

WELCOME  
from  
Renewed Mind

*“Pain not transformed is transferred.” - Unknown*

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# Mental Health Recovery

Including:

*Wellness Recovery Action Planning*<sup>®</sup>

WRAP<sup>®</sup>

Mary Ellen  
Copeland, PhD

# There are Four Parts to the study of Mental Health Recovery:

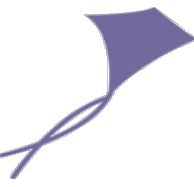
## 1. Key Recovery Concepts...

1. Hope
2. Personal Responsibility
3. Education
4. Self Advocacy
5. Support

## ...and Issues That Need Attention:

- ✓ Getting Good Health Care
- ✓ Medication Management

# There are Four Parts to the study of Mental Health Recovery:



2. Wellness Toolbox

3. Wellness Recovery Action Planning

4. Recovery Topics:

- *Building Self-Esteem*
- *Changing Negative Thoughts to Positive Ones*
- *Peer Support*
- *Work Related Issues*
- *Trauma Recovery*
- *Suicide Prevention*

# **There is Much to Hope For!**

You **can** get well and stay well for long periods of time!

# Personal Responsibility

- **You** are the expert on yourself!
- **You** know what you want and need!
- It is up to **you** to take personal responsibility for your own wellness and your own life!

# Personal Responsibility

- Sometimes this means taking back control that you have lost in the past.
- Those of us who take back this responsibility achieve the highest levels of:

***Wellness, Happiness, and Life Satisfaction.***

# Education

Learn all you can about yourself so you can make good decisions about:

- Treatment
- Lifestyle
- Career
- Relationships
- Living Space
- Leisure Time Activities
- All Aspects of Your Life



# Self-Advocacy

Become a strong advocate for yourself.

This means:

**“Going for it”** with courage, persistence and determination;

expressing yourself clearly and calmly until you get what you need for yourself.

# Self-Advocacy

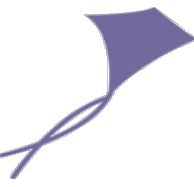
- Believe in yourself
- Know your rights and insist that they are respected (see the following Bill of Rights)

# Developing & Keeping a Strong Support System

Support from family, friends, and care providers is definitely helpful. Being effectively supported will help you feel better and enrich your life.

You will benefit from having at least five good friends or supporters you can call on when you need or want ...

# Developing & Keeping a Strong Support System



- Someone to talk to
- Companionship
- To have a good time
- Help in figuring things out and making decisions
- Someone to take over for you and keep you safe when you can't take care of yourself

# Issues that May Need Attention:

Health Care

Medications

# Mental Health Recovery

**Never** stop taking medications without careful consideration and without getting the advice of your physician and other supporters.

**Never** abruptly stop taking any medication. There are protocols which must be followed for safely stopping or changing medications.

# Medication Issues

You may worry about the short and long term side-effects of these medications.

Family members and care providers need to respect your worries and support you in medication decisions.

They may learn about the medications and help you decide which ones you feel would be most helpful to you.

# WRAP<sup>®</sup>

To develop your own Wellness Recovery Action Plan<sup>®</sup>  
begin by developing a list of personal

## WELLNESS TOOLS



# Wellness Tools

Wellness tools are things you do to keep yourself well, and the things you do to help yourself feel better when you are not feeling well.



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# Wellness Tools

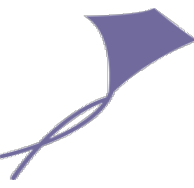
- You may have discovered them yourself or learned about them from others.
- Most of them are simple, safe, free and non-invasive.



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# Wellness Tools

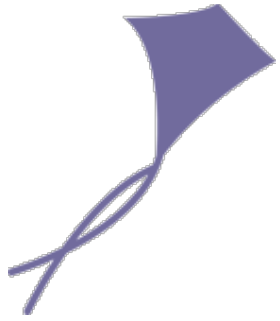
- Stress reduction and relaxation techniques
- Doing things that divert your attention, things you enjoy
- Diet issues



# Wellness Tools

- Modifying your daily life
- Keeping yourself safe
- Daily planning
- Spiritual beliefs

