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WRAP[®]: Advancing the Holistic Synergy Between the Medical and the Recovery Models of Treatment

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Workshop Flow

- Personal journey of lived experience with mental health challenges.
- The Values and Ethics, and an overview of WRAP, and how Kate's journey to wellness worked together between both models.
- Open forum questions.
- Participants will begin developing their written plan, with all ideas scribed on flip-chart.

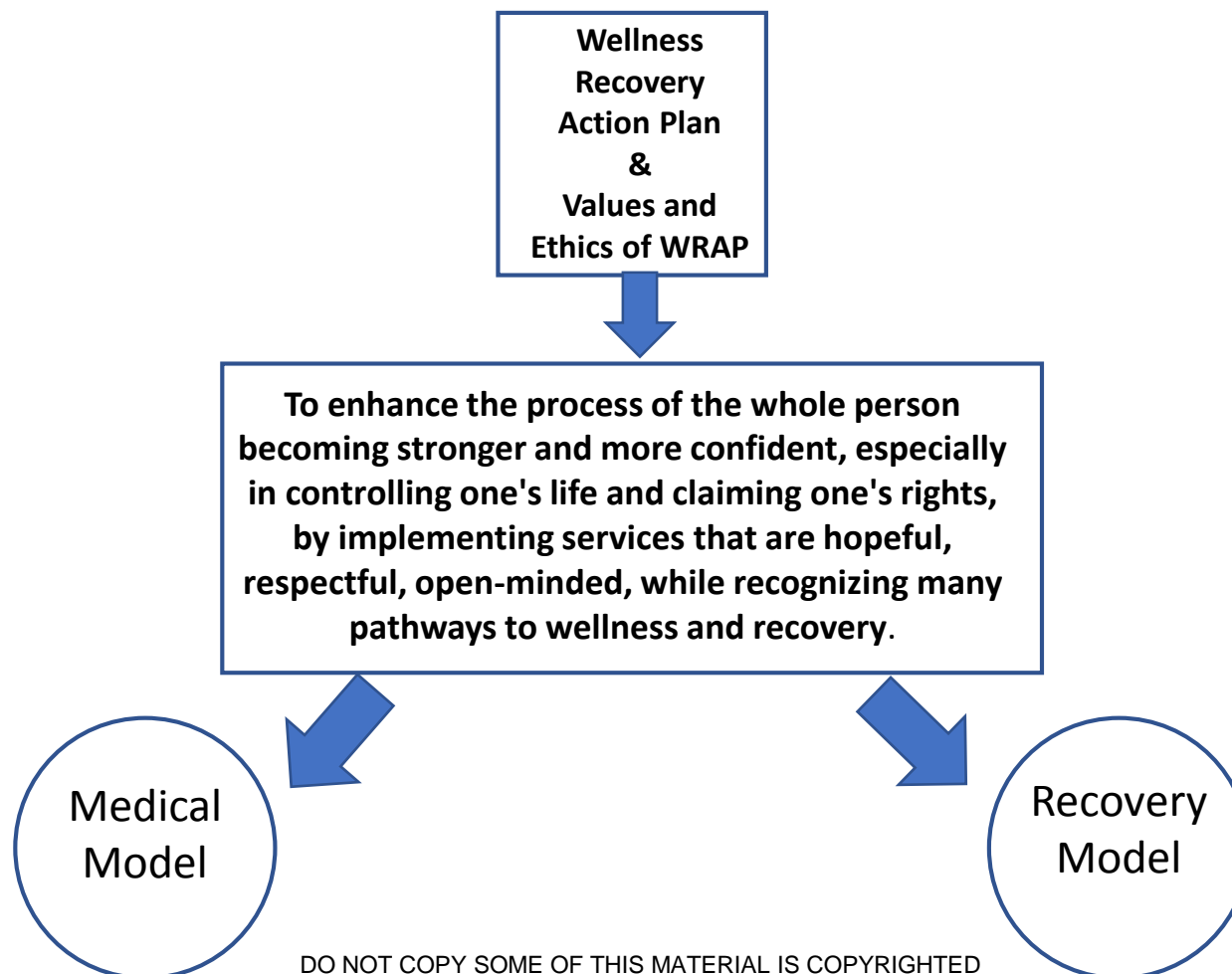
Learning Objectives

- Identify how the Values & Ethics of WRAP can synergize both treatment models where services are respectful, open minded, and supported in hope on both the provider and the recipient while advancing the options of holistic health and recognizing many pathways to recovery.
- Discuss the universal principles of WRAP within both models.

