

Wellness Recovery Action Planning:

A self-developed guide to daily living and success and the OT Connection

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Gratitude: Thank You for Coming

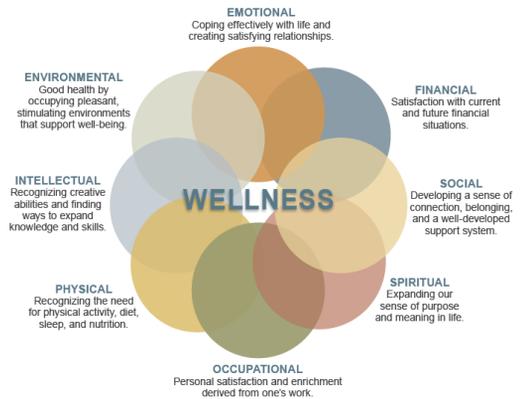


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Learning Objectives

1. Compare/contrast the values and ethics of WRAP with those of traditional health care system.
2. Define the components of a WRAP Plan.
3. Explore creative ways to partner with people in developing their wellness toolbox while honoring the volunteer process.
4. Identify strategies to advocate for increased application of OT and WRAP in Health Homes, hospitals and community based agencies.

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WRAP

- Developed by Mary Ellen Copeland.
- Based her research into wellbeing and recovery over 12 years with a large group of people who experienced long-term mental health problems.
- Widely used around the world.
- Considered an *exemplary practice* by the Center for Mental Health Services (SAMHSA: www.samhsa.gov).
- Now an *evidence-based practice*.



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WRAP

- **Structured system** for
 - Monitoring uncomfortable and distressing symptoms
 - Utilizing planned responses to reduce, modify, or eliminate symptoms.
- WRAP **does not** tell you what to do.
- WRAP **does** help each person figure out what to do.



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Mary Ellen Copeland

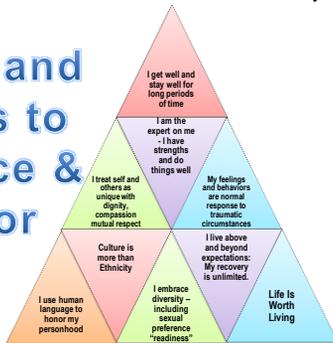


Applying WRAP in All Areas of OT Practice



Personal Mental Health Recovery

Values and Ethics to Practice & Honor



AOTA Statement on Recovery

- OT (like the recovery model), is based on the philosophy and evidence that individuals diagnosed with mental health conditions can and do recover and lead meaningful, satisfying, and productive lives.

Occupational Therapy's Role in Mental Health Recovery. Developed by Tina Champagne, OTD, OTR/L, and Karla Gray, OTR/L, LICSW, for AOTA. 2011.



AOTA Statement on Recovery

- Shared decision-making process that is person-centered and *client driven*.
- Facilitate resiliency, health, and wellness in the community of the individual's choice, rather than to manage symptoms.

Occupational Therapy's Role in Mental Health Recovery. Developed by Tina Champagne, OTD, OTR/L, and Karla Gray, OTR/L, LICSW, for AOTA. 2011.



AOTA Statement on Recovery

- Emphasis on holism, function, participation, and partnership, is used to help support people with mental illness to develop skills, engage in activities of interest, and meet individual recovery goals.

Occupational Therapy's Role in Mental Health Recovery. Developed by Tina Champagne, OTD, OTR/L, and Karla Gray, OTR/L, LICSW, for AOTA. 2011.



WRAP as an Intervention

- Support the creation and use of a wellness recovery action plan.
 - Teach/support the active use of coping strategies.
 - Identify/implement healthy habits, rituals, and routines.
 - Identify personal values, needs, and goals to enable informed decision making.
 - Increase awareness of community-based resources.
 - Encourage self-monitoring of health concerns, managing symptoms, and recognizing/responding to acute changes.
 - Engage in long-term planning that leads to meeting personal recovery goals.

Occupational Therapy's Role in Mental Health Recovery. Developed by Tina Champagne, OTD, OTR/L, and Karla Gray, OTR/L, LICSW, for AOTA, 2011.



10 Fundamental Components of Recovery



SAMHSA National Consensus Statement on Mental Health Recovery

When Exploring Recovery- **Plan** - with the End In Mind First:
WRAP Supporting Recovery Possibilities



Wellness Toolbox

- The Cornerstone of WRAP
 - Ever-expanding list of tools, actions, activities and behaviors used to develop an *action plan*.
 - Individual starts with whatever wellness tools they have or do not have.



Wellness Toolbox

List of things you have done, or could do, to help yourself stay well (or things that make you feel good):

- Examples
 - Exercise
 - Call a warm line or a hot line
 - Read
 - Focusing Exercises - Guided Imagery
 - Take medications, vitamins, minerals, herbal supplements
 - Make a list of your accomplishments
 - Listen to music
 - Pray
 - Repeat positive affirmations



Wellness Toolbox

Your List could also include things to avoid:

- Examples
 - Alcohol-Sugar-Caffeine
 - Going To Bars
 - Getting Overtired
 - Certain People





Source: <http://www.facebook.com/video/video.php?v=1789579773478>

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WRAP[®] Sections

Daily Maintenance List & Plan

- What I'm like when I feel well and what I have to do to maintain it, daily, weekly, sometimes.
- Keeps you on track.
- Gives you something to work toward.



WRAP[®] Sections

Triggers List & Plan

- External circumstances that cause an internal reaction.



