

KAYLA BAKER:

Good afternoon and welcome to today's SAMHSA sponsored webinar. Wellness Recovery Action Plan, presented on the path of national mental health awareness. Today's presentation will be recorded. The recording, link, slide and certificate of attendance will be sent to everyone via email in attendance today. Closed caption is available and can be viewed by clicking cc at the bottom of your screen, or clicking the link in the chat pod. We also have an ASL interpreter who should be spotlighted on your screen. During the presentation, please add your question and comments in the chat box. Questions will be asked to presenters at the end of the presentation. When the presentation ends, please complete a brief survey that will show in your browser to exit the platform. Thank you for joining us, we will now begin today's presentation.

LYNN MILLER:

Good afternoon everyone, my name is Lynn Miller. I have the Director for the Wellness Recovery Action Plan, WRAP, here at Advocates for Human Potential. Today's presentation will: work on understanding the origins of WRAP and why it is an evidence-based practice, and the purpose of WRAP key concepts and values and ethics, discuss the parts of a personal WRAP and what they address, and describe best practices for an agency that offers WRAP seminars and groups. With that, I will turn it over to Mary Ellen Copeland who is the author of the WRAP curriculum.

MARY ELLEN COPELAND:

Hi everyone, I am glad to be here. I am just sort of getting used to, I cannot see. I think this was supposed to be Akua?

LYNN MILLER:

You were just doing their intro.

MARY ELLEN COPELAND:

I am Mary Ellen Copeland. Many many years ago in 1997 I started doing mental health recovery work. Back in the 1980s, part of the work I was doing was really focused on finding out how people who experience various kinds of mental health issues, how they get well, how they stay well, and having move on with their lives. I was really interested in that issue, having issues myself and having seen my mother work through her mental health issue, and on the other side, have a good life for herself for many many years after she did that. I really wanted to find out more about that.

WRAP evolved out of the early research I did. Akua?

DR AKUA FEATHERS:

Hello everyone, I am Doctor Akua Feathers. I have lived my WRAP plan for almost 11 years. I am an advanced level facilitator for WRAP. I work closely with Advocates for Human Potential to do WRAP seminars and facilitate trainings. What is WRAP? WRAP is an acronym, it stands for Wellness Recovery Action Planning. One of the things I love about this, is this is an individual approach. It helps them learn about themselves and what wellness looks like for them, and then build that out into a personalized plan. It helps us be well, stay well, and get well if we are not well. It is self-created. As Maryellen said, it was created back in 1997.

It helps individuals move through what I like to call life's ups and downs with more intentional wellness. This process was created with a peer led efforts. We continue that peer led foundation in everything we do with WRAP. So I am going to move to the next slide. It is a little bit of a delay. It is a lot a bit delayed. Who can use WRAP? You will probably hear me calling my favorite part, because it is all my favorite part. One of the things I appreciate about WRAP is, anyone can use it.

It is not just for a certain group of people. Just like the slide says, you can create a WRAP if you want to increase your enjoyment of life, if you want to better manage your mental health and emotional health. Recover personal wellness and maintain your wellness. You do not need a diagnosis, you do not need a certain background, all you need is a desire to take better care of yourself and do it with more clarity and intention. I have facilitated WRAP with people recovering from burnout, chronic illness, grief, working to manage their mental illness and be more grounded. WRAP meets individuals where they are. It is inclusive and grows with you. Wellness does not have a finish line. WRAP allows you to create the tools to support yourself for the long haul.

It is a huge delay when I am clicking it, it is longer than I am used to. WRAP is not just a feel-good, warm and fuzzy thing. It is actually an approach that works. Research has shown and I personally seen, experienced, and witnessed others experience that others who use WRAP have more hope, better quality of life, and improving employment outcomes, and so much more. They also reported less depression, less anxiety, fewer symptoms, and less reliance on different services for crises. What I have witnessed in groups, is people realizing with just a little bit of hope, they actually do know what it takes to help them stay well and be well. They discovered they are the expert on themselves.

Perhaps they do not know it before. Perhaps they did not have the space, language, or support to turn it into a plan. WRAP gives people that space. It helps them find the language. It helps them to identify the type of support that they need. And the instances in where they would need it. With that, I will turn it over, I believe to Mary Ellen, if I am wrong?

