

The Wellness Recovery Action Plan 'WRAP'



'I am in control of my own wellness'

Acknowledgements:

This paperwork is an abbreviated version of WRAP and is adapted from the 'Wellness and recovery action plan', by Mary Ellen Copeland..

For more information on WRAP, look at:- Copeland, M.E. (2002) Wellness Recovery Action Plan.

USA: Peach Press

Introduction.

The Wellness Recovery Action Plan (also known as WRAP) was originally developed in America, by Mary Ellen Copeland and a group of people with lived experience. The group worked together to create the WRAP as a framework to aid mental health recovery.

The aim of this tool is to help you have more understanding and control over the aspects of your life that your mental health can impact. It will support you in difficult times, guide you when you need it and remind you of the supports and tools you already have to help keep you well.

You can develop your WRAP alone, but some people prefer to have supportive people in their lives help them. It can be helpful and insightful to have other perspectives from people who know you well and who you trust.

When used correctly the WRAP can help you gain insight into your mental health, understand what helps and what doesn't, who to call on in a crisis, identify triggers and ways to manage them and much more. It can help you take control of your mental wellbeing and build your confidence in managing your symptoms.

The WRAP is a fluid tool, as your mental health is ever changing, the WRAP can change with you. Your supports may change, your triggers or even your symptoms may increase or decrease with time. You can record and re – record anything within this tool, it is yours to use in whichever way is helpful for you.

This booklet will guide you through stages of your wellness plan, and prompt you to think about your wellness, your triggers, your supports, your crisis plan and much more. It will take time to develop, go with the flow of it and at your own pace.

Wellness

When I feel well this is what I am like:

(here you can use bullet points, write a description, do a spider graph, write specific words)

Wellness Toolbox

A Wellness Toolbox is a list of resources that you can access to keep you well, and reminders to yourself that you're doing OK

Developing a wellness toolbox can help you to identify these reminders and resources that are helpful to you and promote your mental wellbeing.

These are things & people that support my wellness (this is what works for me):

Wellness Toolbox

This is what gives me meaning or is important for me, this is what inspires me and reminds me of my values:

Wellness Toolbox

Your recovery is your own and is personal to you. If there are things you would like to try to see if they can help to support your wellness, then list them here.

Once you've tried them, if they work you could move them to your list of resources to keep you well.

Here are some things that I would like to try to see if they would support my wellness:

Wellness Toolbox

These are things that I need to avoid to help me stay well:

Daily Maintenance Plan

This is what I need to do for myself every day to keep myself feeling as well as possible:

(This could include your daily routine, self-care, daily meditation, whatever you need to do daily to keep you mentally well and settled)

Daily Maintenance Plan

This is what I need to do, less often than every day but still maintain, to keep my overall wellness and sense of well-being:

Daily Maintenance Plan

These are the things that **I know I need** to do to sustain my wellness but need some reminding to do. I may need my support persons to help me, and remind me to keep doing these things:

Triggers

Here we will look at your triggers. Lots of people have triggers, some more than others. Knowing your triggers can help with your response to them. Sharing this with your support people so that they have an understanding of your triggers and how you feel when faced with them will be helpful for you and your support people.

a. **Recognition**

- Triggers are things that happen to us that are likely to set off a chain reaction of uncomfortable or unhelpful behaviours, thoughts, or feelings. It is important to know and understand your triggers. Knowing your triggers can help with how you respond to them and your preparedness for them. If you are well prepared you are more likely to respond in a way that causes less harm to yourself.

b. **Action Plan**

What can I do about these triggers?

Action plans list:

- Ways that you can limit your exposure to triggers
- Ways that you can avoid triggers from occurring
- What can be done to help you cope if these triggers do occur
- What can be done when I am triggered to prevent things from getting worse

These are a list of my triggers:

Here are my action plans:

Trigger:

Action Plan:

Trigger:

Action Plan:

Trigger:

Action Plan:

Trigger:

Action Plan:

Trigger:

Action Plan:

Trigger:

Action Plan:

Early Warning Signs

Early warning signs are the subtle signs of changes in thoughts or feelings or behaviour, which indicate that you may need to take action to avoid a worsening of your condition or situation

a. **Recognition**

What changes for me; what are my early warning signs?

b. **Action Plan**

What can I do about this?