WRAP[®] Sections

Early Warning Signs List & Plan

- Internal and subtle signs that things are changing.
- This is a warning or a *wake-up call*.



WRAP[®] Sections

When Things are Breaking Down List & Plan

- Urgent.
- Less options.
- Need to be employed immediately.
- Last place on wrap continuum that the person is still in charge of their own wellness.



WRAP[®] Sections

Crisis

- Our supporters take charge of our wellness when we are not able to (as determined by the individual's WRAP).
- Parts to an effective crisis plan:
 - What I'm like when I'm feeling well
 - Symptoms (indicators)
 - Supporters
 - Medication
 - Treatments
 - Home/Community Care/Respite Center
 - Treatment Facilities
 - Help from Others
 - When my supporters no longer need to use this plan



WRAP® Sections

Crisis

- Crisis Plans need to be developed when you are well.
- Crisis plans differ from other actions plans in that they will be used by **others**.
- Noticing and responding to symptoms early reduces the chances that you will find yourself in crisis.
- Easily converted to legally enforceable advance directives.



WRAP® Sections

Post-Crisis

- Timetable to resume responsibilities.
- Issues to consider.



5 Key Recovery Concepts



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“Creating Powerful Lungs and Rock Solid Fitness”

WTB #2 (addressing changes wanted in the areas of weight & asthma control)

HOPE	PERSONAL RESPONSIBILITY	EDUCATION	SELF-ADVOCACY	SUPPORT
*Inspirational TV programs about individuals that lost weight, kept it off and some that started related Businesses	*Keep a food journal *Address emotional eating by ID & getting support *No snacks after 8pm (except Thursdays-Grey's Anatomy Night) *Take daily peak flow meter readings	*Internet research on foods that provide my body fuel and benefit *Health Related Biblical Scripture	*Call Empire, AARP, AAA and see if they offer discounts to a local Gym *Reward System for Positive changes e.g. Movie Night	*Join Weight Watchers or a 12 step food related program, which would be more cost effective *Call a friend when I feel like binge eating
*Interview people I know that have lost weight	*Develop 1-3 Accountability Buddies	*Call Empire Ins. about programs available for individuals with Asthma	*Call 311 for local free or low cost health alternatives	*Start a neighborhood walking group

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Similarities and differences between WRAP and OT Values

- The *real scoop*:
 - How we are similar?
 - How we are different?
 - Language
 - Relationship
 - **Two distinct cultures (Peer culture and healthcare culture)**
 - How do we manages differences and come out ahead?

Cultural Differences

Healthcare Culture	Peer Culture
Onus is on practitioner to provide service.	Mutual, equal relationship. Both share responsibility for service.
System regards the practitioner as expert and client as recipient.	Individual is recognized as expert on self.
Practitioner is responsible for outcome.	Peer and helper shares responsibility for outcome.

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Empowering Interactions

Power Robbing Language	Empowering Language
You should	Can, could
You need	What have you considered?
You must	What are your options
You can't	What can you do?
No one can do that...	Up till now...
Problem	Challenge, situation, concern
But	And
It only works when...	What other ways might work for you?
The best way is...	Some choices are...
Your only option is...	Options to possibly consider are...
My advice to you is...	What has worked for you in the past?
You can't do that	Some things that worked for me are...

Applying WRAP

• Small Group Discussion:

- Explore creative ways OT practitioners can partner with people in developing their wellness toolbox.



Katie's Experiences

- Challenges and opportunities related to partnering with peers in a day treatment setting.
 - Merging peer culture with "treatment culture"
 - Modifying content (grading/adapting)
 - Applying WRAP to group and individual
 - Role of OT



Examples of Ways to Grade WRAPs

- Read through WRAP together & write/type for them
- WRAP with lines vs. open boxes (pictures)
- Refrigerator WRAP (shortened version)
- Type WRAP put it on a disc or thumb drive
 - Ability to email to supports who are far away
 - Scan WRAP to be emailed



Factors to Consider...

- Client Factors, Performance Skills, Performance Patterns, Activity Demands....
 - Reading ability
 - Simplistic vs. Complex steps
 - Attention
 - Problem Solving
 - Organizational skills
 - Location of WRAP (Refrigerator, Car visor, chart, night stand, etc...)
 - How can we help folks share their WRAP with their supports?



Personalizing the WRAP

- Values, Beliefs, Spirituality
- Motivation
- Passions
- What is their reason for living?
 - Examples:
 - Beloved pets
 - Artwork
 - Family
 - Friends
 - Others?





Dave's Experiences

- Teaching peer, recovery, wellness within OT/OTA curricula:
 - Introducing peer culture/perspective
 - Simulating disability
 - Social model (versus disability model)
 - Role of OT in wellness
 - Providing students with a relevant (meaningful) WRAP experience





WRAP and OT Practice Framework

- OT Areas of Occupation:
 - IADL (Health management and maintenance)
 - Rest and Sleep, Education, Work, Play, Leisure, Social Participation, ADL
- OT Intervention Approach:
 - Health Promotion
 - Prevention
 - Maintenance
- OT Intervention Type:
 - Therapeutic Use of Self
 - Therapeutic Use of Occupations and Activities
 - Consultative process
 - Education process



WRAP® For Integrated Health Care

- WRAP has incredible utility for
 - mental health
 - addiction
 - physical health issues
 - co-occurring conditions



WRAP, OT, and ACA

- **Group Discussion:**
 - **Identify strategies to advocate for increased application of OT and WRAP in Health Homes, hospitals and community based agencies.**



Thank you!

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