MARY ELLEN COPELAND:

there we go. It is very nice to be doing this. I have retired, so I cannot do it as often as I used to. I will go to the five key concepts of WRAP that I discovered in my early research. We will talk about the wellness toolbox and the Wellness Recovery Action Plan, and then turn it over back to Akua to do the crisis plan. Early on in the studies cited of people who experience mental health issues back to the 1980s, I discovered from that very early research, people in those days were not talking about recovery. They said you really need to accept that this is your issue that you will have to live with it. I did not want to do that. I know my mother had not done that. I talked to a lot of people who had not done that.

One of the early things I learned that become part of WRAP, is that there are five concepts at the core of WRAP and the core of mental health recovery. They were chosen based on research and input from peers around the world. They are all vital. The first one is hope, you have to have a hope. When people have a sense of hopelessness, it is difficult to get well and move on with your life. WRAP is encased in hope. The word hope is used a whole lot. People talk about hope. It was something I was not given, it is something my mother was not given. We have to accept the way you work, that your kids will have to make accommodations for you in your life.

I was not willing to accept that. I had to look to my peers at that time to give me hope. These days is not the issue anymore. If I run into trouble, no one is saying there is no hope. I hope that message is clear. There is hope. We have to take personal responsibility for it. There is nobody else who can do this for us. We can get lots of help and most support from other people. All of WRAP is based on personal responsibility. In doing WRAP over the years, I thought some people who it was understood they did not have any ability to take personal responsibility for themselves. Using WRAP, they were able to take that responsibility and move on with their lives.

Personal responsibility is a big deal. We need to educate ourselves. Lots of times people think we do not have that ability to educate ourselves. What I found in my studies is that, and seeing other people's research, we do have flexibility to return. -- And we do have plenty of ability to learn. People said we need to know how to advocate for ourselves. We need to be able to go out and ask for what we want. Is it a different living situation? Is it helped through very difficult times? Is a learn about diet or other wellness tools? Self-efficacy is one of the key concepts and then support. We got in the past when we have been Pretty isolated, now having much more time with peers and other people makes a huge huge difference.

In addition, we have the proper values and ethics. -- We have the WRAP values and ethics. This is the basket WRAP sets in. It is the key concepts, values, and ethics. I can only mention them briefly, because there is 17 of them and we do not have time. They were developed through a peer learning mutual model. What I discovered as I was trying to develop trainings to teach people how to do WRAP, I found in order for it to be most powerful and effective, it had to be stood in parameters around which we did this work.

I started working on those and renting them down. Then I would send them out, developing longer lists. These were in early computer days. Longer list of people, send out, ask people questions. They would send back, I would say did we cover all the values and ethics? There are lots of input and sending more and more questions. Came up with about 17 values and ethics. Just to give you an idea of what they are in WRAP groups and any kind of WRAP work when we are dealing with our peers, which is wrong with taking the -- dignity, compassion, respect, and high regard. We support the concept that each person is the expert on themselves. We validate each other's experiences. In WRAP, we stay away from clinical language.

It is those kinds of things. That everyone is welcome at a WRAP group. We stick here early on that so-and-so was not ready for that, maybe someone is too young, too old, maybe they had mental health conditions for too long. The WRAP values and ethics really take us past that. The next slide. How can I do this? WRAP is created by the person, for the person, that is the only person who can create a WRAP. It is the person themselves. Other people can provide expertise and support. The bottom line is it is developed by the individual. What can I do and what has been working for me? How we can support herself in this circumstance. What are my personal power and strengths? How can I take control my life? How my recovery my wellness? How can I stay well and recover from any crisis?

It is really a person looking individually at their life and creating the WRAP. It is based on self-determination. It allows wellness to be determined by the mental and not predetermined by anyone else. It is always voluntary. No one can say you need to write a WRAP now, you need to have it done by next week, it is not that kind of thing. It is a very personal thing. It is always voluntary. WRAP always belongs to the person who developed it. While I was planning to start from the individuals' life goals, hopes, dreams, interest, it does not have clinical targets.

The best of worlds, people went in to tell people they had mental health issues. If they end up in the emergency room, with a psychiatrist in a treatment center. The first thing they work on is what helps you? What are the things that help you to feel better? The first thing I got is, you are manic-depressive like your mother, it is no wonder. You will always be like this. You are going to have to take these medications. Your kids are always going to have to take care of you. WRAP is different than that. WRAP starts with the development of a wellness toolbox. If anybody can develop a wellness toolbox, they have got it in the bag. That is a really really important thing. It is really a starting place. I have people who had developed a wellness toolbox, have not taken WRAP any further, and it has really worked for them.

