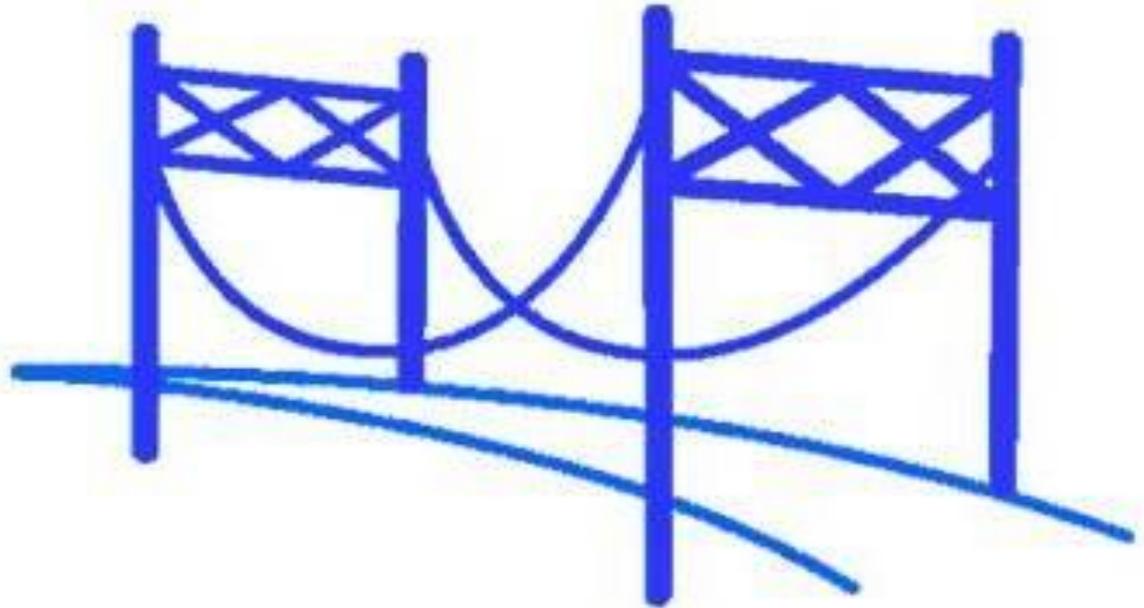


Peer Support and Advocacy Network

PSAN



Mission Statement

The mission of Peer Support & Advocacy Network is to build a community, free of stigma, where individuals with mental illness work together toward recovery of mind, body and spirit.

Vision Statement

Our Vision--All people with mental illness will live and participate fully as valued members of the community with the dignity, respect, and opportunities that should be afforded all citizens.

Programs

- New Horizons Drop-In Center
- Advocacy Program
- Warmline
- Warm and Friendly Call Program
- CPS Training
- Mentoring Program

Wellness Recovery Action Plan

WRAP

Key Recovery Concepts:

 **Hope**

 **Personal
Responsibility**

 **Education**

 **Self-Advocacy**

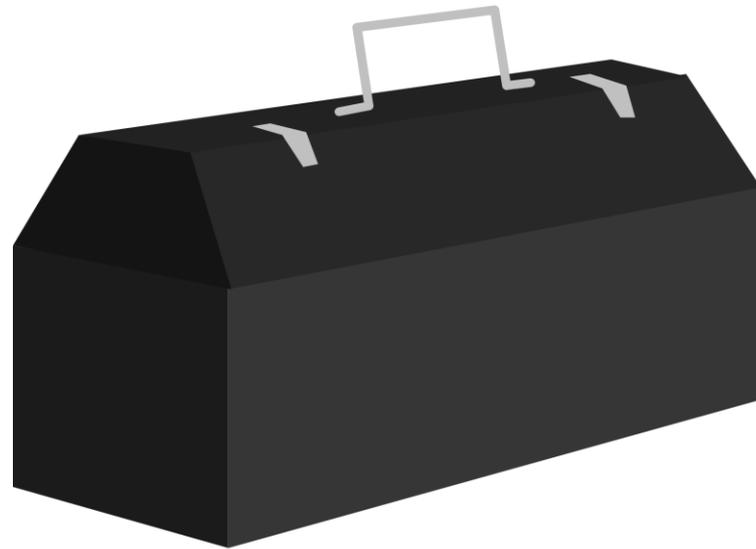
 **Support**



WRAP includes:

-  **Wellness Toolbox**
-  **Daily Maintenance Plan**
-  **Identifying Triggers and an Action Plan**
-  **Identifying Early Warning Signs and an Action Plan**
-  **Signs that Things Are Breaking Down and an Action Plan**
-  **Crisis Planning**
-  **Post Crisis Planning**

The WRAP Wellness Toolbox



Make a list of all the Wellness

Tools you can think of—things that help you to feel better when you are not feeling well. You may get some ideas for your toolbox from the following list of common wellness tools: (*they are described in more detail in the upcoming slides.*)

- ✎ Reaching out to others for support
- ✎ Checking in with a care provider
- ✎ Peer counseling
- ✎ Focusing exercises
- ✎ Stress reduction and relaxation techniques
- ✎ Doing things that divert your attention, things you enjoy
- ✎ Journal writing

Daily Maintenance List

On the first tab in your binder, write “Daily Maintenance List.” Insert it in your binder, followed by several sheets of filler paper.

