

Appendix C Wellness Recovery Action Plan (WRAP) ©

The Wellness Recovery Action Plan (WRAP) © promotes an individual's well – being and recovery through the development of greater self-awareness, strategies to enhance wellness and control over personal choices. It provides a practical framework for the resolution of distressing symptoms and unproductive behavior patterns and activities to be well. WRAP incorporates a daily maintenance plan as well as a guide for managing in times of crisis and reflecting following a crisis. Through identifying stage specific behavior, there is greater recognition of the individual's baseline functioning, self-care activities as well as signs and effective responses to an escalating behavioural emergency. Developing a WRAP can be done by the individual or in collaboration with a support team (family/friends and professionals such as a community mental health worker, counsellor or primary care team).

Wellness Recovery Action Plan:	
Stages	Questions to Consider:
<p>Stage A: Establish baseline behaviour and activities to support Wellness</p> <ul style="list-style-type: none"> Identify daily activities to support and promote wellness by: Establishing baseline behaviour and activities; Using positive approaches that encourage usual routines; Consider environmental supports, ways to understand triggers and decrease stressors; Be supportive, modify environment to meet needs Identify a Crisis Plan to support prevention (Identify early warning signs that signal increasing stress or anxiety) and crisis responses 	<p>Wellness: What are the individual's ways of current ways of coping and what has helped them in the past?</p> <ul style="list-style-type: none"> ✓ What are they like when they are feeling well? ✓ Ideas or things that they can do to help feel well? ✓ Choose one or two things that they will do to feel well? ✓ When they are not doing well, explore how they are feeling? (explore structure, routines) ✓ What are there signs and symptoms that signal they are in crisis? <p>What is their Crisis Plan?</p> <p>Supportive Measures: What can they do? Who has helped them in the past and how?</p> <ul style="list-style-type: none"> ✓ What can they do to help themselves now? ✓ If this plan needs to be activated, who do they want the following people or resources to be contacted who can support them and what role they can play (to help reduce uncomfortable feelings and keep them safe) when they are in a crisis? Name, Role, Phone Number ✓ Do not do the following. It won't help and may even make things worse: ✓ Who do they not want the following people involved in any way in their care or treatment (Name and reason for not wanting them involved) <p>Settling Disputes Between Supporters:</p> <ul style="list-style-type: none"> ✓ If their supporters disagree on a course of action to be followed, how would they like the dispute to be settled in the following way: <p>Medication:</p> <ul style="list-style-type: none"> ✓ Are they taking their medications as prescribed? Are their medications helping them to feel better? ✓ If they are in crisis what medication is acceptable if needed? ✓ Medications to avoid and why? <p>Treatments / Complementary Therapies:</p> <ul style="list-style-type: none"> ✓ When and How to use this treatment / complementary therapy
<p>Stage B: Escalation (Identify signs the individual is escalating to possible behavioural crisis.) Outline early warning signs of unhelpful changes to thoughts, feelings or behaviours.</p>	<p>Be directive (use verbal direction and modelling), continue to modify environment to meet needs to ensure safety</p> <ul style="list-style-type: none"> ✓ Use verbal intervention techniques, set limits, remember distance. Use visual aids if helpful. ✓ Reassure, discuss past successes, and show understanding. ✓ Describe what you see, not your interpretation of it. ✓ If the individual is able to communicate verbally, identify his/her major feeling state (angry, frustrated, anxious), provide answers to questions, generate discussion, state facts, ask short clear questions
<p>*PRN: Administer the PRN if [insert name] and paces for five continuous minutes (Stage B) or unable to calm down and breathe slowly (Stage C) after two requests.</p>	
<p>Stage C: Crisis (Risk of harm to self, others, or environment, or seriously disruptive behaviour, e.g., acting out.)</p>	<p>Use safety strategies</p> <ul style="list-style-type: none"> ✓ Ensure your own safety, safety of others, and safety of individual ✓ Use personal space and supportive stance ✓ Remove potentially harmful objects ✓ Use clear, short, calm and slow statements ✓ Remind the individual of pre-established boundaries; remind him/her about the consequences of his/her behaviour but do not threaten him/her ✓ Get assistance to keep safe ✓ As part of the WRAP explore with the individual what are the signs and / or symptoms, which in turn would need their supports listed, to take over responsibility of their care and make decisions on their behalf based on the information in this plan.

