



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

WRAP[®]: An approach to person-led crisis and post crisis planning

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with host

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May 13, 2020

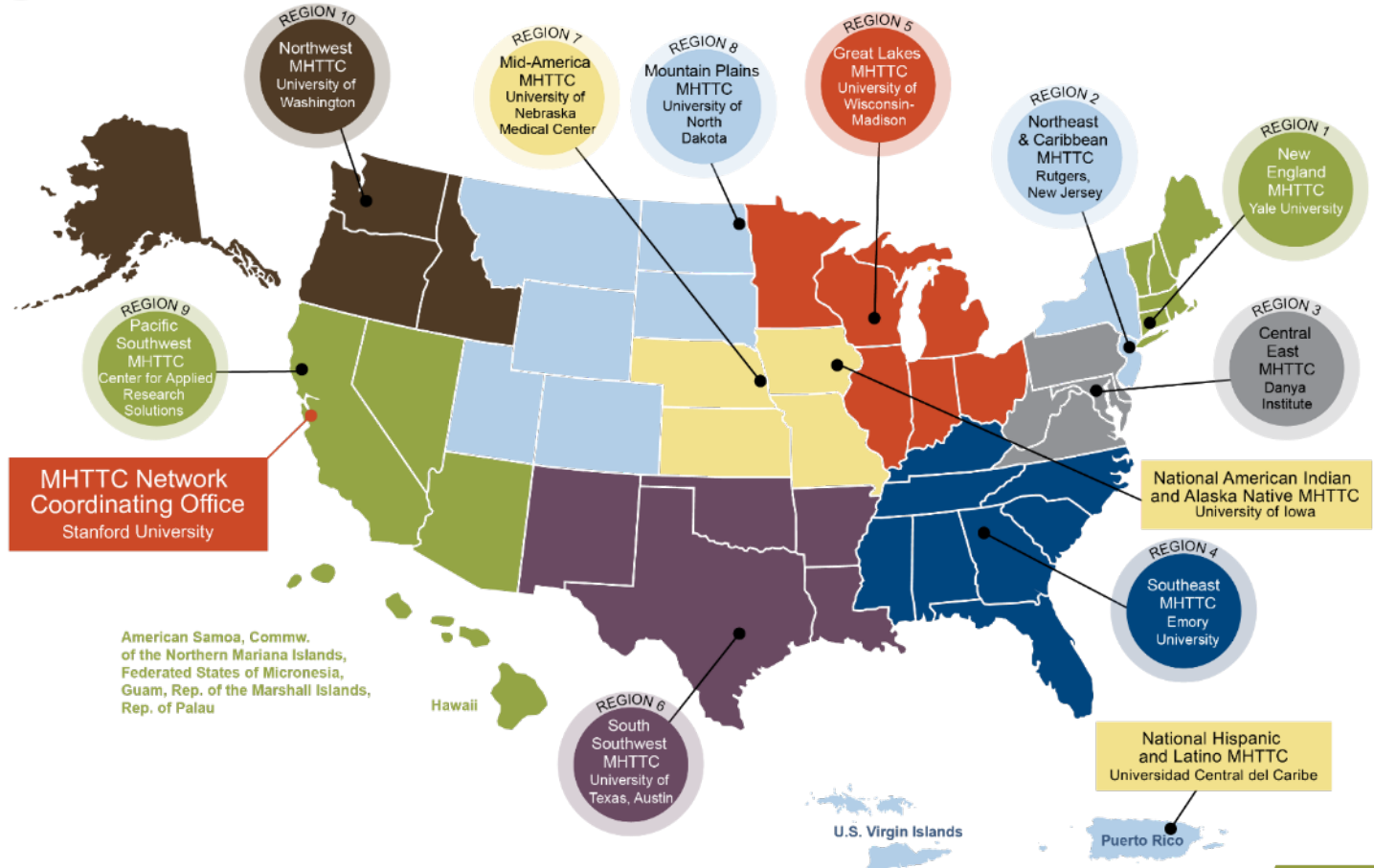
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Central East MHTTC Goals

Funded by SAMHSA to:

- **Accelerate** the adoption and implementation of mental health related evidence-based practices
- **Heighten** the awareness, knowledge, and skills of the behavioral health workforce
- **Foster** alliances among culturally diverse practitioners, researchers, policy makers, family members, and consumers
- **Ensure** the availability and delivery of publicly available, free of charge, training and technical assistance

Central East Region

HHS REGION 3

Delaware

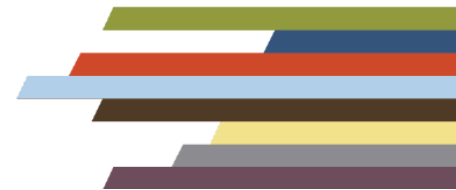
District of Columbia

Maryland

Pennsylvania

Virginia

West Virginia



The series . . .