These are my early warning signs that indicate that I am less well

What action can I take when I notice the early warning signs to help keep me well and prevent things from getting worse?

Early Warning Signs & Action Plans

These are my early warning signs and my action plans on how to overcome them or work through them:

Early Warning Sign:

Action Plan:

Early Warning Sign:

Action Plan:

Early Warning Sign:

Action Plan:

Early Warning Sign:

Action Plan:

Early Warning Sign:

Action Plan:

Early Warning Sign:

Action Plan:

When things start breaking down or getting worse

Despite your best efforts, your symptoms may progress to the point where they are very uncomfortable, serious, and even harmful however there are still some actions that can be taken to prevent a crisis.

a. **Recognition**

This is how I think and feel, and how I behave when the situation has become uncomfortable, serious, or even dangerous

b. **Action Plan:**

When things have progressed this far caring for myself is my top priority.

What can I do to reduce these difficult and unpleasant experiences, and prevent things getting worse?

These are signs that indicate that things are breaking down or getting worse:

When things start breaking down or getting worse & Action Plans

These are signs that indicate that things are breaking down or getting worse and action plans:

Signs that things are breaking down or getting worse:

Action Plan:

Signs that things are breaking down or getting worse:

Action Plan:

Signs that things are breaking down or getting worse:

Action Plan:

Signs that things are breaking down or getting worse:

Action Plan:

Signs that things are breaking down or getting worse:

Action Plan:

Signs that things are breaking down or getting worse:

Action Plan:

Wellness Recovery Action Plan

This plan was made on and it takes over from any other plans with earlier dates.

Signed:

Print Name:

Date:

This plan can be just for your own use and reference or can be shared with others involved in the plan. It will take time to set up and can be changed whenever you have new ideas or information. When you change it, consider sending updated versions to those it involves.

Crisis Plan

Sometimes a crisis is unavoidable, and you may find yourself in a situation where you feel that you have lost control of your mental wellbeing.

By developing a crisis plan and sharing it with others, you will be able to take responsibility for your own care and instruct others on how they can support you during a crisis.

A crisis plan should be developed when you are well.

As with your wellness plan, your crisis plan will take time to develop, and if it includes supports from other people it is essential that it is either developed in collaboration with those you are asking to support you or that you ask them to provide specific support in advance. This ensures that they fully understand and agree to their role within the plan.

Once you have completed your plan you may wish to provide a copy of the plan or the relevant part of it to the people that play a role within the plan. This is absolutely your choice.

In some cases, it may be necessary that you are placed under a treatment authority. In this case the treating team who are caring for you will make decisions regarding your care with your best interests first. It will likely be useful for them to see this plan, so you may wish to consider giving consent to your nearest relative or support person to share this with the relevant treating team. This way they can still understand your wishes and where possible, follow them.

It is important to understand that your crisis plan as part of your WRAP is not a legal document, and therefore any treating team or clinician is not obligated by law to follow the guide written by you and must follow an effective treatment plan deemed necessary by the lead medical professional.

Remembering What I am like when I'm feeling well

This is what I am I like when I am well:

(You have already answered this in your wellness toolbox. If you wish to separate your crisis plan from your wellness toolbox then it is useful to answer here also. If you plan on keeping the whole WRAP together as one document, then you don't need to answer as the information is already recorded)

My signs of a crisis are:

My Supports During a Crisis

The first person I would like to be contacted in a crisis is:

Name:

Relationship:

Contact Details:

Other people I would like to be contacted in a crisis are:

Name:

Relationship:

Contact Details:

Name:

Relationship:

Contact Details:

Name:

Relationship:

Contact Details:

Support Required

This is where you identify those people you would like to support you when the symptoms you listed above are obvious.

