

Illinois Department of Human Services Division of Mental Health

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Wellness & Recovery Services

Using WRAP[®] to Stay at Your Best



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

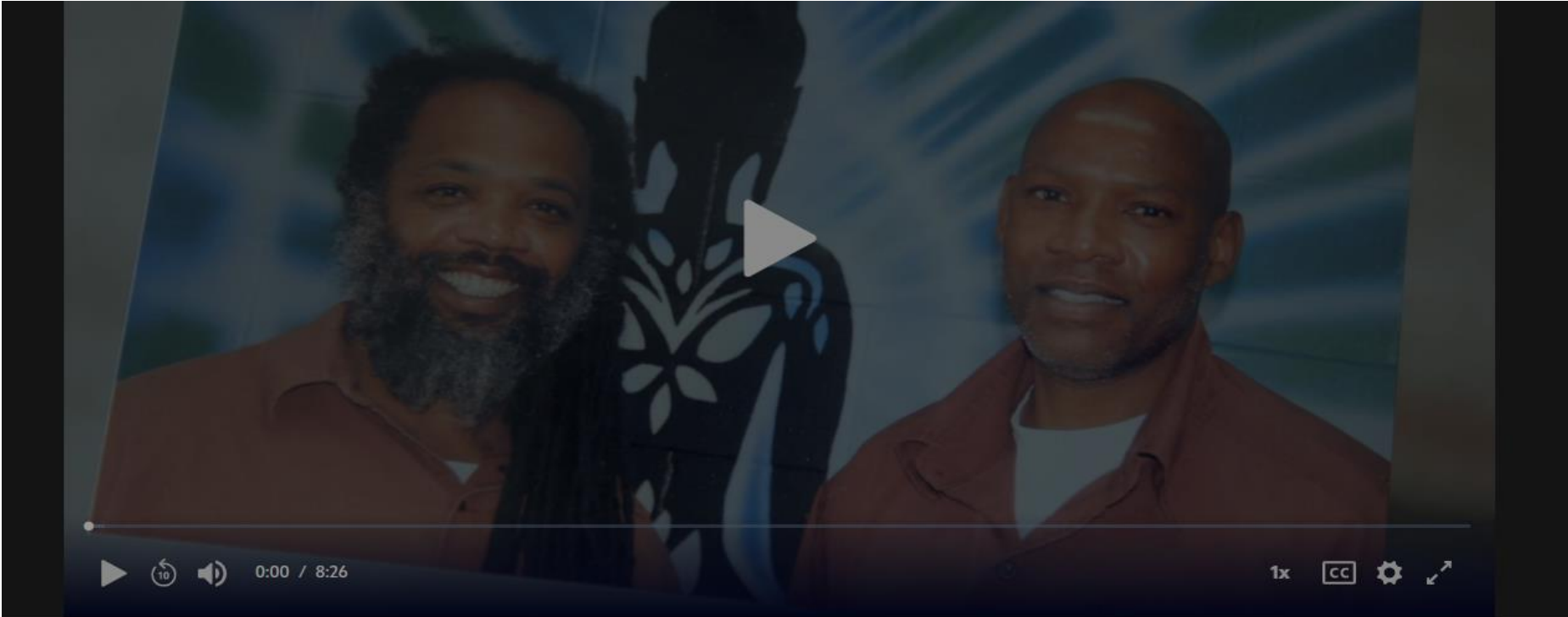
- **What You Will Learn & Do Today:**
 - Recognize the top 10 Values and Ethics of all WRAP programs
 - Learn the Foundational Principles of Wellness
 - Learn how WRAP can be help with Collaborative Comprehensive Case Planning

WELLNESS RECOVERY ACTION PLAN

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



WELLNESS RECOVERY ACTION PLAN



The Power of a Pardon

Brotherhood & Clemency Part 2 | The Power of a Pardon Ep. 5

Brothers Dennis and Lee Horton spent nearly 30 years in prison for a crime they did not commit. Supported by their innocence and determination to better the prison institution from within, will the Horton brothers get the commutation they need to be freed of their wrongful convictions? This is part two of the Horton brothers' story.