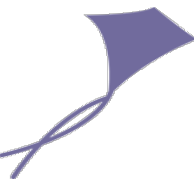
WELLNESS  
BREAK



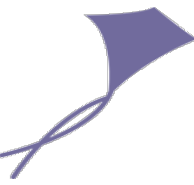
**WRAP®**

**Wellness  
Recovery  
Action  
Plan®**

Mary Ellen  
Copeland,  
PhD

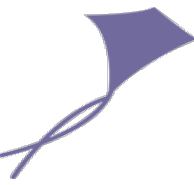


# Wellness Recovery Action Plan



Was developed by a group of people who had been dealing with difficult feelings and behaviors for many years

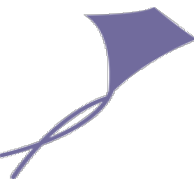
People working to feel better and get on with their lives



# WRAP Includes:

- Wellness Toolbox
- Daily Maintenance Plan
- Triggers and Action Plan
- Early Warning Signs and Action Plan
- When Things are Breaking Down and Action Plan
- Crisis Planning
- Post Crisis Planning



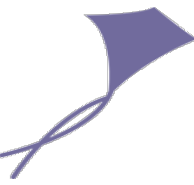


# WRAP

There is only one person who can write your WRAP-  
**YOU!**

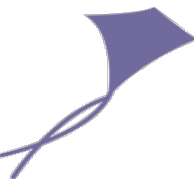
You and only you decide:

- If you want to write a WRAP
- How much time it takes you to do it
- When you want to do it
- Which parts you want to do



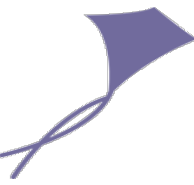
# WRAP Will:

1. Help you stay as well as possible
2. Help you keep track of difficult feelings and behaviors, and develop action plans to help you feel better



# WRAP Will:

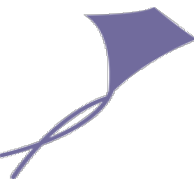
3. Tell others what to do for you when you feel so badly you can't make decisions, take care of yourself and keep yourself safe.



# You Can Use WRAP

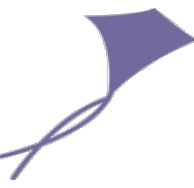
To Address Other Life Issues like:

- Chronic or Acute Illness
- Addictions
- Breaking Bad Habits
- Losing Weight
- Trying Out New Interests
- Caring for Ill or Elderly Family Member



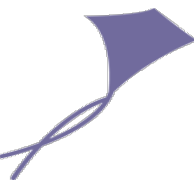
# Common Wellness Tools

- Doing things that help you sleep well
- Modifying your daily life
- Taking action to keep yourself safe
- Daily Planning
- Spiritual practices



# Common Wellness Tools

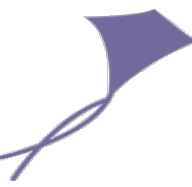
- Reaching out to others for support
- Checking in with a care provider
- Peer Counseling
- Focusing Exercises
- Stress Reduction and Relaxation Techniques



# Daily Maintenance List

You may also want to include on this page any specific things you want to work on in your WRAP like:

- Building your self-esteem
- Going back to work
- Getting a different job



# Daily Maintenance List

Some words that others have used are:

Bright

Happy

Outgoing

Optimistic

Humorous

Competent

Athletic

Industrious

Content

Responsible

Reasonable

Withdrawn





# Triggers

External events or circumstances may make you feel very uncomfortable.

These are normal reactions to life events - but if you don't respond to them, they may actually make you feel worse.

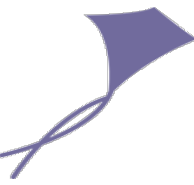




# Triggers Action Plan

On the page after your list of Triggers, develop a plan that you feel will keep you from feeling worse if a triggering event occurs





