

Illinois Department of Human Services Division of Mental Health

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Director**

Wellness & Recovery Services

Wellness Recovery Action Planning (WRAP) for Work



MEET THE PRESENTER

- Nanette V. Larson, BA, CRSS, CPRS
- Deputy Director, Wellness & Recovery Services
- IDHS/Division of Mental Health

- Advanced Level WRAP® Facilitator
- Emotional CPR Practitioner
- Author: *From Shattered to Restored: Recovering Hope, Discovering Purpose*



LEARNING OBJECTIVES

- **What You Will Learn & Do Today:**
 - Recognize the top 10 Values and Ethics of all WRAP programs
 - Learn the Foundational Principles of Wellness
 - Begin to develop your own personal WRAP for Work

WELLNESS RECOVERY ACTION PLAN

WRAP can empower individuals to move from passivity to self-directed action.



WRAP BASICS

WRAP: Wellness Recovery Action Planning

- A self-designed prevention and wellness process
- Helps individuals develop action plans that will assist them in recovering and sustaining wellness
- Can be used by anyone to get well, stay well and make their life the way they want it to be
- Used by people in all kinds of circumstances, and by health care and mental health systems all over the world
- Has been studied extensively and is listed in the National Registry of Evidence-Based Programs and Practices

WELLNESS RECOVERY ACTION PLAN

A person can develop a WRAP to address any aspect of their life.

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

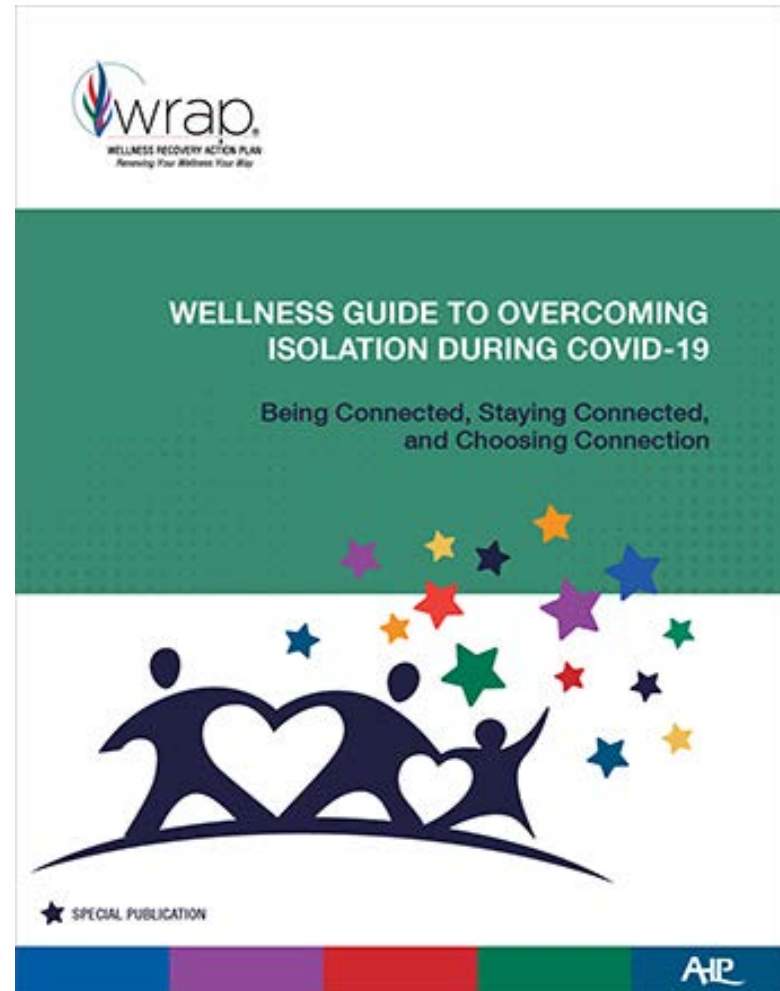
Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

WELLNESS RECOVERY ACTION PLAN

The *Wellness Guide to Overcoming Isolation During COVID-19* offers help and support for those suffering from isolation during the COVID-19 pandemic.

FREE Digital Download:
www.wrapandrecoverybooks.com



WRAP VALUES & ETHICS

WRAP V&E Top Ten List

1. **Hope** is essential for recovery
2. There are **no limits** to recovery
3. All participation is **voluntary**
4. Personal **choice** is valued; give each other choices and options, not final answers
5. Focus on simple, safe, and **common-sense** options
6. Remain focused on **strengths** and away from deficits
7. Diverse experiences are **validated**
8. **Unconditionally** accept each other
9. WRAP is based on mutual **equality, dignity, compassion, and respect** for all
10. WRAP is **adaptable** to anyone's personal philosophy

POLL QUESTION

Which one of these Values & Ethics stands out to you the most?

- **Hope** is essential for recovery
- There are **no limits** to recovery
- All participation is **voluntary**
- Personal **choice** is valued; give each other choices and options, not final answers
- Remain focused on **strengths** and away from deficits

FOUNDATIONAL PRINCIPLES

Foundational Principles of Wellness

- **Hope** – First believe you can, then set goals, then keep believing
- **Spirituality** – Identify what matters to you the most, what gives you meaning & purpose
- **Personal Responsibility** – Take action toward the goals you set, make good choices
- **Support** – Lean on others for encouragement and accountability
- **Education** – Get good information to help you make good decisions
- **Self-Advocacy** – Communicate effectively, change methods based on different situations

QUESTION

Which of the Foundational Principles are you most familiar with / use the most in your life?

