

Recovery Programs, Wellness Tools & Resources

Key Concepts/Themes of Mental Health Recovery

Hope, education, personal responsibility, self-advocacy, support (get & give)

*** The following self-help programs have originated from consumer/survivors. They are recovery-based, adhering to recovery values, and embodying all the key concepts above. Their overarching goal – to **provide mutual support for positive change**.

WRAP – Wellness Recovery Action Plan

- Recognized as an **emerging best practice** in the USA
- Has a **research evidence base** that shows WRAP leads to behavioral or attitudinal change – hopefully **ongoing research will explore the efficacy and effectiveness of WRAP in promoting recovery**.

WRAP stands for **Wellness Recovery Action Plan**. It's a program that was developed in Vermont, USA, in 1997 by Mary Ellen Copeland and a group of friends who had all experienced the mental health system. WRAP is now recognized as an **exemplary practice** and has been widely implemented throughout 50 states in the USA, UK, and New Zealand. The WRAP program involves an educational and planning process that is grounded in **mental health recovery** concepts such as **hope, education, empowerment, self-advocacy, and interpersonal support and connection**. Within a group setting, individuals explore self-help tools (eg. peer counselling, focusing exercises, relaxation & stress reduction techniques) and resources for keeping themselves well and for helping themselves feel better in difficult times.

Copeland sums up WRAP with these words:

“For a person who has been in the system a long time, WRAP is often a person’s first introduction to the idea that their own ideas and views have value, and that they can make their own decisions and move on with their recovery. It can be the initial step in the recovery process”.

- WRAP has a **certification component for facilitators**
- WRAP **resources** include videos, books, training manuals and a chat-line.
- Contacts for WRAP: www.mentalhealthrecovery.com
- Copeland Center: www.copelandcenter.com
- Ontario contact: Ann Thompson athompson23@hotmail.com

PEER SUPPORT

“Peer support is not like clinical support, and it is more than just being friends. In Peer Support we understand each other because we’ve been there”, shared similar experiences and can model for each other a willingness to learn and grow. We come together with the intention of changing unhelpful patterns,

getting out of “stuck” places, and building relationships that are **respectful and mutually responsible**. In our Peer Support group we build a sense of family and community that is **mutually responsible and focused on recovery and social action.**”

Some of the **values** that you will see in recovery-based or trauma-informed Peer Support and WRAP groups are:

- Building hope
 - Self-determination/voluntary participation
 - Unconditional respect and high regard for everyone
 - Non-medical language
 - Trauma-informed
 - No limits to recovery/healing
 - Honest, direct communication
 - Building on strengths
 - Shared power, mutual responsibility
 - Valuing community
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- **Shery Mead** is a key leader in defining and researching peer support
 - See her website – www.mentalhealthpeers.com for articles on peer support
 - Work is currently being done to define **fidelity standards** for peer support.
 - Numerous **certification programs** are evolving to train Peer Support Specialists
 - See www.peersupport.org

PATHWAYS TO RECOVERY

- Started as a self-help workbook (2002) developed by a group of consumer/survivors and social work educators at the Kansas School of Social Welfare
- Pathways has just finished a pilot stage of developing a group program along with a **facilitator training curriculum**. A **research component** is now being implemented. Consumer/survivors are being encouraged to work with the **Pathways to Recovery Workbook** and then to facilitate these Pathways group sessions and facilitator training workshops.
- Pathways translates the evidence-based practice of a **Strengths Approach** to a **person-centred self-help group**.
- Pathways puts the process of setting goals and creating a personal recovery plan into a self-guided format.
- **Pathways to Recovery Group Facilitator’s Guide** will be available Fall, 2006 – contact Lori Davidson davidson@ku.edu
- Strengths Approach – www.socwel.ku.edu