# Early Warning Signs

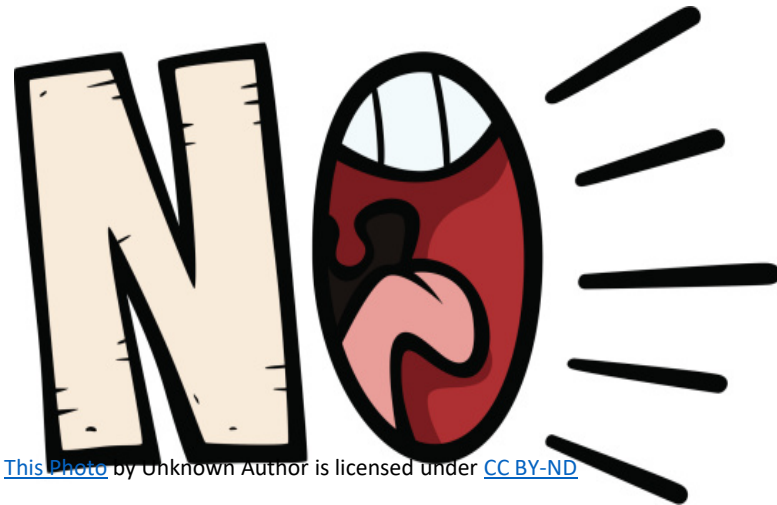
Early Warning Signs are internal and may be unrelated to reactions to stressful situations.

They are subtle signs of change that indicate you may need to take some further action.



SAYING YES TO  
HAPPINESS MEANS  
LEARNING TO SAY  
NO TO THINGS  
AND PEOPLE THAT  
STRESS YOU OUT.

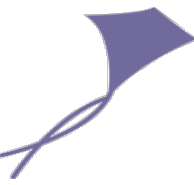
-THEMA DAVIS



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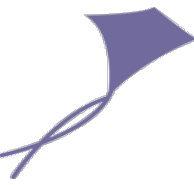
# Early Warning Signs Action Plan



## Sample Plan:

- Do three 10 minute Relaxation Exercises
- Spend at least 1 hour involved in an activity I enjoy
- Ask others to take over my household responsibilities

# When Things are Breaking Down or Getting Worse



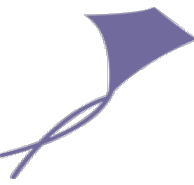
You may begin to feel even worse – very uncomfortable, like the situation is serious – and even dangerous – but you are still able to take some action in your own behalf.

This is a very important time. It is necessary to take immediate, assertive action to prevent a crisis.

# Motivation

Because of the discouraging nature of mental health difficulties, and because it may take a long time before we realize the results of our efforts, many of us find it very difficult to motivate ourselves to work on our recovery.

# Crisis Planning

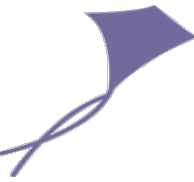


Write your Crisis Plan when you are well. Your plan will instruct others about how to care for you when you are not well.

It keeps you in control even when it seems like things are out of control.







# Crisis Planning Part 1: “What I’m Like When I’m Feeling Well”

Describe what you are like when you are feeling well, as a reference point for people who may not have met you before.

(You can copy this from the first part of the first section of WRAP.)



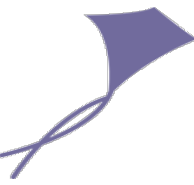
# Crisis Planning Part 2: Signs that Supporters Need to Take Over

List those signs that indicate to others that they need to take over responsibility for your care and make decisions on your behalf.



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# Crisis Planning Part 3: Supporters

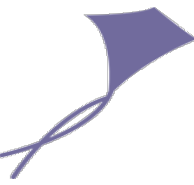


List at least 5 people you want to take over for you. You can include family members, friends and/or care providers.

Ask the people you choose if it is OK for you to include them on this list.

Tell them what would be involved. Show them a copy of your plan.

# Crisis Planning Part 3: Supporters

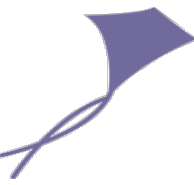


Include a list of people you do not want to be involved in decision making or care.

You can also write why you do not want them involved.

Also describe how you want supporters to settle disputes if they disagree.

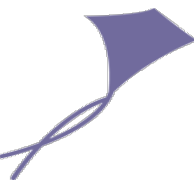
# Crisis Planning Part 4: Medication



Provide the following information:

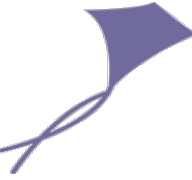
- Names and Phone Numbers of your Physician and Pharmacy
- Your Insurance Company Name, Phone Number, and ID Numbers
- All Allergies
- Medications and Health Care preparations you are currently using, why you are using them, dosage and when you take them

# Crisis Planning Part 5: Treatments



List those treatments you would like and those that you would want to avoid.

Include “alternative” therapies that have helped as well as those that have not been helpful.



# **Crisis Planning Part 6:**

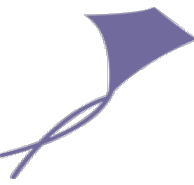
## **Home/Community Care/ Respite Center**

Hospitalization is often not the best option.