Wellness toolbox helps you to get well and stay well, feel good more often, improve moods, enhance our quality of life and enjoyment. Get back on track with our wellness, handling charges without breaking down, prevent or recover from a crisis. The key thing is for everyone listening, no

matter what your role is in life, I know many of you are state mental health directors. The great work you do to get people well and stay well, think for yourself, what are the things that help you feel well? That is what is in a wellness toolbox. Does it help you to feel well to brush her hair in the morning? Does it help you feel well to take a 10 minute walk? Does it help you to sit and look at some nice spring foliage, flowers, summer flowers?

Does it help you to call your doctor? Does it help you to play ball with your son or grandson? This puppy to connect-- does it help you to knit? Simple things like make a quilt, or it could be as easy as eating some ice cream. What is it that makes you feel well? That is the wellness toolbox cornerstone. WRAP. Begin by developing this list. Here are some more examples. Walk the dog, call a friend, read a poem, go for a walk in nature, see my counsellor, work on a craft project, listen to happy music, watch funny videos. This is a basic thing you need to do well to develop your WRAP.

Number one, create wellness toolbox. Every one of us, no matter what our role is, can benefit by creating a wellness toolbox. I have mine embedded in my brain. I used it today. and I use it every day. The next step was all developed by a group of about 25 people who had very very serious mental health issues. This is what they said we needed. We need the wellness toolbox. The next thing we need to do is develop the plan we use of what we need to do every single day. What wellness tools do I need to use every day to stay as well as possible? Three parts of that: Three things that describe you on your best day. What you feel like when things are going great so you can refer to? Three things you need to do every day to stay well or stay on track with the goals. Some have people get carried away with that and make a long list. That is not the idea. Make a short list of wellness tools you need to use everyday. For me it would be to make sure I have three healthy meals. I need to make sure I am drinking at least a quart of water, plenty of water. That I am getting a good nights sleep, eight hours of sleep.

You do not need a long list of things you may not be able to accomplish. If I said work every day for two hours on my clothes and spend an hour playing piano, and then spent a couple of hours walking the dog, I will get to all that stuff. It should be simple basic things you should fit in that will support your wellness. Number three is a list of things you might need to do on Sundays to stay well or stay on track with your --goals.

That might be calling you Doctor,; a counselor, call any family member, doing some vacuuming, getting groceries. See if you need to do every day, but things need to do otherwise it will mess things up. What I am like on my best day. Understanding and describing what we are like. I already talked about that. Things I need to do every day to stay well. Healthy breakfast, going for a walk, calling a friend, writing in a journal, listening to music, good one. Things I might need to do, see a therapist or doctor, take certain medications, take a mental health day, go out with friends, those kinds of things.

The next section is really important. In any day, things come up that are unexpected, that may bring up uncomfortable or distressing feelings, or make existing situations worse. Maybe this anniversary day, you get bad news, you get a big bill. All kinds of things. Someone seems annoyed with you and you cannot understand why. Something annoying happens. Any of those kinds of things. We have to be prepared to respond to those stressors or triggers responsively, what he can make us feel of hours and lead to bigger problems.

The idea is to look at your list of wellness tools and have a list you can refer to from your wellness tools if your stressors or triggers come up. **If something happens on the bus annually upsets you,** you will not be able to play your guitar for a while. You will be able to take some deep breaths, do some visualizations, you may be able to talk to the person next to you. Knowing when these kinds of things happen, there are wellness things you can do. Having a list of those and getting familiar with that list, keeping them in our mind, it is really huge for people.

Some of the common ones are physical activity, grounding exercises, pending animal, leaving the situation, some deep breaths. The next section. We have the first section, wellness toolbox, what we need to do every day. Stresses and triggers, how we will respond to those. The next part of the WRAP's early warning signs. They let us know we are not doing as well as we would like. It takes some time to get used to noticing it. One thing I noticed when he first started working on WRAP, when I am not feeling so great, I go into town and I do not bother to look both ways when crossing the street. It is not really a safe place. I might not answer the phone, I may not use my seat-belt, I may start feeling a little nauseous. Early warning signs that shows there is trouble ahead. **What a warning sign, sharp curves ahead.**

Identifying what those warning signs are, some of the early warning signs you may notice, you want to make a list of those. With my early warning signs, I have added to that list as I have noticed different ones that come up for me. Make sure when you are working with people are doing this for yourself, that you are continuing to add to your plan. Some things you may cross often say this is not an issue anymore. Whether it buckled my seat-belt or not is not an issue anymore, because it has become habit.