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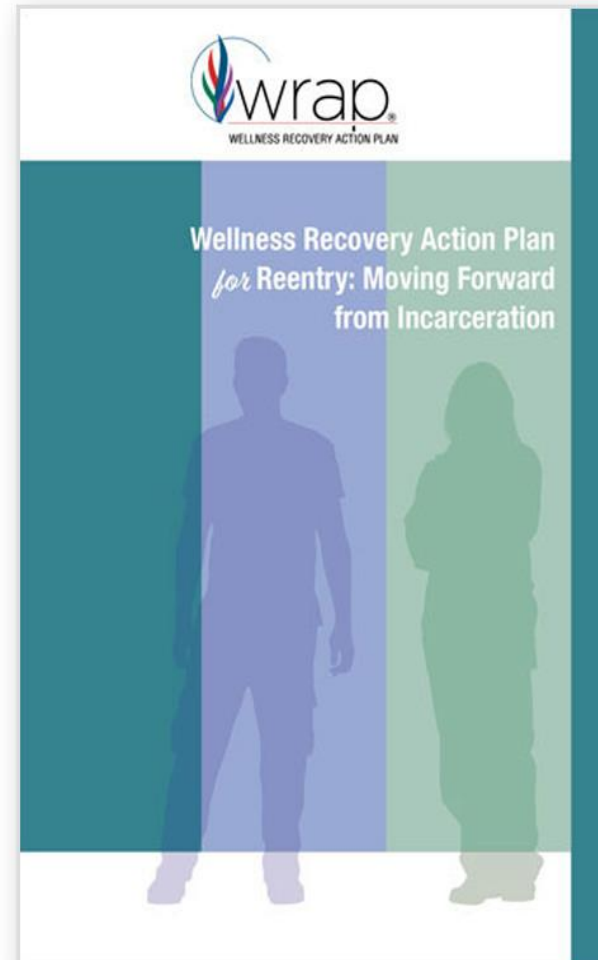
[ABOUT THE SERIES](#)

[WATCH ANYWHERE](#)

WELLNESS RECOVERY ACTION PLAN

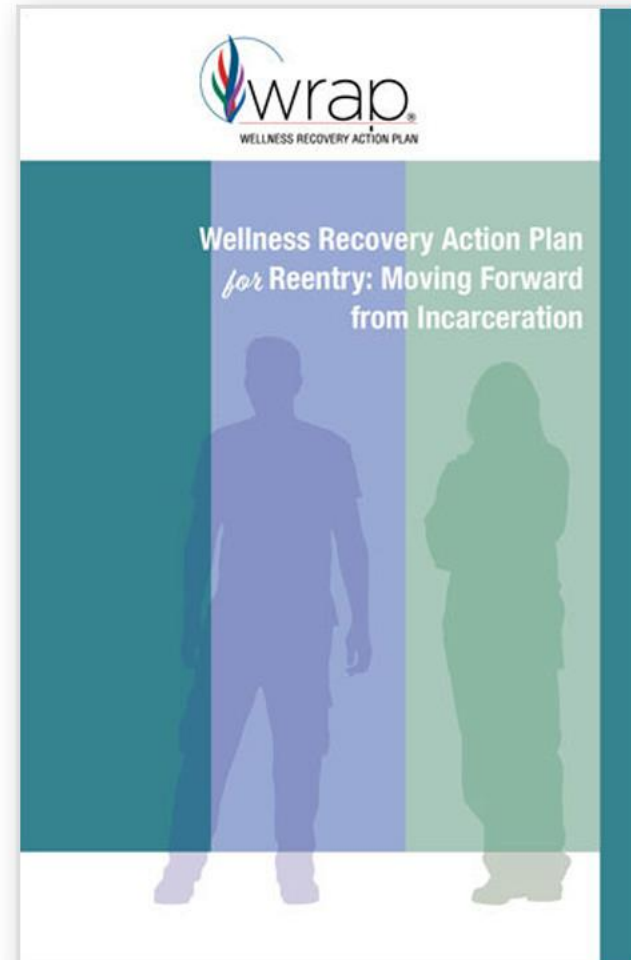
Individuals have used WRAP for Reentry:

- during incarceration
- after release
- at other points during justice system involvement



WELLNESS RECOVERY ACTION PLAN

- Better physical and mental health
- Reduced substance use
- Better relationships
- Improved sleep
- Lower levels of stress
- Increased sense of purpose
- Greater confidence
- Increased hope



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 work on any aspect of their collaborative case plan.