They can be family members, friends, or healthcare professionals.

You may choose to name some people for certain tasks like taking care of the children or paying the bills and others for tasks like staying with you and taking you to health care appointments.

These are my supports and what I need support with:

Name of Supporter:	Contact Details:
Details of Support Needed:	

Name of Supporter:	Contact Details:
Details of Support Needed:	

Name of Supporter:	Contact Details:
Details of Support Needed:	

Name of Supporter:	Contact Details:
Details of Support Needed:	

Name of Supporter:	Contact Details:
Details of Support Needed:	

Name of Supporter:	Contact Details:
Details of Support Needed:	

I **do not** want the following people involved in **any way** in my care or treatment:

There may be people who you would not like to be involved in your care or treatment or you do not find them helpful for you to work towards your recovery.

These are the people I would not like to be involved in any way in my care or treatment:

Name _____ why I would not like them involved **(optional)**

Name _____ why I would not like them involved **(optional)**

Name _____ why I would not like them involved **(optional)**

Medical treatment and medication

My G.P. is: _____

Phone no. _____

My Psychiatrist is: _____

Phone no. _____

My psychologist is: _____

Phone no. _____

Other professionals involved:

Name _____

Title _____

Phone no. _____

Name _____

Title _____

Phone no. _____

Name _____

Title _____

Phone no. _____

Name _____

Title _____

Phone no. _____

This is a list of medications & dose I am taking and who has prescribed them:

(include the date you made this list, and try to update it whenever there has been a medication change)

Date	Medication & Dose	Prescribed by:	Medication change/review & date

When this box is full please add a list on the back or add a separate page.

These are medications I would prefer to take if I am unwell, and I have to have more or different medication

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

Here is a list of medications that I would like to avoid if possible, and why.

Medication	Why I Don't Want to Take it

This is a list of what I think will help me when I am unwell:

I may need support with doing these things:

This is a list of treatments I would really prefer to avoid if possible, and why:

Treatment or intervention	My Reasons

Stopping the plan

The following positive changes indicate to my supporters that I am in control of things again, and they no longer need to use this plan:

My supporters know when it is safe to stop this Crisis Plan when:

Signatures

Once you have completed your crisis plan, it may be useful to ask those people that have agreed to support you to sign below:

Name of Supporter	Relationship to you/their role	Signature & Date	Do they have a copy of the plan?

Crisis Plan Statement

I developed this plan on (date) _____

With the help of: _____

Signed: _____ Date _____

This plan takes over from any with an earlier date.

When I am no longer in crisis

This is a list of things that will indicate that I am no longer in crisis:

This is a list of the support that I will need whilst coming out of a crisis:

Support Needed:	Person who will Support Me:

These are the most important things from my wellness toolbox that will help me after a crisis:

Post Crisis Plan

Reflection

- What have you learned about yourself and others through this crisis?
- Are there parts of your WRAP that didn't work out as you had hoped?
- What changes can you make now to your WRAP to make a further crisis less likely?

There may be times that even with yours (and others) best efforts you may still experience a crisis – this is not the end of the world, nor does it mean that you will not recover.

Recovery is a process and is on-going. It's a personal journey, and you have control.

It may be helpful to reflect (think about) on what has happened to help you learn from it. This will help if a crisis happens again, you can use what you have learned to guide people to support you in even better ways.

Reflections is extremely personal, and some people like to do this alone, others like to discuss the events of what happened with people close to them or who was there and gave support. Some people prefer not to reflect at all, and this is also OK.

Post crisis you are likely to feel tired, worn out, emotional, maybe even angry. There are no right or wrong feelings here and again this is deeply personal. When, and if you are ready to reflect on the events will be totally up to you.

If you choose to reflect then it may be useful to go through this WRAP. Consider if the crisis plan was helpful, do you want to add to, or take anything away from it. You may want to change some of the parts of your WRAP after reflection.