Honoring Our Perseverance and Empowerment

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• Peer-run:
  ◦ attempt survivors
  ◦ certified WRAP® facilitators

• Group members:
  ◦ attempt survivors
  ◦ people with prior suicidal experiences
WRAP®
(Wellness Recovery Action Plan®)

Handbook by
Mary Ellen Copeland Ph.D.
WRAP, self-designed plan for:

- getting well
- staying well
- empowering oneself to feel better when not feeling well
- increasing personal responsibility
- improving quality of life
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<th>Week</th>
<th>Topics</th>
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| 1    | Introduction to WRAP  
Introduction to Research / Evaluation  
Safety planning |
| 2    | Sharing your experience / why seeking wellness now |
| 3    | Values and Ethics of WRAP  
Concepts: Hope, personal responsibility, education  
Concepts: Self-advocacy, personal Bill of Rights  
Concept: Support |
| 4    | Concept: Support and developing support system  
Wellness Tools (Peer counseling, diversions, changing the environment  
Hope Box |
| 5    | Hope Box – continued  
Daily Plans: What I’m like well, things I do every day |
| 6    | Identify personal early warning signs  
Develop an Early Action Plan |
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| 7    | Identify signs things are breaking down  
Develop Action Plan for times of “breaking down”  
Journaling and Drawing for recovery |
| 8    | Wellness Tools: exercise, diet, light therapy, sleep, spiritual practices, focusing, reviewing accomplishments |
| 9    | Crisis Planning: signs others need to take over for me  
Identifying supporters  
Medications and treatments  
Hope / community / respite  
Treatment facilities |
| 10   | Identifying things that don’t help  
Signs the plan is no longer needed  
Finalizing and distributing your plan |
| 11   | Post-crisis plan  
Complete Hope Box |
| 12   | Review of WRAP  
Utilizing the WRAP, Hope Box, and maintaining |
Third week: Personal Bill of Rights

Examples:

- I have the right to say no to requests or demands I cannot meet.
- I have the right to make mistakes and don’t have to be perfect.
- I have the right to express all of my feelings both positive and negative, in a manner that will not harm others.
- I have the right not to be responsible for others’ behavior, actions, feelings or problems.
- I have the right to make decisions based on my feelings, beliefs and values.
- I have the right to be treated with dignity and respect.
Fourth week: Wellness Toolbox

Examples:

- contacting friends and supporters
- finding support in community
- relaxation and stress reduction exercises
- journaling,
- creative, fun and affirming activities
- health related activities and routines