Then, you develop a plan. Once you notice you have early warning signs, you want to have a list of your wellness tools that you can use when these early warning signs come up, instead of you getting worse and worse, **would you stop in with me, taking it backwards so you are doing well.** You develop a plan you will use on those days when you notice you are having a really difficult time. **Out** to supporters asking for help. Taking a mental health day from work. Cut down on scheduled activities, getting sleep, spending time in nature. All of this kind of things. I will take you through one more part of the plan, then we will turn it back to Akua. When things are getting down or getting much worse, what we found since people have been using WRAP, if they do the parts of WRAP and especially work hard on this part of the WRAP and even perhaps what I did a couple of times to

make sure you can do it, if you can do this, then you can keep yourself from getting into a crisis. There is a part of WRAP about crisis that Akua will address.

We call it when things are breaking down or getting much worse. I do not know if this will fly, we still call it when things are going to hell in a hand-basket. That is when you feel like everything is kind of bad. Times when we are on edge of crisis. It may feel that we are losing control of our lives, behaviors, response and choices. The signs of this are different for everybody. Nobody else can write an WRAP for anybody. It has to be written for yourself. You identify what those signs are. Things like lashing out at people. Things like sleeping all the time. Things like not feeling like eating at all. Feeling really low, having feelings, maybe suicidal thoughts. What are they? Making lists of those. Then very very important is what has been keeping people out of crisis. Develop a very clear plan. Exactly what you are going to do. If you have had a crisis, or you are getting into a crisis, you cannot make a plan at that time.

You want to write in very clear plan. If I am having these lines, these are the things I am going to do. It could include, calling the counselor or psychiatrist. What I did before is I called my counselor and she activated a whole group of people to step in and help me out. That was part of my, when things are breaking down action plan. I may want to take a mental health day or leave of absence from work. I used to say I will not work for a week. Now that I am retired, I do not tend to do that, but I should. Because I still work at night.

As is supported to stay with me overnight, give weapons of war pills to a supporter until I am feeling better. Attend a daily support group.

All of those things for me. On my list, work on a quote for two hours. If I did that, I would feel so much better. After that, maybe I would play the piano. Maybe I would ask my husband to make dinner and take care of some of my other obligations. I would make sure I had time to do some of the meditation exercises that I like to do. Everyone has to develop this for themselves. It is not something anyone else can develop for you. So I want to turn it over now to Akua who will describe the crisis plan. If people work really hard on the parts of WRAP that I just described, hopefully they will never need it. I think we need it, we never know what is going to happen in life. But the first four parts, if people really work them, this is an add-on. Cool?

DR AKUA FEATHERS:

Thank you Mary Ellen. One of the things I should do about this evidence-based practice, is that it gives us the individual's trading desk, the permission to define common words like crisis for ourselves. You see that on this particular slide. Crisis looks different for everyone. What might be an early warning sign for one person might be debilitating crisis for someone else. WRAP, we do not assigned missions, we support people in creating their own. Like Maryellen said, I do what we have

this WRAP plan, we are living it, updating it if it needs to be updated, it can help us avoid a crisis or preventive crisis.

That is where the wellness toolbox, daily plan, and all those action plans come into play. We know sometimes life can throw Crow footballs. Accidents, health challenges, lost, despite our best planning, sometimes a crisis can still happen. With a crisis plan, he defined what a crisis is and start walking through this crisis plan beforehand. Developing all the different parts which I will show you in a moment. When we are well, when we are a state of more well, when we can create the different parts of our crisis plan. I am going to go ahead and advance to the next slide so you can see what the different parts of the crisis plan are.

These are the different parts of the crisis plan. One of the things that makes it so powerful and practical is that it is not generic. It is personal,

detailed, and allows us to be thoughtful. When we are facilitating WRAP, we got participants through a structured process that helps them back out everything. How do they show up when they are well? What discipline when they are less well? What is a bit like when someone needs to step in and support them? Who is going to support them? Who is that person or persons that will be support to them? We'd like to consider what we mean when we say support. We think that is easy, my family. Some people do not have that access. We get to think about who is it supported helps us think through things about medications and treatments that should be honored. Preferred places to receive care. What truly holds and what well-meaning actions might actually make things worse.

