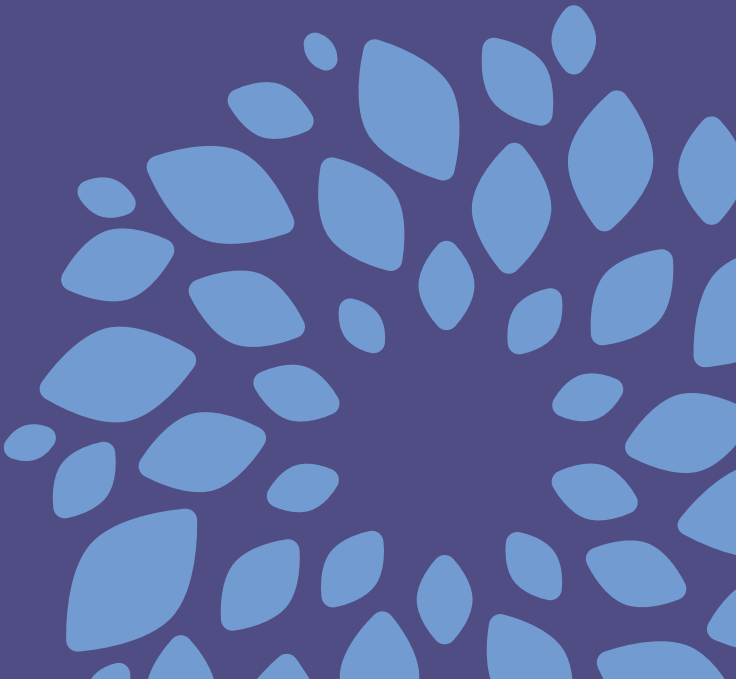




Recovery Programme

Incorporating Wellness
Recovery Action Plan
(WRAP[®])



What is WRAP®?

The Wellness Recovery Action Plan (WRAP®) is a structured system for monitoring uncomfortable and distressing signs, feelings and behaviours. Through a planned response WRAP® aims to reduce, modify or eliminate those signs, feelings and behaviours. WRAP® also included plans for responses from others when your symptoms make it impossible for you to continue to make decisions, take care of yourself and keep yourself safe.

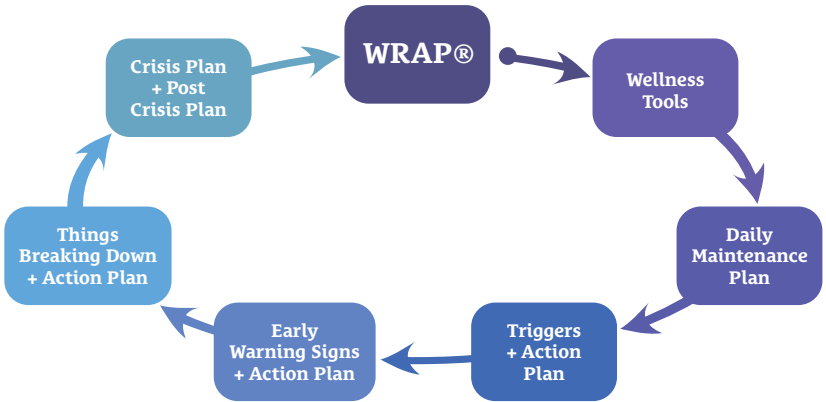
This plan is based on empowerment and personal responsibility. It encourages you to focus on your strengths and wellness rather than weakness and disability.

A Wellness Recovery Action Plan (WRAP®) must be developed by the person who will use the plan. If it is developed by someone else, it is not a Wellness Recovery Action Plan (WRAP®)

This system was developed by people who have been dealing with mental health difficulties including addictive disorders for many years and who are working hard to feel better and get on with their lives. However, it can be used to address other illnesses like diabetes or heart disease and life issues like weight loss and maintaining wellness.

Developing a Wellness Recovery Action Plan (WRAP®) is not a process that can be completed and forgotten. It is a day by day guide to living and will need to be changed over time as you change. Developing this plan with the support of another person or with a group can enhance the experience, provide increased self awareness and understanding.

The WRAP® programme follows the logical structure devised by Mary Ellen Copeland as outlined in the following diagram:



The Recovery Programme

The Recovery programme is directed at day patient mental health service users, who are discharged or who may want to avoid coming into hospital. The main emphasis of the Recovery programme is the creation of your own WRAP®. It aims to educate each person, by allowing them to self monitor their mental health using their WRAP® plan and to address factors that may impede or support their Recovery. While WRAP® is delivered as one segment, additional group work sessions on Recovery topics which support WRAP® are also included, e.g: Motivation to Change, Self and Relationships, Self-esteem, Building Social Supports and Enhancing General Health.

The WRAP® segment of the programme is facilitated by accredited advanced level WRAP® facilitators who were trained by the Copeland Centre.

Referrals:

Using the hospital's standard referral form, referrals should be completed by your Consultant or any member of your multi-disciplinary team and forwarded to The Wellness and Recovery Centre at St Patricks Mental Health Services. Referrals to the programme are also accepted from GPs using the Day programme referral form available on the Hospital website: www.stpatricks.ie



The Recovery Programme is available through the Wellness and Recovery Centre within St Patrick's Mental Health Services and is delivered as follows:

The Recovery Day Programme:

The Recovery Day Programme is a 12 day programme consisting of 2 days a week over a six week period. The typical hours of the programme are 9.30 - 4.30pm.

The Recovery Evening Programme:

The Recovery Evening Programme consists of 1 evening per week for 8 weeks. The typical hours of the programme are 6.00pm – 9.30pm. The Recovery Evening Programme is designed specifically for those who cannot attend the daytime Recovery Programme due to work or college commitments.

The Refresher Weekend Programme:

The Refresher Weekend Programme consists of a Saturday and Sunday and is available to those who have completed either the Recovery Day or Evening Programme. It is Recovery focused and is aimed at those who are using their WRAP® plan and would like some assistance in updating or recapping on all aspects of WRAP®.

Recovery Aftercare Programme:

The Recovery Aftercare Programme is a structured programme for anyone who has completed the Recovery programme and wishes to have ongoing support and engagement with using their WRAP® plan. The Programme runs once per month on Thursday evenings from 6.00pm – 9.30pm. Each session is thematic and based on WRAP® principles. Participants may attend up to twelve sessions on completion of the Recovery Programme.

Contact Details

Administrator's Office:

Phone No: 01 2493361.

Recovery Programme Clinicians Office:

Phone No: 01 2493445.

Testimonials from service user's who have completed the Recovery Programme

"Wonderful Programme - we've needed it for years and I'm thrilled it has been introduced"

"Thank you all for your help over the last six weeks - in particular your courtesy, understanding and the professional manner in which the Programme was delivered"

"I found the Programme very beneficial. WRAP is a wonderful educational tool"

"It has been a great experience personally to take part in the Programme. It has opened my eyes to a lot of things about myself and others. I'm grateful to you all for making me feel at ease, supported and able to say what I needed to say"

"Thanks so much for the Programme, It really was quite helpful. You have all been amazing, and so friendly"

"I really enjoyed the course and found it very beneficial. It has been a privilege to take part"

"It's a very good "stepdown" programme THAT ALL PATIENTS should do as it may cut down on re-admissions."

www.stpatricks.ie

Useful links

- www.copelandcentre.com
- www.mentalhealthrecovery.com

St Patrick's Mental Health Services

James's Street, Dublin 8, Ireland.

t: +353 1 249 3200. f: +353 1 679 8865.

Support & Information Line:

+353 1 249 3333.

e: info@stpatsmail.com

www.stpatricks.ie