

HOPE

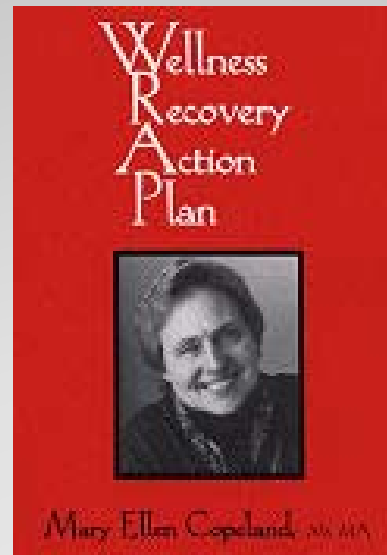
Honoring Our Perseverance and Empowerment

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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**

Week	Topics
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

Week	Topics
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



The Center for
Dignity, Recovery
& Empowerment