	<p>Use crisis response strategies</p> <p>If hospitalization or treatment in a facility is needed, identify the following:</p> <ul style="list-style-type: none"> ✓ I prefer this facility because ✓ Avoid using the following hospitals or treatment facilities because ✓ Name and reason to avoid using ✓ Crisis Response Centre includes Adult walk in and is available 24/7 ✓ In Winnipeg: call the Mobile Crisis Services 204-940-1781 ✓ Notify Emergency Medical Services 9-1-1 ✓ Have support person to accompany distressed individual to Emergency <p>Take the individual to ED with the following:</p> <ul style="list-style-type: none"> ✓ List of medications from pharmacy ✓ Essential information for Emergency Department ✓ Wellness Recovery Action Plan
<p>Stage R: Post-crisis resolution, calming</p> <ul style="list-style-type: none"> • After a crisis and when the individual feels ready, take time to reflect on what happened and what helped during the crisis. This is a time to examine what was learned and what changes need to be made to the WRAP to make a future crisis less likely. 	<p>Inactivating the WRAP</p> <ul style="list-style-type: none"> ✓ The following signs or actions indicate that their supporters are no longer need to use this plan. ✓ How would they like to feel when they have recovered from the crisis? ✓ Consider referring to the first section of the WRAP. (What they are like when they are well?) This may be different from what they feel like when they are well—their perspective may have changed in this crisis. ✓ Identify how they will know that they are "out of the crisis" and ready to use this post crisis plan when they... ✓ Who would they like the following people to support them if possible during this post crisis time? (Name Phone Number what they need them to do) <p>Re-establish routines and re-establish rapport</p> <ul style="list-style-type: none"> ✓ Attempt to re-establish communication and return to "calm" and normal routines <p>Arriving at Home (if they have been hospitalized or away from home)</p> <ul style="list-style-type: none"> ✓ If they have been hospitalized, the first few hours at home are very important. ✓ Do they feel they will be safe at home? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown ✓ If the answer is no, or maybe what will they do to insure they will feel and be safe at home? ✓ Things they must take care of as soon as they get home? ✓ Things they can ask someone else to do for them? ✓ Things that can wait until they feel better? ✓ Things they need to do for themselves every day while they are recovering from crisis? ✓ Things they might need to do every day while they are recovering from this crisis? ✓ Things and people they need to avoid while they are recovering from this crisis? ✓ Signs that they may be beginning to feel worse--anxiety, excessive worry, overeating, sleep disturbances? <p>Issues to consider</p> <ul style="list-style-type: none"> ✓ Responsibility: Who has been doing this while they were in crisis? ✓ While they resume this responsibility, they need (who) to (plans for resuming)? ✓ Changes in their Wellness Recovery Action Plan that might help prevent such a crisis in the future? ✓ Changes in their crisis plan that might ease their recovery? ✓ Changes they want to make in their lifestyle or life goals? ✓ Any learnings from this crisis? ✓ Are there changes they wish to make in their life as a result of what they have learned? ✓ If so, when and how will they make these changes? ✓ What do they need to do to prevent further repercussions from this crisis and when will they do these things. ✓ Anyone they wish to thank? Name, When they thank them, How will they thank them ✓ Anyone they wish to apologize to? (Name, When will they apologize, How will they apologize). ✓ Anyone with whom they need to make amends? (Name, when will they make amends, how will they make amends). ✓ Medical, legal, or financial issues that need to be resolved (Issue, How they plan to resolve this issue) <p>Things they need to do to prevent further loss--like canceling credit cards, getting official leave from work if it was abandoned, cutting ties with destructive friends, etc.</p>

Patient / Caregiver Handouts:

- WRHA Crisis Response Centre information Sheet
http://www.wrha.mb.ca/professionals/familyphysicians/files/CRC_Information_Sheet_Jan2014.pdf includes Adult walk in, outreach and scheduled crisis services is available 24/7
- Canadian Mental Health Association, Winnipeg Region Mental Health Resource Guide 9th edition See
<http://winnipeg.cmha.ca/files/2014/12/Mental-Health-Resource-Guide-for-Winnipeg-19th-Edition-2015.pdf>
- Surrey Place Centre: Developmental Disabilities Tools for Caregivers <http://www.surreyplace.on.ca/resources-publications>