MHTTC Webinar Series:

Person-centered Tools for Effective Engagement

February 26

1:00 to 2:00 PM

March 19

1:00 to 2:00 PM

April 15

11:00 AM to 12:00 Noon

May 13

1:00 to 2:00 PM

All times stated in Eastern Time

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**Success is
predicated on
engagement**

**Person-led
crisis planning
and WRAP®
are tools for
effective
engagement**



Matthew Federici, M.S.

Executive Director
The Copeland Center for Wellness and Recovery

National Consumer Technical Assistance Center: Doors
to Wellbeing



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Virtual Solutions Manager and WRAP[®] Project Manager
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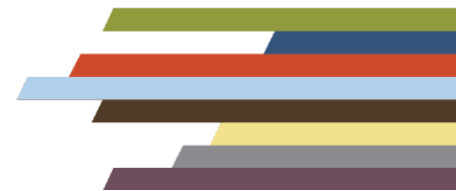


What is WRAP®?

WRAP® is the “Wellness Recovery Action Plan”

The WRAP® curriculum and co-facilitation practice was developed by a group of people who had been dealing with difficult feelings and behaviors for many years, people working together to feel better and get on with their lives.

What is now known as WRAP® was conceived by these groups of peers in Vermont in 1997.



Copeland Center

FOR WELLNESS AND RECOVERY

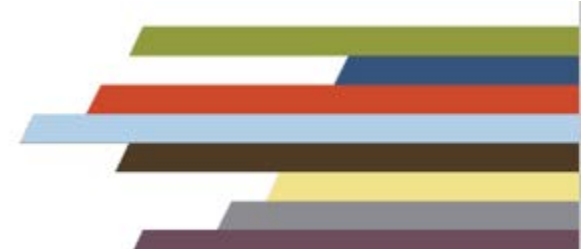


About the Copeland Center

The Copeland Center for Wellness and Recovery has continued this **mutual learning** process through the training of WRAP® co-facilitators and Advanced Level Facilitators.

The Copeland Center is an international **peer-run non-profit** organization in operation since 2005!

WRAP® is a registered trademark of Advocates for Human Potential, Inc. (AHP) which operates WRAP and Recovery Books.





Learning to use WRAP®

Evidence-based practice is 8-12 co-facilitated sessions through each of these areas of wellness and recovery action planning.

5 **key concepts** of wellness and recovery: hope, personal responsibility, education, self advocacy and support

Building a **wellness toolbox**

3 part **daily (maintenance) planning**

Identifying **triggers/stressors** and action plans

Identifying **early warning signs** and action plans

Describing **when things are breaking down** and action plans

Describing **crisis** and support plans

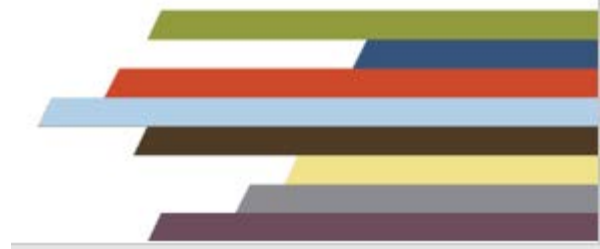
Planning for **post-crisis** support

Other **recovery topics** and retooling our WRAP®: self esteem, lifestyle, motivation

Values and ethics of WRAP®



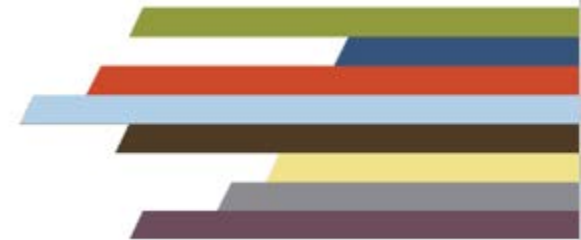
- Voluntary.
- Based on self-determination.
- Rooted in the belief in equality.
- *A mutual learning model.*
- Not a replacement for other kinds of therapy.
- Not based on any philosophy or model but can incorporate any philosophy or model.
- Medical and clinical language is avoided.
- WRAP® is a way of life.