It gets into the practical like will take care of meals? Who will take care of my fur babies? Who will take care of my human babies? It is not just this meant to help plan. I like to think of it for myself as a web stability plan. What it is doing when I create this crisis plan is protecting my full ecosystem while I am working on getting through this crisis. Because excavated into a time when I am more well, my voice can still be driving things even though I may not be able to convey what it is that I need. I would have already put it in my crisis plan and measure it with the supporters I deem scary. They know what to do and help support me if and when the time comes.

And so the next part, one thing I will say is the last part of the crisis plan is, what does it look like when it is time to stop using this crisis plan? We have given it to our supporters. How will they know I am coming out of the crisis and ready to resume my life? That is what the post crisis plan is about. This is helpful when that immediate crisis has passed. Perhaps you are ready to resume parts of your life. Maybe you still need a little bit of support. Maybe you are ready to take over everything at once. Maybe you need to catch up on some things that happened when you were in crisis. The post-crisis plan helps us to think through back as well and help us be intentional about returning back to whatever our normal life is. I love this part, because it is often overlooked. We do not usually think about it. I am out of crisis, let's go. This helps us get on ramp, back onto our lives without overwhelming ourselves including another crisis. What I love about this is it allows us to think about

who might I need to express gratitude to you? They may be team through for me in a way that I really needed. Or might I need to apologize to someone? Maybe I said something to them that I would nominally say when I was in crisis. It also helps us to reflect on what we learn from the experience of that crisis, and what we might change about our lives, our wellness plan, and maybe about some of the people in our circle so we can prevent future crises. This is not just about bouncing back. It is about educating experience in moving forward with more clarity and strength. When someone has a WRAP plan, including crisis and post crisis, they are not just surviving. They are helping themselves to thrive. They are taking responsibility with agency. This is where some of the systems can take part.

Providers, warm lines, and crisis response can be a tool to help people stay rooted in choice when things are difficult. With that, I will pass it over to Lynn.

LYNN MILLER:

Thank you, I appreciate it. I want to turn it over to the next few slides. I want to ask to load up the video. It would be helpful for you to see some of the different populations that WRAP has been applied to. Just to give you a highlight of a couple of them, WRAP has been working in veterans, farmers, ranchers, schools where we are seeing significant outcomes in schools. An increase in how to identify individual feelings. Whether it is you, have to cope with what is going on in their lives, how to prevent the crisis. We are working with a team in the state of Indiana that has some significant outcomes and continues to expand that work. I would like to show you that work in a couple examples of it. Kelle can we put that up in the screen?

KAYLA BAKER:

You are ready for the video? One moment, please stand by.

(Video plays)

SPEAKER:

WRAP involves cleaning a personalized plan with tools or strategies to stay well, managed services, and respond to early warning signs and potential challenges. It is for anyone. It is for any individual, family member, to learn when you do not feel good, what helps you feel better?

SPEAKER:

I feel like there have been so many evolutions with WRAP. It is evolving into this very valued wellness tool. For any kind of life situation.

SPEAKER:

This is something no matter what is going on, you can use this.

(Music plays)

SPEAKER:

WRAP is very instrumental in overall wellness. If we start young and teach kids to name their motions and step back, and regulate their emotions, it is going to build a positive skill set for the kid to afterlife.

SPEAKER:

Figure out what it was like when I am well, what do I look like when I am keeping away from wellness and do not realize it?

SPEAKER:

When I was introduced to WRAP and saw how the youth interacted with WRAP, it was eye-opening to me. I do not have these resources. As an adult, it is something I hold to heart, because it helped me a lot.

SPEAKER:

When you are well, the wellness kid trickled down to people in your life. If you are not, they can also trickle down. We focus on strengths and wellness. We create cultures of care within schools. We like to help schools create a road-map to wellness. We can equip them to be well and stay well. They will have a solid foundation to come back to in the future when they do encounter stressful situations or crisis.

SPEAKER:

Gaining mental health awareness benefits absolutely everyone, not just teachers and students, but everyone.

SPEAKER:

WRAP is the belief that you have a right to be well and feel well. It is okay if you are not well. WRAP can assist you in your wellness recovery.