On the first page, describe how you feel when you feel well. Do it in list form. Some words that others have used are:

bright

cheerful

talkative

outgoing

boisterous

energetic

humorous

happy

dramatic

athletic

optimistic

content

reasonable

competent

calm

introverted

industrious

active

compulsive

responsible

curious

quiet

withdrawn

reserved

On the next page

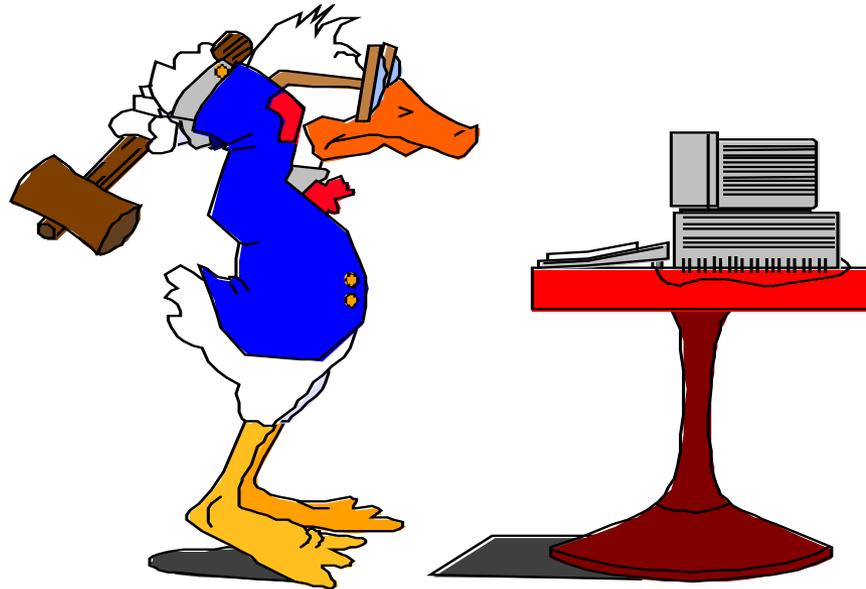
make a list of things you need to do for yourself every day to keep feeling well.

Example *(be specific)*:

-  Get up at 7 AM on weekdays so I can get to work on time
-  Pack a healthy lunch and food for snacks to take to work
-  Eat three healthy meals and three healthy snacks
-  Drink at least six 8-ounce glasses of water
-  Exercise for at least half an hour.
-  Get half an hour exposure to outdoor light
-  Take medications and vitamins
-  Relax or meditate for at least 20 minutes
-  Write in my journal for at least 15 minutes
-  Spend half an hour enjoying a fun, affirming or creative activity

Triggers

External events or circumstances may make you feel like you are getting ill. These are normal reactions to life events but if you don't respond to them, they may actually make you feel worse. On the second tab, write "Triggers" and put in several sheets of binder paper.



On the first page

write down those things that, if they happened, might make you feel worse. They may have made you feel badly in the past.

Examples:

-  **Problems at work**
-  **Difficult relationships with co-workers**
-  **Benefits being questioned or denied**
-  **Doing work that is hard for you**
-  **Anniversary of loss or trauma**
-  **Traumatic news**
-  **Being very over-tired**
-  **Work stress**
-  **Family friction**

Triggers Action Plan

On the page after your list of triggers, develop a plan that you feel will keep you from feeling worse if a triggering event occurs.

Sample Plan:

If any of my triggers come up, I will:

-  Make sure I do everything on my daily maintenance list
-  If work related, talk to my vocational counselor or employer
-  Focus on tasks that are easy for me to do well
-  Get one thing done that I know I can do well
-  Do a reality check

Continued

Early Warning Signs

Early warning signs are internal and may be unrelated to reactions to stressful situations. They are subtle signs of change that indicate you may need to take some further action.

On the third tab write “Early Warning Signs.” Follow this with several sheets of lined paper. On the first page make a list of early warning signs you have noticed.

