

**Wellness Recovery Action
Planning (WRAP)
for Families:**
*a self-help group for families of loved
ones with mental illness*

*Applying a Structured Engagement
Approach to Benefit Family
Members of Clients
at Ontario Shores*

Wellness Recovery Action Planning (WRAP) for Families

The work of the Family Council at Ontario Shores has identified gaps in the services available to family members of our clients. One of the areas identified is around the education of families in their understanding of Recovery. As inpatients, clients are encouraged by professionals to learn and apply the language and philosophy of Recovery. Families could benefit from similar efforts to help guide their understanding of Recovery, and learn how Recovery approaches can help enhance their health and well-being through pragmatic problem-solving and mutual support and self-help, lessening dependence on the mental health system. (Ontario Shores Website, 2013)

The Wellness Recovery Action Plan (WRAP) program has had documented success in empowering clients to achieve increased autonomy and success in the management of their mental health problems. It achieves this through a structured group program, which encourages clients to assume greater responsibility for their health and well-being, rather than nurture dependence on the mental health system. (Copeland, 2008)

The current group advocates a parallel program for families. Following the WRAP model, a series of 8 weekly sessions, co-facilitated by a Social Worker and a family member volunteer, will focus on the theme of how to achieve and maintain physical and psychological wellness, encouraging mutual support and diversity of views. The groups will combine skill-building with discussion and sharing of perspectives

A 9th week has been built into the curriculum to allow for a flex week if material and discussion require more focus and attention.

Session #1

Introduction to WRAP, Values and Self Care

- Self-reflection, exploring individual and collective perspectives
- Internal and external conditions that support recovery
- Recovery as a paradigm shift – medical and alternative approaches
- Power of self-help and group process for families and client/s

Session #2

WRAP Key Concepts and Pathway to Recovery

- Establish a group comfort agreement
- Review family recovery core values
- What is Wellness Recovery Action Planning?
- Key Concepts of Recovery through the lens of “Inside-Outside”
- Barriers to Recovery and Healing for families
- Exploring the impact of discrimination on families and client/s– “EOP”
- Role of family in nurturing a culture of healing and wellness

Session #3

Wellness Tools & Daily Maintenance List

- Explore **Individual and Family Wellness Tools**
- Develop a **Daily Wellness Activities Plan** for yourself
- What do family members need to do daily to support wellness in the family as a unit?

Session #4

Triggers and Action Planning

- Explore **Triggers** for Individuals
- Develop an **Action Plan** to address Triggers
- Try some stress reduction exercises as Wellness Tools

Session #5

Early Warning Signs and Action Planning

- Explore **Early Warning Signs** for Individuals
- Develop an **Action Plan** for Early Warning Signs

Session #6

When Things are Breaking Down and Action Planning

- Explore **When Things are Getting Worse or Breaking Down** for individuals
- Develop an **Action Plan** for When Things Are Getting Worse

Session #7

Crisis and Post Crisis Planning

- Explore what sends us into crisis
- How can we plan
- A list of questions and things to consider during a crisis
- Explore Post-Crisis Planning

Session #8

Self Reflection, Goal Setting, Next Steps

- Review WRAP material
- Discuss WRAP experience
- Retain feedback from group members
- What's next for us?

Session #9

Wrap Up Session

- Wrap Up Session: Any material that requires lengthier discussion/support.