



Recovery Programme

Incorporating Wellness
Recovery Action Plan
(WRAP[®])



What is WRAP®?

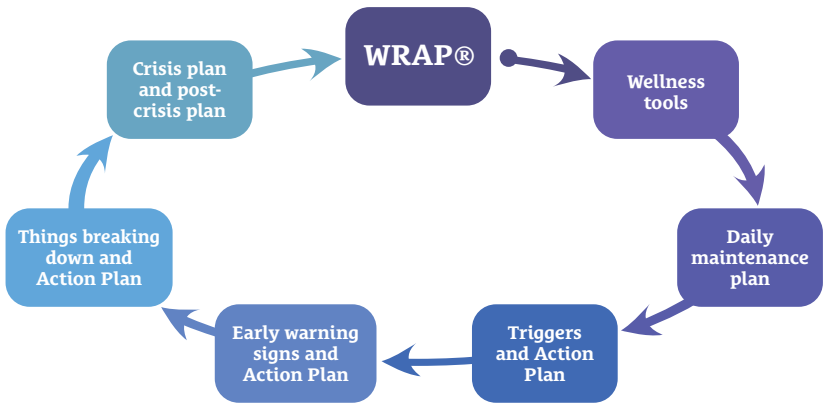
The Wellness Recovery Action Plan (WRAP®) is a structured system for monitoring uncomfortable and distressing signs, feelings and behaviours. Through a planned response, WRAP® aims to reduce, modify or eliminate those signs, feelings and behaviours. WRAP® also includes plans for responses from others 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®).

Developing a Wellness Recovery Action Plan (WRAP®) 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 service users who are discharged from inpatient, Homecare or Dean Clinic services 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, eg: 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 multidisciplinary 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 referral form available on 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 10-day programme delivered one day a week from 9.30am to 4.30pm.

The Recovery Evening Programme:

The Recovery Evening Programme consists of one evening a week for eight 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 takes place two days a week and is available to those who have completed either the Recovery Day Programme or Recovery 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®.

Connections Café

On completing the Recovery Programme, service users have access to a follow-up support programme for one year. The Connections Café runs monthly on Wednesday evenings from 4.30pm to 8.00pm. Each session is thematic, based on WRAP® principles, and offers ongoing support for the service user.

Testimonials from service users who have completed the Recovery Programme

“Wonderful programme - we’ve needed it for years and I’m thrilled it has been introduced.”

“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.”

stpatricks.ie

Contact details

Recovery Programme Clinicians Office:

Tel: 01 249 3445

Email: wraprecovery@stpatricks.ie

Useful links

- copelandcenter.com
- mentalhealthrecovery.com

St Patrick's Mental Health Services

James' Street, Dublin 8, Ireland

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

stpatricks.ie