SPEAKER:

My name is (unknown name). I spent 20 years in prison for a crime I did not commit. I want to emphasize, crime I did not commit. Before WRAP I have a lot going on. It was hard for me to adjust to prison and deal with all the things I had going on inside of me for being for something I did not do. I had a wife and kids needed me. They were suffering and going through using things because I was not there to provide. It caused me to go into a deep depression. Then WRAP comes into my life. I was waking up every day with a smile on my face, I was really hopeful.

SPEAKER:

As a whole, for clients we serve in the department, while this is not something that is typically focused on. We are going to get you out, you will get a house at a job, you need to be successful. The longest side of this is, we get to help them be well, feel welcome and that guides whether success goes. I think WRAP will help by giving people a plan.

SPEAKER:

The inmate community took to it. It was the best program in the Department of Corrections. A lot of individuals saw themselves prospering, growing, increasing things in their lives based on WRAP.

SPEAKER:

I would love to see it keep growing as big as possible into other districts.

SPEAKER:

WRAP is for everybody in the world. It is something that can be molded to fit anybody's situation.

(Music plays)

SPEAKER:

I feel like I am witnessing a miracle. It is so hearing to see my husband have connections when he has been so challenged as many veterans are to connect outside of the service.

SPEAKER:

Every veteran will experience at some point in time in their lives, after separating from service, a sense of loss of self worth. You have a loss or sense of a loss to some degree of purpose. A loss of belonging.

SPEAKER:

I have been struggling in various areas of my life. Nothing really seemed to be working for me. I do not have the words for you guys being out here. You think you can find it yourself. Sometimes you cannot. With pain comes growth. Like a wildfire strips. Place, but the new stuff grows.

SPEAKER:

That is what WRAP does. It provides them with factual and they can contingency plan.

SPEAKER:

I love the intimacy of the group. We are going to do this and do it together. That is where the magic happens. We are not alone.

SPEAKER:

I think WRAP will help my life moving forward.

SPEAKER:

It is really cool to see, this is only day three and we are moving mountains.

SPEAKER:

It is 25 years strong and growing. I think it is reaching more and more people.

(Music plays)

SPEAKER:

We are going to work to get WRAP to everybody everywhere.

SPEAKER:

I think every single person on the planet should be taking WRAP, should be very very confident in their WRAP plan.

SPEAKER:

There is no end to the ways it could be used. It is hard to think of a certain instance where it would not help.

(Music plays)

LYNN MILLER:

Great, thank you Kelle. Before we get to the end of our presentation, I want to talk about the outcomes we have seen in WRAP. I have been a WRAP facilitator for almost 20+ years. Having opportunity to work with the Pennsylvania Department of corrections where we had 180 certified WRAP facilitators. Some of the outcomes we saw in that environment were a decrease in people going to solitary confinement. People having less violent tendencies, surviving the environment of a correctional facility. We saw staff wellness and improvement occur. It went beyond helping the individual in their own individual mental health struggles in the incarcerated. It went to improving the overall culture daily operations of a facility. In Pennsylvania we had 26 state prisons, I was a mental health advocate for that.

We introduce that they are in our peer support program. Staff became interested in it for staff wellness program because working in corrections is a tough environment to work in. Once the outcomes started to get heard about throughout the country, we heard different states coming to us. You saw the presentation on Iowa, we have almost the same response in the state of Montana for how WRAP is being implemented there. Montana is probably our Gold-star for WRAP. They have it in their correctional facilities, they are seeing the exact same outcomes of WRAP and how it has impacted the incarcerated environment.

We have seen only what is like to work in corrections for veterans, we have anecdotes and stories around WRAP improve relationships when you are a veteran

Or working in the department of corrections. You are exposed to a lot of violence, a lot of secondary trauma if you will. We have had reports of people saying it save my marriage, my family, my relationship. I wanted to just touch on that. A couple outcomes of studies that have been done on WRAP, and decrease higher-level service utilization. If a person develops their own WRAP that have

a plan, they can rely on their plan. With peer support being a primary service for many of the people we serve. When they are certified as WRAP facilitators and implemented peer-to-peer one-on-one WRAP with individuals they serve our peer seminar, **where they show us about.** It shows a decrease in levels of utilization. People are relying less on costly services.

