



WRAP FOR VETERANS: FLEXIBLE RECOVERY PLANNING FOR EVERY PHASE OF THE JOURNEY.

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WELLNESS RECOVERY ACTION PLAN (WRAP): THE HISTORY AND DEVELOPMENT

- Was developed by People who were living with Mental Health Challenges
- Developed in 1997 by several dozen who came together
- 125 individuals Surveyed – 5 key concepts developed
- Mary Ellen Copeland and Jane Winterling developed Wellness Recovery Action Plan and presented to the group
- Mary Ellen Copeland used WRAP for her own support



HISTORY CONTINUED...

- Started mentoring Peers and facilitating workshops on how to use WRAP
- Established a list of Non-negotiable values and practices for WRAP which formed today's EBP of WRAP
- Mary Ellen founded the Copeland Center
- Since 2003 they have reached Millions of people through the books
- Now used in formal and informal programs around the world

WRAP FACILITATION

- WRAP is recognized as an Evidence Based Practice(EBP) by the Federal Substance Abuse and Mental Health Service Administration(SAMHSA) when the model, as designed by Mary Ellen Copeland, PhD is implemented by properly trained facilitators.
- We believe, and the research proves, that people who attend a group based on the values and material described in the [Facilitator Manual](#) will clearly realize the greatest benefit.
 - Co-Facilitation model of 2 trained facilitators, qualified to effectively facilitate WRAP.
 - Advanced Level WRAP Facilitators train WRAP Facilitators.
 - Values and Ethics of WRAP- 5 Key Concepts that are foundational to WRAP.
 - No one, no matter how educated they are, or the position they hold has the right to predict the course of our future, of our life. Everyone in WRAP groups, leaves their title or “Hat” at the door and enters into the process as equals.



VALUES AND ETHICS OF WRAP: PEOPLE CAN, AND DO, RECOVER....

- WRAP supports hope. It is clearly understood that people get well, stay well for long periods of time, and do the things they want to do with their lives.
- WRAP promotes self-determination, personal responsibility, empowerment, and self-advocacy.
- In WRAP groups and programs, people are always treated as equals, with dignity, compassion, mutual respect, and unconditional high regard; as unique, special individuals, including complete acceptance of diversity with relation to culture, ethnicity, language, religion, race, gender, age, disability, sexual identity, and “readiness” issues.

ETHICS CONT'D: ALL ARE EQUAL IN WRAP GROUPS, MUTUAL RESPECT WHILE LEARNING AND GROWING TOGETHER.

- WRAP is based on the premise that there are “no limits” to recovery.
- WRAP is totally voluntary. The person who is developing their WRAP decides if they want to do it, when they want to do it, how long they will take, what it will include, and who assists and supports them in the process.
- The person who is developing their WRAP is the only expert on themselves.
- In WRAP, the focus is on individual strengths and away from perceived deficits.



ETHICS CONT'D: FOCUS ON THINGS YOU DO WELL...

- The use of clinical, medical, and diagnostic language is avoided.
- Whenever possible, people work together and learn with peers, to increase mutual understanding, knowledge, and promote wellness.
- The emphasis is on strategies that are simple and safe and away from strategies that are invasive or that may have serious or devastating side effects.
- It is understood that difficult feelings and behaviors are normal responses to traumatic life circumstances, and that what is happening in your life is not a “symptom” or a diagnosis.



5 KEY CONCEPTS

- HOPE
- Personal Responsibility
- Education and Empowerment
- Self-Advocacy and Self-Determination
- Support



WRAP SECTIONS

- **Developing a Wellness Toolbox**

- List if things or strategies that you have done or could do to help keep yourself well
- Things that make you feel better

- **Daily Maintenance Plan**

- Daily Wellness Tools that you may need to maintain your wellness
- What am I like when I am feeling well
- Things I **need** to do every day
- Things I **might** want to do everyday

- **Triggers**

- Being aware of things that are out of your control, external events or circumstances that make you feel uncomfortable
- You may feel irritating feelings, anxiety, deep sadness, unexplainable elation, intrusive voices These are **NORMAL** reactions to traumatic events
- If we do not respond to them or deal with them or reaction to them could get worse and wore as time goes on



WRAP SECTIONS

- **Early Warning Signs**

- Are internal and may be unrelated to reactions to stressful situations
- Even with doing Daily maintenance, things you might need to do, addressing and responding to your Triggers
- Still not feeling well
- Subtle signs of change that require additional action by you
- Feeling not quite right, take action, be intentional, do what will help you feel better

- **When Things Are Breaking Down**

- A time when things are worse and you are close to Crisis
- Each Person is different, when things are breaking down to one person could mean crisis to another
- Your action at this stage is to keep yourself and others safe
- Do what you have to during this hard, hard time

- **Crisis Planning**

- Despite your best efforts you may find yourself in crisis and a need for others to take over for your care
- Develop your plan when you are well, take your time doing it
- Things to consider: Supporters, medication, Community Care, treatments, Treatment Facilities, Help from others, When supports no longer need to help me

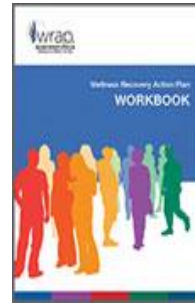
TYPES OF WRAP



WRAP



WRAP for
Addiction



WRAP
Workbook



WRAP for
Reentry



WRAP for
Veterans



WRAP
On the
Go



WRAP
Crisis Plan
On the Go



WRAP
Plus



WRAP
for Life



Wellness
Guide for
Isolation

VA USE OF WRAP

- One of a few EBPs that Peer Support Specialists can use in VA.
- Community Partnerships with Copeland Center to offer open facilitator trainings for both community members and VA staff. This increases access to WRAP nationwide.
- WRAP for the Effects of Trauma- Tomah VA using on our residential rehabilitation program for sexual trauma recovery.
 - Running for almost a year- with great positive feedback.
 - No direct processing of Trauma- model fidelity for EBP.
- WRAP for Veterans, Active Service Members, and Military
 - Used by VA's nationwide

REFERENCES

- <https://mentalhealthrecovery.com/info-center-category/evidence-based-practice/>
- <https://mentalhealthrecovery.com/info-center/answers-to-your-questions-about-wrap-as-an-evidence-based-practice/#:~:text=WRAP%2C%20the%20Wellness%20Recovery%20Action,as%20an%20evidence%2Dbased%20practice.>
- <https://mentalhealthrecovery.com/values-and-ethics/>
- <https://mentalhealthrecovery.com/wrapapp/>
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- <https://www.wrapandrecoverybooks.com/store/wellness-guide-for-isolation-during-covid-19-being-connected-staying-connected-and-choosing-connection--details.html>