**The peer group
is critical to
activation for
whole health.**

- Ideas generate from group discussions.
- Wellness is not predefined or clinical.
- Empowered by voluntary nature and connection of shared ideas.
- Plans start from life goals not clinical targets.



The implementation science of WRAP[®] facilitation programs



Randomized controlled trial research demonstrated

- Overall **positive outcomes symptoms** and overall quality of life.

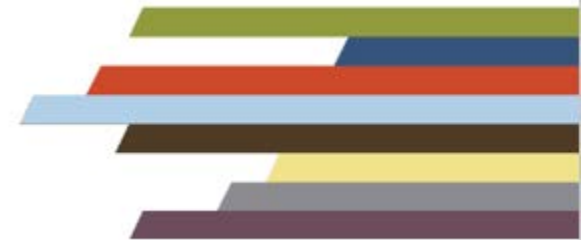
Cook, Judith et al. (2015).

- Significant decrease in **service utilization** and self reported need for services.

Cook, Judith et al. (2013).

- Increase in **patient self-advocacy**.

Jonikas, Jessica et al. (2012).

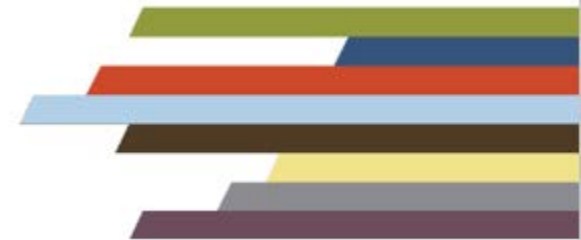


Best practices for your agency and systems



- Facilitate formal and informal WRAP® co-facilitated group opportunities.

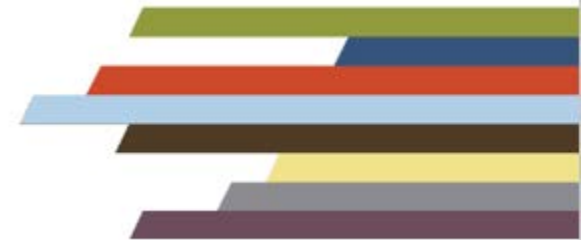
For example: as a part of service offerings; “after hours”; churches; coffee shops...
- Develop and foster a network of co-facilitators.
- Focus on WRAP® as a process, a “way of life” and mutual learning, not a document or form to be put into a file.
- Create an all-inclusive policy and atmosphere that is based on our common human pursuit of wellness -- not diagnosis, illness, or deficit orientation.



More best practices for your agency and systems



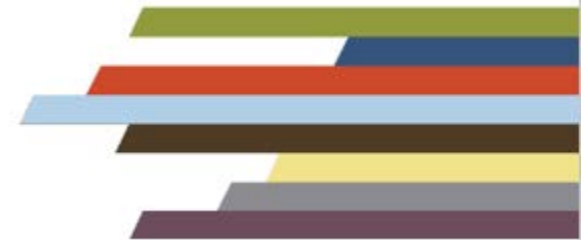
- Accommodate a variety of learning styles and settings.
For example: self-taught; groups, online; using arts and crafts...
- Incorporate WRAP[®] concepts, values and planning process on multiple levels of the organizations.
For example: Copeland Center's Team Wellness Using WRAP[®]
- Maintain the voluntariness and self-direction of WRAP[®].



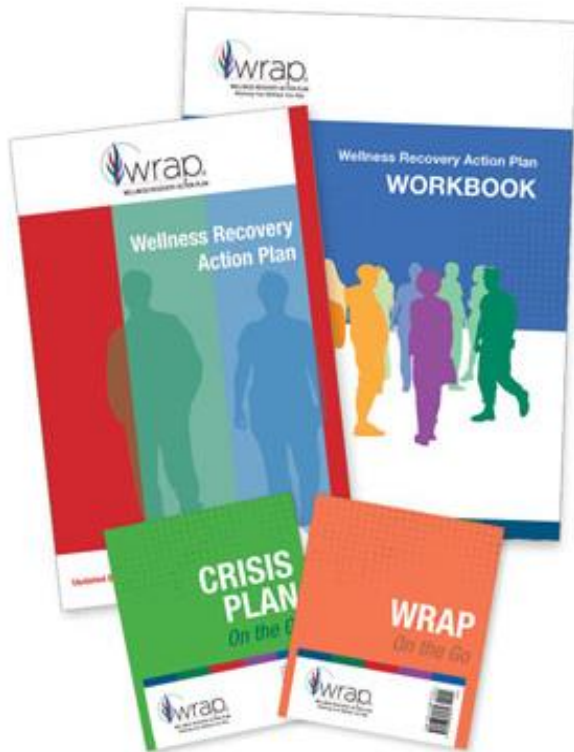
WRAP[®] crisis planning & post crisis planning



