

WRAP (Wellness Recovery Action Plan)

Western Australia

Information submitted by:

Ms Paula Morrow
Project Worker
Ruah Inreach.

Background

WRAP began in October 2003 at Ruah Inreach with a pilot program. A further three trials were conducted in 2004. In 2005 an Auseinet grant of \$5000 provided a small group facilitation training course and the delivery of one WRAP course. Three subsequent courses were completed in 2005.

Aims:

To support the development of a consumer group who will be able to share the wisdom of WRAP with other consumers so that they can effectively manage their illnesses and achieve their life goals.

Target group

Men and women of any age from the Perth metropolitan area, who identify themselves as living with a mental illness.

Mental health practitioners and others also learnt about recovery and WRAP through presentations made by consumers.

Project Infrastructure**Lead agency**

Ruah Inreach.

Sectors and settings

Government and non government mental health services have been involved.

Settings for the delivery of WRAP courses have been chosen carefully on the basis of:

- Accessibility by public transport;
- Ambience (preferably with access to a garden);
- Undercover area for smokers;
- Availability of resources; and
- Affordability.

Collaborations, partnerships, processes and protocols

Collaboration with consumers has been of primary importance. This is a consumer led program and it has therefore been vitally important to utilise their skills and wisdom. A consultative process, including planning and regular reviews was developed to establish an infrastructure which would support the sustainable delivery of the program.

Other partnerships have been formed with:

- Government and non government mental health services;
- ARAFMI;
- WAAMH; and
- Office of Mental Health.

Staff/ personnel (including volunteers)

- One paid staff member (administration and resource support);
- Two consumer volunteers (administration, resource development, promotions); and
- Consumer facilitators (paid to facilitate groups).

Consumer and carer involvement

Consumers have been involved in every stage of the programs' development:

- Promotional presentations;
- Design of promotional material;
- Collation of resources, maintenance of records;
- Contact with participants; and
- Planning and reviews.

Reference, advisory or management groups.

A steering committee was formed to guide and monitor progress. This committee comprised two representatives of non government mental health service, three consumer consultants and two staff members.

Personnel training

Consumer facilitators were trained in small group facilitation skills: an initial eight week course with four tutorial sessions throughout the year for revision and further skill development.

Initial funding

- Ruah Inreach
- Auseinet 'Small Grant'

Funding sustainability

Sustainable funding is currently being investigated.

Implementation

Detailed description

The Wellness Recovery Action Plan (WRAP) is a self management program for people living with mental illness. It offers them the opportunity to learn skills and build confidence to effectively manage illness and achieve life goals.

This initiative provided:

- Small group facilitation skills training for potential WRAP facilitators and others;
- Presentation of WRAP courses;
- Promotion of WRAP to government and non government mental health services; and
- Development of a 'Guidelines/Procedures Manual' for WRAP in Western Australia.

Resources

Models

- **WRAP - Wellness Recovery Action Plan** (overview)
http://mentalhealthrecovery.com/art_aboutwrap.html

Tools

- **WRAP Resources:** developed by Mary Ellen Copeland. Available through her web site:
<http://www.mentalhealthrecovery.com/index.php>
Ruah Inreach purchased copies of the Red WRAP Workbook which are supplied to participants at a highly subsidised rate.
- **Promotional Flyer:** developed by consumers
<http://www.auseinet.com/files/recovery/1wrapflyer.pdf>

- **Terms of Reference for WRAP Steering Committee**
http://www.auseinet.com/files/recovery/1wrap_tor.doc

Evaluation

8 WRAP courses have been run since 2003. About 70 people have completed courses. Participants complete the Mental Health Confidence Scale as a pre and post test and provide weekly feedback throughout the 10 week course. The majority of participants recorded a positive change including:

- Increased self esteem;
- More confident about advocating to have needs met;
- Thinking more positively;
- Communicating more assertively;
- Beginning volunteer work; and
- Development of facilitation skills.

Several 'catch-ups' have been held for WRAP participants which could form the basis of an ongoing peer support program.

Outcomes

Relationship to 4A's framework

The following information provides details of project outcomes as they relate to the major components of the 4As framework. This is a model developed by the Australian Government to support an understanding of recovery based approaches.

(For more information about the 4As: go to summary sheet at http://www.auseinet.com/files/factsheets/recov_summary05.pdf)

Awareness: *involves developing an understanding of one's mental health needs, including specific knowledge of risk and protective factors. Includes education, stigma reduction.*

Individuals develop an awareness of the possibility of recovery, of the tools they already have, or can develop. Participants learn to manage symptoms of illness and to maintain and strengthen wellness. This is achieved through the development of a series of plans:

- Daily Maintenance;
- Triggers;
- Early warning Signs;
- Things Breaking Down;
- Crisis; and
- Post Crisis.

Anticipation: *processes which support people who have been seriously affected by mental illness to make their own decisions rather than to have decisions imposed eg: discharge, recovery, crisis plans.*

Heightened awareness helps participants develop skills to anticipate the possibility of relapse and to limit or manage its effects. This is achieved through reflection, analysis and development of plans for "Triggers", "Early Warning Signs" and "When Things Are Breaking Down".

Access: *timely access to the whole range of services that support wellbeing and early intervention in times of increased service need. Includes service collaboration and partnerships.*

WRAP has been designed by consumers and is delivered by consumers. It is affordable and is located where consumers can access it easily. Participants are encouraged to develop a supportive network which includes service providers, families and friends. The material is practical and can be easily applied.

Alternatives: *recognising the need for an expanded range of treatment and community support options for people who have experienced mental illness eg: housing, employment, holistic treatment.*

The course allows participants to develop a “tool box” of skills and strategies that they either know have worked in the past or things they would like to try in the future e.g. meditation, exercise, and healthy nutrition.

Evaluation/Outcomes

What works well

WRAP works well because it is a consumer developed, consumer driven program and is based on the wisdom of consumers’ lived experiences. Within an atmosphere of hope, people who are living with mental illness are encouraged to:

- Take responsibility for their wellness;
- Educate themselves about their condition;
- Advocate for their needs; and
- Build a supportive network.

The implementation phase of WRAP has provided consumers and service providers an opportunity to work together in a mutual learning environment, and consumer facilitators are positive role models.

Challenges or barriers

- Funding:
 - A significant amount of the work completed by consumers has been done on a voluntary basis because of limited funding;
 - Uncertainty about sustainable funding has made long term planning difficult.
- Promotions:
 - Although information has been widely distributed to service providers it is difficult to ensure that it is passed on to consumers.

Contact details

Paula Morrow
Project Worker
Ruah Inreach

27 Cleaver St
West Perth 6005

Ph: 08 9227 7012

Fax: 08 9227 7879

Email: pathways@ruah.com.au

Website: <http://www.ruah.com.au/risd.htm>