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WRAP

Do

Assist the person to use this self management approach to create and maintain mental wellbeing through a Wellness Recovery Action Plan (*Copeland and Allott 2005*).

Story

'I wrote my WRAP over a year ago and have found it beneficial to my recovery. It has enabled me to focus on things to help me stay well and allowed me to do things I would normally have found difficult to do, resulting in my achieving a level 4 City and Guilds qualification. I feel that the WRAP has also enabled me to be discharged from the specialist mental health service – a goal I have been after for

around a year, but not able to achieve as my own recovery was all over the place.

The WRAP helped me focus and channel my time into areas I need to work on and through the training sessions I deliver to others on WRAP, I am able to adjust my own plan to meet my current needs. I had a concern, when I wrote my WRAP, that it could encourage my Obsessive Compulsive Disorder to return, but luckily it hasn't. I was fearful that I would become obsessive about checking the plan daily and doing everything listed. This has not proved to be so and I feel it is important that the WRAP remains individual and unique for each person including how it is used.'

Hints & Hazards

Whilst the WRAP is designed to focus on Wellness as well as managing crises, there is a temptation for people involved in mental health services to give less attention to what helps the person stay well and become preoccupied with managing crises. Secondly, in centering the process on the person designing their own recovery journey, there is a temptation to see the process as an entirely individual issue in which social or economic factors have no part and in which friends and family can make no contribution.

This is not the intention of the model, which sees people very much within their context. Finally, services have a habit of fixing plans rather than treating them as working documents to be constantly revised and updated.

*See <http://www.critpsynet.freeuk.com/LITERATUREFinal.htm>
for a literature review.*