That is an important outcome for us to look at. We want people to be well and that out of systems. We want them to be self-sustaining, using natural supports, think that is a really important outcome. The other point I wanted to touch on, Akua talked about the family and prices and how it is beneficial. We'll hope we can get to a place if we experience a crisis, and we all will in whatever that means. Crisis is different for everyone. If you expands an adult child has an addiction and have children, or you have grandchildren, WRAP can be utilized to support you through that process so you can get through that with natural supports, and not a reliance on systems. We are trying to help people in WRAP to utilize their natural supports. Less reliance on systems in a way that is not just cost-effective, but it is also honoring the individual and giving them tools to be able to stand on their own, use their natural supports, return to what is their normal, whatever it is. Mary Ellen was told she could not do anything on her own, she would need systems and services. It is not what we want the people we serve to be. We want people to be on their own, reliance, with the support when they needed, natural supports. Those are the things I want to point out in WRAP. We have thousands of WRAP facilitators out there. We facilitate WRAP in schools, for workplace wellness, I would like to talk a little bit for a moment, WRAP in the veteran community is on the video. We were asked to go out to a state and facilitate WRAP with the National Guard. They were 50 individuals who were flagged for discharge from the National Guard due to flags which were considered mental health, drug and alcohol, family issues, violence, number of different. Weight issues, it had been developed as a wellness worrier program that WRAP could help. We facilitated WRAP with 50 National Guard servicemen and women. Within 90 days, 100% of the flags of the individuals who were veterans, national guards, men and women, were removed. They attributed it to WRAP. They said they had never seen any outcomes such as fact. Because of how people were able to be comfortable with knowing it is okay to not be okay. It is okay to take the time to get yourself back to that space of wellness. I think the studies are out there, you can look on our website to find the resources, studies, and all the questions I am seeing coming in the chat, to really help you figure out how WRAP help you tie into the space you support. Returning employment from somebody who has experience my own mental health challenges and for 20 years, WRAP has got me back to my baseline where I can continue doing the work I do to support the people I support and maintain my own efficacy in the community, in a way that supports others to continue on that journey to be well and self-sustaining.

With that, I am going to share a little bit about how agencies can support this. We have two licensed partners at this point toucan facilitate the third level of WRAP which is certifying facilitators to become advanced level facilitators where they can share that with people who want to become certified facilitators. We do want people to adhere to the values and ethics of WRAP. They go through three levels of training to do that. It is an intense training, but it is a very powerful training.

We hear people really want to embed this in their agencies, which is why we have to licensed partners were able to do that with us and we will be spreading it throughout the services they offer. There is a lot, there's a strong emphasis on peer support, is not the only place where WRAP is used. We have it in hospitals, we have been asked to go into police departments, first responder groups, there are specific areas that WRAP has been tended to heavily be utilized. It is a workplace wellness tool, it is a veteran tool. We are actively working on creating WRAP for pregnancy, perinatal, and postpartum challenges because of opioid addiction and challenges that comes with due laws and birthing coaches who are supporting people getting ready to deliver a baby. We are offering WRAP to them. That is one of our newest initiatives we will be working on with WRAP. It is all-inclusive. We talk about WRAP with native cultures, we are working on WRAP for native cultures to specifically address the needs and concerns they have.

WRAP does not change, and continues to be an evidence-based tool. We do not change the curriculum of WRAP. Just like working in the Department of Corrections, we recognize you have to adapt it to the department you are in. Wellness tools in the Department of Corrections may be different than it is in the community. We help people facilitate WRAP in the community they are working in.

At this point, I am going to turn it back for some questions and answers for us.

KELLE MASTEN:

Think you also much for this presentation. There were quite a few questions and comments shared in the chat. Since we only have five minutes, I think it would be best for me to send you all the questions to respond and then we share the responses with the presentation materials we will share. The one question I will ask is, Lynn would it be okay for us to share a link to the video to the attendees with the post materials?

LYNN MILLER:

Absolutely, if you go to our link www.wellnessactionrecoveryplan.com all the information you need is there, you are welcome to share my email address as well Kelle. I haven't answered questions that come in that way too.

KELLE MASTEN:

I think that is the best way to do this. I would like to thank you all Lynn, Akua

, and Maryellen for sharing your expertise and stories. The general who joined, thank you SAMHSA for sponsoring this presentation. We hope you enjoy the rest of your afternoon. Take care everyone.

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