- 1. Hope** – First believe you can, then set goals, then keep believing
- 2. Spirituality** – Identify what matters to you the most, what gives you meaning & purpose
- 3. Personal Responsibility** – Take action toward the goals you set, make good choices
- 4. Support** – Lean on others for encouragement and accountability
- 5. Education** – Get good information to help you make good decisions
- 6. Self-Advocacy** – Communicate effectively, change methods based on different situations

QUESTION

Which of the Foundational Principles are you least familiar with / use the least in your life?

- 1. Hope** – First believe you can, then set goals, then keep believing
- 2. Spirituality** – Identify what matters to you the most, what gives you meaning & purpose
- 3. Personal Responsibility** – Take action toward the goals you set, make good choices
- 4. Support** – Lean on others for encouragement and accountability
- 5. Education** – Get good information to help you make good decisions
- 6. Self-Advocacy** – Communicate effectively, change methods based on different situations

WRAP for Work

1. Wellness Tools

What things do you already do to help yourself stay at your best throughout your workday?

What things do you do on your “off” time that contribute to you being at your best during your work time?

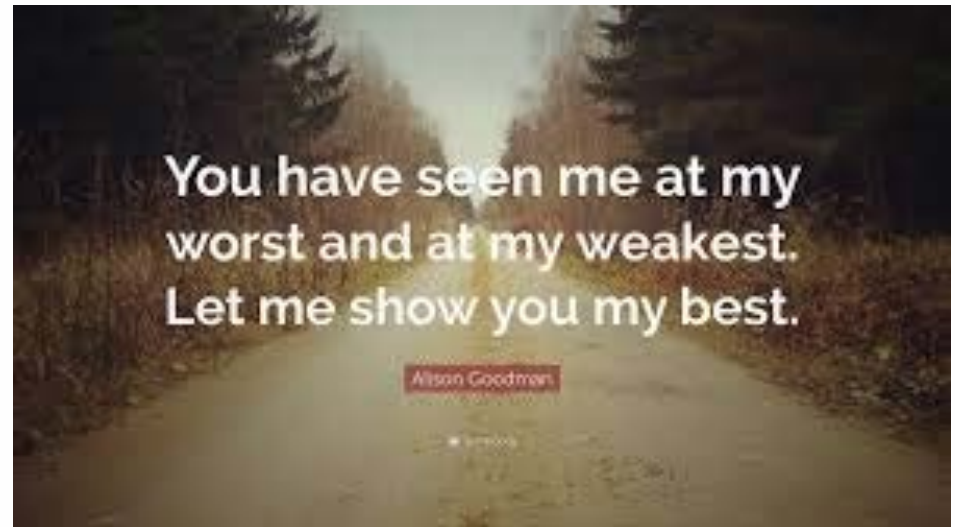
What new things might you like to try in the future?



WRAP for Work

2. At My Best

How would other people describe you, or how would you describe yourself, when you are at your best at work? How would you like to be?



WRAP for Work

3. Daily Plan

What do you need to do every day to stay at your best at work? What things do you need to include in a typical workday to keep yourself at your best? What would you do and when would you do it?



WRAP for Work

4. Stressors

What events or circumstances might make you feel unwell or throw you off track if they happen?

Action Plan for Stressors: What actions could you take or what wellness tools could you use to respond to stressors that come up? What can you do to limit your exposure to stressors?



WRAP isn't WRAP without the AP!

PARTS OF WRAP

5. Early Warning Signs

EWS: What are the earliest inner signs that you are not at your best at work? Early Warning Signs are things that only you know are happening, such as thoughts, feelings, and sensations.

AP: What is your action plan for when you notice these signs? No one else sees them, so it is up to you to intervene.



PARTS OF WRAP

6. Things Breaking Down Signs

TBD: What are some signs that indicate things are getting worse for you at work? Things Breaking Down Signs are things that other people notice and may have mentioned to you before.

AP: What is your action plan when you and/or others notice these signs? Your supporters can help you follow through on your self-defined plans.



PARTS OF WRAP

7. Crisis Plan

Crisis: What signs would indicate to others that you need extra help?

AP: What kind of help do you want at those times? What things would you consider not helpful? Who do you want to help you? Who don't you want involved?

8. Post-Crisis Plan

Post-Crisis: What signs would indicate to your supporters that you are past the crisis stage and ready to be more responsible for your own care?

AP: What responsibilities could you pick back up first? What can wait? Who are the people you want to thank for helping you through the crisis? Is there anyone you need to apologize to?

THANK YOU!

“WRAP isn’t WRAP without the AP!”

The WRAP App is available for FREE on iPhone & Android



FOR MORE INFORMATION

WRAP: www.mentalhealthrecovery.com

IDHS/DMH Wellness & Recovery Services:

<http://www.dhs.state.il.us/page.aspx?item=36696>

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THANK YOU

Stay safe and take good
care of yourself.