

FAQs re: WRAP posted at

<http://www.mentalhealthrecovery.com/about/integrating.php#agency>

In our mental health facility, people usually have very brief stays, a day or two, a week or at most a month. It is hard to work with them on WRAP in such a short time. Can we develop our own abbreviated WRAP to use in this situation?

WRAP is found to work very well in its entirety. Chopping it up is not a good option. For short terms stays such as you describe, focus on developing the Wellness Toolbox. Work with people to develop a strong list of Wellness Tools that they can use when they are feeling badly to help them feel better, and to keep them well. The book Winning Against Relapse, available through our website, would be a good reference for you on doing that.

Then, if there is time, begin working with them on the Daily Maintenance Plan. If they leave your facility with those two things it will be really helpful to them. Give them a red Wellness Recovery Action Plan book as they leave so they can continue to work on this on their own. If you have binders or notebooks that they can take with them when they leave, it will help assure that they continue to do this work. Perhaps people could contact you or someone else on your staff, especially a peer, to ask questions and get support if they are going to be working on their plan on their own.

You could also offer people a brief overview of WRAP, an hour or two, when, using the slides in the Mental Health Recovery and WRAP Curriculum Facilitator Manual (also available through the website) from time to time so people know what it is about. Don't expect people to work on their plan at this time, although they can take notes if they want to.

As they leave your facility, give them information on WRAP groups in the community. Perhaps your program could sponsor an on-going WRAP group.

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