Develop a carefully devised plan so that you can stay at home or in the community and still get the care you need.

In order to do this, find out what resources are available in your community.

# Crisis Planning Part 7: Treatment Facilities

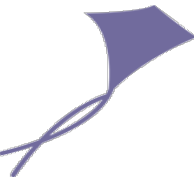


List those treatment facilities where you would prefer to be hospitalized if that became necessary, and those you wish to avoid.





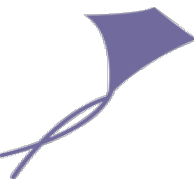
# Crisis Planning Part 8: Help From Others



Include a list of specific tasks you will need others to do for you, and who you would like to take care of these things.



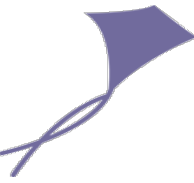
# Crisis Planning Part 8: Help From Others



List things that others should avoid doing, things that would not help or might make the situation worse.

Examples:

- Using force
- Spending too much time alone
- Being teased

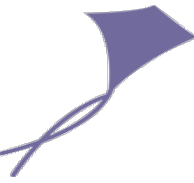


# Crisis Planning Part 9:

## When my Supporters No Longer Need to Use This Plan

When you feel better, your supporters will no longer need to follow this plan.

Develop a list of indicators that your supporters can use to determine when they no longer need to follow this plan.

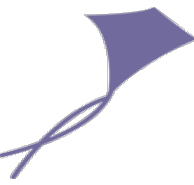


# Crisis Planning Part 9:

## When my Supporters No Longer Need to Use This Plan

Examples:

- When I have slept through the night for three nights
- When I begin cooking for myself
- When I eat at least two good meals a day
- When I am taking care of my personal hygiene needs



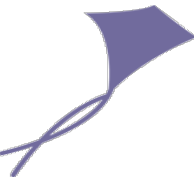
# Crisis Planning

You have now completed your Crisis Plan!

Update it when you learn new information or change your mind about things.

Give your supporters new copied of your Crisis Plan each time you revise it.

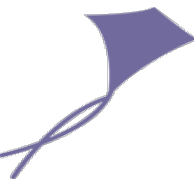
You can help assure that your Crisis Plan will be followed by signing it in the presence of two witnesses.



# Post Crisis Planning

Thinking about this time before you even have a crisis, and perhaps giving it more attention when you are starting to feel better after a crisis, may help you have an easier time recovering and moving on.





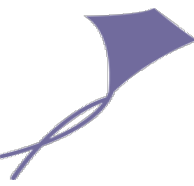
# Post Crisis Planning

The time when you are healing from a crisis can be very important.

Although you feel ready to begin taking care of yourself again, you may still be dealing with difficult feelings as well as the aftermath of the crisis.

You may find that you start feeling worse - like you are heading for another crisis.

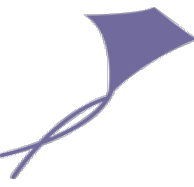
# Post Crisis Planning



- Wellness Tools you will use if you are starting to feel worse.
- Things you need to do to prevent further loss.
- Signs that you can return to using your Daily Maintenance Plan.



# Post Crisis Planning

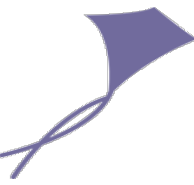


- Changes in your Wellness Recovery Action Plan.
- Changes you want to make in your lifestyle or life goals.
- What you learned from the crisis.

# Motivation

- Keep a daily record of your accomplishments
- Reach out to others for support
- Read stories about the recovery of others

You can probably think of other ways to keep yourself Motivated!



# Conclusion

You have now reviewed the Wellness Recovery Action Plan!

Perhaps you have started to work on your own plan or are helping someone else develop their plan.

# Motivation

- For additional information on all aspects of mental health recovery and Wellness Recovery Action Planning, go to:

[mentalhealthrecovery.com](http://mentalhealthrecovery.com)

or

[WRAPandRecoveryBooks.com](http://WRAPandRecoveryBooks.com)

and

[WRAParoundtheworld.com](http://WRAParoundtheworld.com)

# Thank You from Renewed Mind

“Pain not transformed is transferred.” - Unknown

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Community Supporter of Pride Foundation & the LGBTQ community.