintenance List):

<hr/>	<hr/>

Part 2

My Symptoms

These are the **symptoms** or **behaviours** that indicate to others that I need them to take over responsibility for my care and make decisions on my behalf:

<hr/>	<hr/>

My Crisis Plan: Part 3

Supporters - People to Take Over

I would like the following people to take over for me when the symptoms or behaviours listed on the previous page become obvious:

Person's Name	Connection, role or relationship to me	Phone Number

If there are disputes between my supporters, the following is how I would like the situation handled:

People I Don't Want Involved

I would like for the following health care providers, family members or friends **NOT TO BE INVOLVED IN ANY WAY** in my care or treatment:

Person's Name	Connection, role or relationship to me	Reason for no involvement

My Crisis Plan: Part 4

Medications

These are the medications that I am **currently** taking:

Name of Medication	Dosage	What I Take This Medication For

These are the medications that I would **prefer** to take if medications or additional medications become necessary:

Name of Medication	Dosage	What I Take This Medication For

These are the medications that **must be avoided**:

Name of Medication	Dosage	Why I Want to Avoid This Medication

My Crisis Plan: Part 5

Treatments

These treatments may help **reduce** my symptoms:

Treatments That May Help Me	When These Treatments Should Be Used

These are treatments I want to **avoid**:

Treatments to Avoid	Why These Treatments Should Be Avoided

Part 6 - *Staying in the Community*

This is my plan so that I can stay at home or in the community and still get the care that I need:

Service or Help That I Would Like	By Whom	Other Details

My Crisis Plan: Part 7 - *Treatment Facilities*

These are the facilities that I **prefer** to be treated or hospitalised at if that becomes necessary:

Name of Facility	Location	Other Details

These are the treatments that I want to **avoid**:

Name of Facility	Location	Other Details

Part 8

Things Others Can Do for Me

These are the things that **other people can do for** me that would help reduce my symptoms and make me more comfortable:

_____	_____
_____	_____
_____	_____
_____	_____

These are the **other tasks** that I need others to do for me:

What I Need Done	Who I'd Like to Do It

My Crisis Plan: Part 8 (continued)

Things That Wouldn't Help

These are things that others **might** do, or have done in the past, that would **NOT** help. They might even worsen my symptoms.

<hr/>	<hr/>

Part 9 - *Inactivating the Plan*

These are a description of my symptoms, lack of symptoms or actions that indicate my supporters no longer need to use this plan:

<hr/>	<hr/>

Part 10 - *If I am in Danger*

If my behaviour endangers me or others, I want my supporter/s to do the following:

<hr/>

Post Crisis Planning

The Post Crisis Plan is different from other parts of your WRAP plan in that it is constantly changing as you heal. It is hoped that two weeks after the crisis you will be feeling much better than you did after one week, and therefore, your daily activities would be different. After you feel you are no longer in the post crisis time, you could go back to using your Daily Maintenance Plan and other parts of your WRAP.

Returning After a Crisis

1. I will know that I am 'out of crisis' and **ready to use** this post crisis plan when I:

2. How I would like to feel when I have recovered from this crisis

(You may want to refer to the first section of your WRAP: What I am Like When I am Well. This may be different from what you feel like when you are well – your perspective may have changed in the crisis):

Post Crisis Planning

Post Recovery Support List

I would like the following people to support me if possible during this post crisis time:

Person's Name	Phone Number	What I Need Them to Do

If I am being discharged from a treatment facility, do I have a place to go that is safe and comfortable?

Yes No

If no, these are the things that **I need to do** to insure that I have a safe and comfortable place to go:

If I have been hospitalised, my first few hours at home are very important. Will I feel **safe and be safe** at home?

Yes No

If my answer is no, this is what I **need to do** to ensure that I will feel and be safe at home:

I would like _____ or _____
to take me home.

I would like _____ or _____
to stay with me.

When I get home, I would like to _____
or _____

If the following things were in place, it would **ease my return** home:

These are the things I must take care of **as soon as I can**:

These are the things **I can ask someone else** to do for me:

These are the things that **can wait** until I feel better:

These are the things I **need** to do for myself every day while I am recovering from a crisis:

These are the things I **might** need to do every day while I am recovering from this crisis:

These are the things and people I need to avoid while I am recovering from crisis:

These are signs that I may be beginning to feel worse (examples include *anxiety, excessive worry, overeating, sleep disturbances etc*)

These are the wellness tools I will use if I am starting to feel worse (put a star beside those you *must* do, the others are choices)

These are the things I need to do to prevent further repercussions from this crisis – and when I will do these things:

Things I need to do	When I will do these things

These are the people I need to thank:

Person	When I will thank them	How I will thank them

These are the people I need to apologise to:

Person	When I will apologise	How I will apologise

These are the people who I need to make amends to:

Person	When I will make amends	How I will make amends

Medical, legal or financial issues that need to be resolved:

Issue	How I plan to resolve this issue

These are the things I need to do to prevent further loss (examples include *cancelling credit cards, getting official leave from work, cutting ties with destructive friends etc*):

These are signs that this post crisis is over and I can return to using my Daily Maintenance Plan as my guide to things to do for myself every day:

These are changes to my earlier WRAP plan (Daily Maintenance, Triggers, Early Warning Signs, When Things are Breaking Down) that might help prevent such a crisis in the future:

These are the changes in my crisis plan that might ease my recovery:

These are changes I want to make in my lifestyle or life goals:

This is what I learned from the crisis:

These are the changes I want or need to make in my life as a result of what I have learned:

If I want or need to make changes, this is when and how I will make these changes:

When will I make changes	How will I make changes

Post Crisis Planning

Resuming Responsibilities

It is important to develop plans for resuming responsibilities that others may have had to take over or that did not get done while you were having a hard time

Responsibility:

Who has been doing this for me?

While I am resuming this responsibility, I need to: *(eg to do everything on my Daily Maintenance Plan, ask my partner to continue doing household tasks etc)*

Responsibility:

Who has been doing this for me?

While I am resuming this responsibility, I need to: *(eg to do everything on my Daily Maintenance Plan, ask my partner to continue doing household tasks etc)*
