Implementation of WRAP® Co-Facilitation:

An Evidence-Based Practice
Promoting Activation of Personal Self-agency For Improved Individual Healthcare

WRAP® is a registered trademark of Advocates for Human Potential. AHP operates WRAP and Recovery Books.  

www.wrapandrecoverybooks.com
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Mission Statement:

The Copeland Center for Wellness and Recovery promotes personal, organizational, and community wellness and empowerment through education, training, and research.

The Copeland Center for Wellness and Recovery is international peer-run non-profit organization since 2005!

That has trained and certified over 10,000 Co-Facilitators world wide to offer an evidenced based peer-group model called WRAP!

Anyone can join as a member of this community of peers support, register for trainings and seek certification as a WRAP Co-Facilitator.

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

- The Copeland Center is a licensed strategic partner of AHP to provide trainings and certifications in WRAP.
- AHP owns and operates WRAP and Recovery Books which publishes and offers a variety of materials and resources to learn about WRAP and WRAP Co-Facilitation.

www.wrapandrecoverybooks.com
Who Could Use WRAP?

- Anyone who wants to create positive change in the way they feel, or increase their enjoyment in life.
- To achieve wellness despite deep sadness, arthritis, addictions, hearing voices, job loss, diabetes to “burn out.”
Who Could Use WRAP?

The WRAP seminars and concepts, skills and personalize strategies you discover within the peer group can be used in addition to the other wellness and recovery strategies of your choice.

One way to think about how we might build and use our WRAP is to think about what we hope for in our wellness today.

Before we proceed it can be helpful to consider this!
4 Parts to the Study of Mental Health Recovery:

1. 5-Key Concepts
   - Hope
   - Personal Responsibility
   - Education
   - Self-advocacy
   - Support

2. The Wellness Toolbox

3. Wellness Recovery Action Plan

4. Additional Recovery Topics
A WRAP is Created by the Individual and for the Individual

The Focus of WRAP:

- What I can do and has been working for me...
- How I support myself in this circumstance
- My personal power and strength is..
- I can take control of my life by...
- I am recovering my wellness by...

We are not recovering from something; It’s about recovery of

- Our Power
- Our Life
- Our Wellness
The Key Concepts & Wellness Toolbox

The foundation for our wellness action plans.

Our Wellness Toolbox is an every expanding collection of personal wellness tools.

Simple, accessible and safe things we do to recovery our wellness.

Wellness tools that give me hope are…
Learning to Build & Use A Personal WRAP

- We can get started by reading the books, viewing videos or using the WRAP AP from wrapandrecoverybooks.com

- The evidenced based practice that showed positive impacts of learning WRAP was through a peer support based group model.

- How you document, share and continue to work on your wellness action plans can take many forms but…

YOU AND ONLY YOU CHOSE HOW TO USE WRAP!
Learning to Build & Use A Personal WRAP

- 5 Key Concepts of Wellness and Recovery
- Building a Wellness Toolbox.
- 3 Part Daily (maintenance) Plan
- Identifying Stressors/Triggers and Action Plans
- Identifying Early Warning Signs and Action Plans
- Describing When Things are Breaking Down and Action Plans
- Describing Crisis and support plans such as names of individuals willing to help, & types of assistance preferred.
- Plan for Post-Crisis support, retooling WRAP plan after a crisis, Graduation ceremony
- Sessions also explore Recovery Topics such as Self-Esteem, Motivation, Lifestyle and changing negative thinking to positive thinking

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

• The heart of implementation of the evidence-based practice of WRAP® Co Facilitation is in the core values and ethics.

• Through these Values and Ethics we “Bring the materials to life” in our trainings.
  
  -Walter Hudson, Advanced Level WRAP Co-Facilitator

• Trained Co-Facilitators are people who apply the concepts, values and action plans and provide examples from their own lives.
Values and ethics of WRAP

- We are each experts on ourselves and have multiple paths to wellness
- Based on self-determination and voluntary participation
- Rooted in the belief in equality.
- A *mutual learning model*.
- Complementary with any lifestyle and any therapy we choose
- Not based on any philosophy or model but can incorporate any philosophy or model.
- Focus on participant’s strengths and potential not medical and clinical language.
WRAP is about way of living and based on self-determination

- Ideas generate from group discussions.
- Wellness is defined by the individual not predetermined by else.
- Empowered by voluntary nature and connection of shared ideas.
- Plans start from the person’s life goals, hopes, dreams or interests (not clinical targets).