Examples:

-  **Forgetfulness**
-  **Anxiety or nervousness**
-  **Inability to experience pleasure**
-  **Lack of motivation**
-  **Feeling slowed down or speeded up**
-  **Avoiding doing daily maintenance items**
-  **Being uncaring or apathetic**
-  **Avoiding others or isolating**
-  **Being obsessed with things**

Continued

Early Warning Signs Action Plan

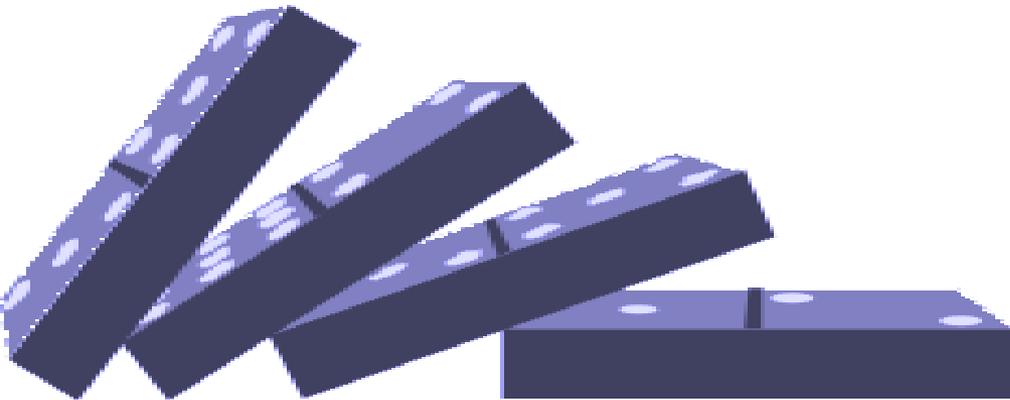
On the next page develop a plan of things to do every day until you feel better—a plan you think will help you from feeling worse if you notice early warning signs.

Sample Plan

-  Do every thing on my daily maintenance plan
-  Tell a supporter how I am feeling
-  Peer counsel
-  Do a focusing exercise.
-  Do three 10-minute relaxation exercises
-  Spend at least 1 hour involved in an activity I enjoy. *Continued*

When Things are Breaking Down or Getting Worse

You may begin to feel even worse—very uncomfortable, like the situation is serious—and even dangerous—but *you are still able to take some action in your own behalf.* This is a very important time. It is necessary to take immediate, assertive action to prevent a crisis.



On the fourth tab write

“When Things are Breaking Down.” Then make a list of the feelings and behaviors which, for you, mean that things have worsened and are close to the crisis stage.

Examples:

-  **Can't concentrate at work**
-  **Losing track of what I'm doing**
-  **Feeling very oversensitive and fragile**
-  **Irrational responses to others**
-  **Feeling very needy**
-  **Unable to sleep for. . .(how long?)**
-  **Sleeping all the time**
-  **Avoiding eating**
-  **Racing thoughts**

When Things are Breaking Down Action Plan

On the next page, write an action plan to use each day when things are breaking down. The plan now needs to be clear and directive with many things you “must” do and fewer choices.

Sample:

-  Call my doctor or care provider, ask for and follow their advice
-  Arrange for at least three days off from work and any other responsibilities
-  Talk to a supporter

Continued

Crisis Planning

The next section of the WRAP is the crisis plan. In spite of your best planning and assertive action, you may find yourself in a crisis situation where others will need to take over responsibility for your care. You may feel as though you are totally out of control.

Write your crisis plan when you are well. Your plan will instruct others about how to care for you when you are not well. It keeps you in control even when it seems like things are out of control. Others will know what to do, saving everyone time and frustration, while insuring that your needs will be met. Develop this plan slowly when you are feeling well.

On the fifth tab write “Crisis Plan.” Insert quite a few sheets of lined paper or use a form. The Crisis Plan has 9 parts. This part of the plan is different from other parts of the plan because you will give it to others so they have it when needed.

It includes:

-  **What you are like when you well**
-  **Indicators that others need to “take over”**
-  **Who “takes over” and who doesn’t**
-  **Information on your health care contacts and medications**
-  **Acceptable and unacceptable treatments**
-  **Home/community care/respite plan**

Continued

-  **Acceptable and unacceptable hospital facilities**
-  **Things others can do that would help**
-  **Things others might do that would make you feel worse**
-  **A list of chores and tasks for others**
-  **Indicators that the plan is no longer needed**
-  **Signatures of key people**

Post Crisis Planning

The time when you are healing from a crisis can be very important. Although you feel ready to begin taking care of yourself again, you may still be dealing with difficult symptoms as well as the aftermath of the crisis. You may find that you start feeling worse—like you are heading for another crisis. Thinking about this time before you even have a crisis, and perhaps giving it more attention when you are starting to feel better after a crisis, may help you have an easier time recovering and moving on.

Addressing the following issues and creating a *Timetable for Resuming Responsibilities* may guide you through that process.

-  When will you know you are ready to use a post crisis plan?
-  How would you like to feel when you have recovered from this crisis?
-  Who do you want to support you through this time?
-  If you have been hospitalized, where will you go when you are discharged?
-  Who would you like to take you there?
-  Who would you like to stay with you?
-  Things that will ease your recovery if they are taken care of
-  Things you must take care of as soon as you get home

Continued

PSAN Contact Information

- Phone: (412) 227-0402
- Website: www.peer-support.org

WRAP Information

- www.mentalhealthrecovery.com