Central Eight – criminogenic needs

1. Criminal History
2. Education / Employment
3. Family / Marital
4. Leisure / recreation
5. Companions
6. Alcohol / Drug Problem
7. Pro criminal Attitude / Orientation
8. Antisocial Pattern

Values & Ethics

AND

Foundational Principles



WRAP VALUES & ETHICS

WRAP V&E Top Ten List

1. **Hope** is essential in recovering our wellness
2. There are **no limits** to recovering our wellness
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

QUESTION

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

- **Hope** is essential in recovering our wellness
- There are **no limits** to our ability to recover our wellness
- 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

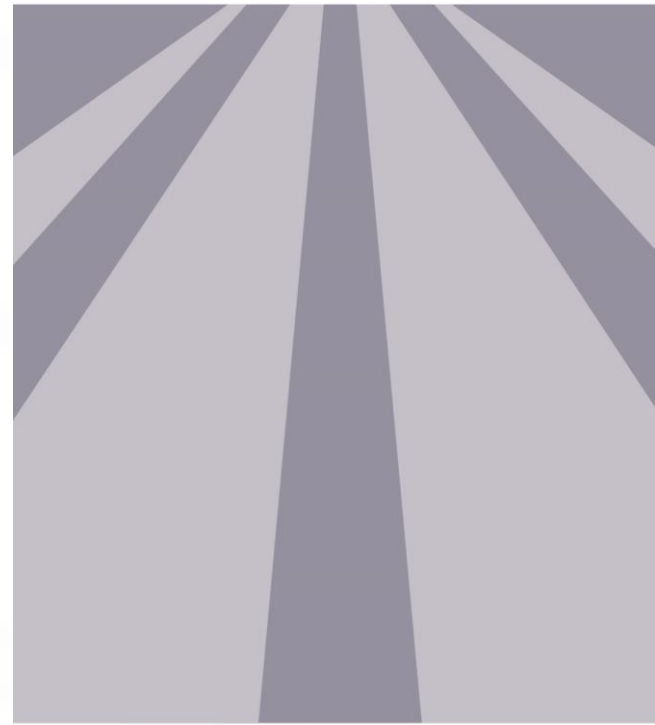
Which of the Foundational Principles are you most familiar with / use the most in your life?

- 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



Parts of WRAP

PARTS OF WRAP

1. Wellness Tools

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

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

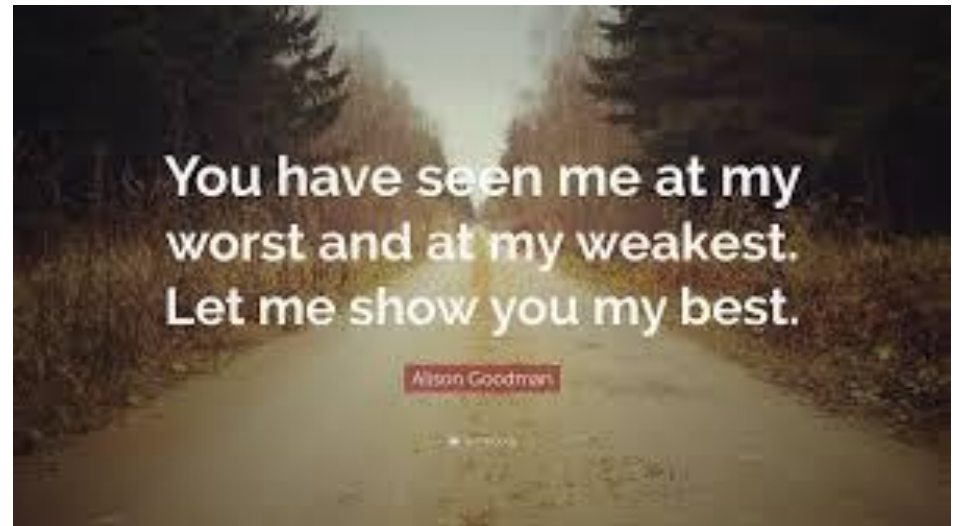
[NIH Healthiest Self Wellness Toolkits](#)



PARTS OF WRAP

2. Daily Plan (a): At My Best

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



PARTS OF WRAP

3. Daily Plan (b): Action Items

What do you need to do every day to stay at your best? What would you do and when would you do it?

[NIH Self-Care Tips](#)



PARTS OF WRAP

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 internal signs that you are not at your best? 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 take action.



6. Things Breaking Down Signs

TBD: What are some signs that indicate things are getting worse for you? 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 Prevention 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?

FOR ADDITIONAL SUPPORT & INFORMATION

SUICIDE & CRISIS LIFELINE: 988

NATIONAL CRISIS TEXT LINE: TEXT “Hello” to 741741 (24/7)

ILLINOIS WARM LINE: 1 (866) 359-7953 (MON-SAT, 8AM-8PM)

WRAP: www.wellnessrecoveryactionplan.com

IDHS/DMH Wellness & Recovery Services:

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

Nanette Larson

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THANK YOU!

“WRAP isn’t WRAP without the AP!”

The WRAP App is available for FREE on iPhone & Android



QUESTIONS?

Stay safe and take
good care of
yourself.