The peer group is critical to the engagement of whole health
The Keys to Unlock the Implementation is Peer Support & Self-determination

How a Copeland Center Co-Facilitator implements WRAP is through a process that evolved out of two fundamentally values that shift away from the traditional values of health treatment, particularly mental health:

1. People are experts in their own recovery and wellness
2. People with shared experience can support each other effectively
Daily (maintenance) Planning

The Daily Plan is the first structure we build. It is a simple structure for putting our wellness tools into action for everyday living. There are has 3 steps:

1. What I feel and look like when I am well
2. What do I need to do daily to stay well
3. What might I need to do on a particular day
Taking Personal Responsibility for Wellness

- Stressor (triggers)
- Early Warning Signs
- When Things Are Breaking Down

Action Plans
Action Plans
Action Plans
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 may 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 an Advanced Director/PAD – which is a separate legal process defined by state laws and regulations.
### Structure of the WRAP crisis plan (EBP)

<table>
<thead>
<tr>
<th>Part</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Part 1</td>
<td>What I'm like when I'm feeling well.</td>
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<tr>
<td>Part 2</td>
<td>Signs I need my supporters step in</td>
</tr>
<tr>
<td>Part 3</td>
<td>Supporters</td>
</tr>
<tr>
<td>Part 4</td>
<td>Medications / supplements / health care</td>
</tr>
<tr>
<td>Part 5</td>
<td>Treatments and complementary therapies</td>
</tr>
<tr>
<td>Part 6</td>
<td>Home care / community care / respite</td>
</tr>
<tr>
<td>Part 7</td>
<td>Hospital or other treatment facilities</td>
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<tr>
<td>Part 8</td>
<td>Help from others</td>
</tr>
<tr>
<td>Part 9</td>
<td>Inactivating the plan</td>
</tr>
</tbody>
</table>
Structure of the WRAP Post-Crisis Plan (EBP)

- How I want to feel when the crisis is over
- What I look like when I’m out of the crisis and ready to use this plan
- Supporters
- Arriving at home (if you have been hospitalized or away from home)
- What did I learn through this crisis
- Revisiting my Daily Plan and other sections of my WRAP
- Timetable for resuming responsibilities.
- Other issues I may want to consider.
Randomized controlled trial research demonstrated

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

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

- **Increase in patient self-advocacy.**
  
  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. doi.org/10.1176/appi.ps.201100125
WRAP® Outcomes

WRAP recipients improved more than controls from baseline to 8-month follow-up on multiple outcomes:

**Increased:**
- Hopefulness
- Quality of life
- Recovery
- Employment
- Self-advocacy

**Reduced:**
- Troublesome symptoms
- Like depression and anxiety
WRAP® Tested in This Study

- Lasted for 8 weeks
- Met for 2 and ½ hours every week
- Followed a highly standardized curriculum:
Next Steps to building capacity for fidelity to WRAP implementation

1. **Seminar I Developing WRAP® Course**: designed to facilitate people to develop their own personalize plan. Based on an 8 week 2.5 hour agenda that is co-facilitated by peers.

2. **Seminar II WRAP® Facilitator Certificate Program**: designed for people who use WRAP®, to learn the values and ethics in facilitating WRAP® with their peers. Based on a 5 Day Agenda Co-Facilitated by Copeland Center for Wellness and Recovery trained Advanced Level Facilitators.

3. **Advanced Level WRAP® Facilitation Certification course**: designed for experienced WRAP® Facilitators to learn how to mentor peers in the values and ethic of Facilitating WRAP® (*Exclusive Copeland Center Course held annually*)
Essential Keys to Implementing

1. Support at least 2 Certified WRAP® Co-facilitators to organize a presentation or group.

2. Develop a WRAP for yourself with a WRAP® Co-facilitator

3. Use your plan as much as you can

4. Take the five day WRAP® Co-Facilitator training

5. Organize a WRAP group where you can help others use WRAP. (work, organization, personal challenges, team building etc….)
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®.
The Way WRAP Works

https://copelandcenter.com/resources/way-wrap-works
A Word of Thanks to the WRAP® Research Funders

- U.S. Department of Education, National Institute on Disability & Rehabilitation Research

- Substance Abuse & Mental Health Services Administration, Center for Mental Health Services
For More Information About WRAP & Other Recovery Topics:

- Copeland Center for Wellness and Recovery  
  [http://copelandcenter.com](http://copelandcenter.com)

- Doors to Wellbeing  

- Information about the WRAP study:  
  [http://www.cmhsrp.uic.edu/nrtc/wrap.asp](http://www.cmhsrp.uic.edu/nrtc/wrap.asp)

Judith Cook  [cook@ripco.com](mailto:cook@ripco.com)

- For WRAP Resources go to AHP’s  
  [www.wrapandrecoverybooks.com](http://www.wrapandrecoverybooks.com)
We’d Love to Hear from You!

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