- This is the only part of WRAP[®] that we talk about that needs to be shared with others to work.
- Crisis is defined by the individual: We can use this part of the planning process for any life issue and include direction for our treatment of medical issues.
- It is always a plan that we choose: who supports us; what supports we want and do not want; how we are supported by others including medical professionals.
- These plans may inform our Advanced Director/PAD – which is a separate legal process defined by state laws and regulations.



Structure of the WRAP[®] crisis plan (EBP)

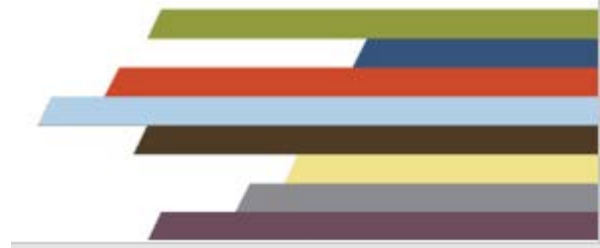


Part 1	What I'm like when I'm feeling well.
Part 2	Signs I need my supporters to take over
Part 3	Supporters
Part 4	Medications / supplements / health care
Part 5	Treatments and complementary therapies
Part 6	Home care / community care / respite
Part 7	Hospital or other treatment facilities
Part 8	Help from others
Part 9	Inactivating the plan

Structure of the WRAP[®] Post- Crisis Plan (EBP)



- How I would like to feel when I have recovered from this crisis.
- I will know that I am "out of the crisis" and ready to use this post crisis plan when I...
- Post recovery supporters list.
- Arriving at home (if you have been hospitalized or away from home).
- Issues to consider.
- Timetable for resuming responsibilities.
- Other issues I may want to consider.





What is the purpose of a WRAP[®] crisis plan?



How widely is it used in mental health?

Are there other applications?



**When is a post-crisis plan
most useful?**



How do individuals learn about WRAP®?

What does it take to create a personal WRAP®?



What is a clinician's role?

**How can we support people to
create a WRAP[®] crisis plan?**



What is a clinician's role?

**How can we help people implement
a WRAP[®] crisis plan?**



**Should WRAP[®] be required by
treatment or support services?**

Questions



For more information

- [The Copeland Center](#): Training and technical assistance. Certified WRAP® facilitators.
- [The Way WRAP® Works](#): A WRAP® implementation guide.
- [A Crisis Plan for ANY Crisis](#): Mental health and beyond.
- [Wellness During the COVID-19 Pandemic](#): Updating a WRAP® crisis plan for current circumstances.
- [Mental Health Recovery and WRAP® and Recovery Books](#): Online bookstore for WRAP® materials and resources.
- [Cook, Judith et al. \(2013\)](#). Impact of WRAP® on service utilization and need in a randomized control trial, *American Psychological Association* 36:4, 250-257.
- [Cook, Judith et al. \(2015\)](#). Initial outcomes of a mental illness self-management program based on wellness recovery action planning, *Psychiatric Services* 60:246–249, 2009.
- [Jonikas, Jessica et al. \(2012\)](#). Improving propensity for patient self-advocacy through wellness recovery action planning: results of a randomized controlled trial, *Community Mental Health Journal*. Published online: 1 Jun 2012.

Contact Us!

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[WRAP[®] and Recovery Books](#)

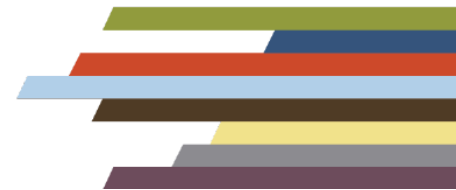
Evaluation



[Evaluation Link](#)

Once you complete the evaluation, you will be directed to the resource page and certificate request form.

Appreciation



Contact Us



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Funded by Substance Abuse and Mental Health Services Administration

a program managed by



[Central East MHTTC website](#)

[Oscar Morgan](#), Project Director

[Danya Institute website](#)

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240-645-1145

Funding for this presentation was made possible by SAMHSA grant no. 3H79SM081785. The views expressed by speakers and moderators do not necessarily reflect the official policies of HHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



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