Learning Objectives

- Develop ways to create healthy boundaries individually, between treatment models, and with family and friend support.
- Work as a group and learn from each other to increase mutual understanding, knowledge, and promote wellness.

Using The Values & Ethics of WRAP To Synergize Both Models



Workshop Support Document

- Treat one another:
 - as equals
 - with dignity
 - compassion
 - mutual respect
 - as unique special individuals including complete acceptance of diversity with relation to culture ethnicity, language, religion, race, gender, age, disability and sexual identity.

Workshop Definitions

- **Advance:** move forward in a purposeful way
- **Holistic:** the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease.
- **Synergy:** interaction of two or more organizations or other agents, to produce a combined effect greater than the sum of their separate effects.
- **Interaction:** direct involvement with someone or something.

Medical Model Definition

- **Medical Model:** treats mental disorders as physical diseases whereby medication is often used in treatment.
 - “Supporters of the medical model consequently consider symptoms to be outward signs of the inner physical disorder and believe that if symptoms are grouped together and classified into a ‘syndrome’ the true cause can eventually be discovered and appropriate physical treatment administered.”
(<https://www.simplypsychology.org/medical-model.html>)

Recovery Model Definition

- **Recovery Model:** Focuses on the whole person, not just the diagnosis
 - Recovery: a process of change through which individuals improve their health and wellness, live a self-directed life, strive to achieve their full potential. (SAMHSA)

Kate's Personal Journey

- WRAP was a compliment for medical treatment
- WRAP as a way of life:
 - Significantly decrease amount of medication
 - Increase community connection
 - Create and maintain healthy boundaries
 - Discover true meaning and purpose in life
 - Move from existing to thriving in life
 - Have more peace, joy, and genuine love

Factors That May Cause Or Intensify Mental Health Conditions:

- Improper diet; poor quality or processed foods, foods containing wheat, gluten, sugar and artificial sweeteners
- Lack of exercise
- Drug and alcohol use
- Hormonal or chemical imbalances in the body
- Psychological factors including traumatic events, prolonged untreated stress, self destructive beliefs, serious financial hardships, etc.
- Family history of mental health conditions or hormonal imbalances

Factors That May Cause Or Intensify Mental Health Conditions:

Lack of support from family, community, or spiritual groups!

The Holistic Approach to Mental Wellness
http://mypassion4health.com/articles/mental_wellness/

Brief History of WRAP

- Developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals.
- Now used by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues.
- National Registry of Evidence-based Programs and Practices.

Difference Between Models

Medical Model:

- “Set of procedures in which all doctors are trained.”
 - “The Politics of the Family and Other Essays” R.D. Laing, (1971)

Recovery Model:

- An outlook
- A vision
- A guiding principle

Medical Model Focus:

- the brain
- the diagnosis
- treatment
- prognosis with and without treatment
- physical examination
- medical history
- complaints

10 Components of Recovery (SAMHSA)

- Self Direction
- Empowerment
- Holistic
- Nonlinear
- Hope
- Strengths-based
- Respect
- Responsibility
- Peer Support
- Individualized & Person-centered

Four Major Dimensions Support A Life In Recovery: (SAMHSA)

- **Health:** Make informed, healthy choices that support physical and emotional well-being.
- **Home:** Have a stable and safe place to live.
- **Purpose:** Engage in meaningful daily activities, such as a job or school, volunteering, caring for your family, or being creative. Work for independence, income, and resources to participate in society.
- **Community:** Build relationships and social networks that provide support.

Universality of WRAP & Values and Ethics

WRAP is...

- For anyone regardless of title, age, gender, or “readiness.”
- For any of life’s challenges.
- Adaptable to anyone’s personal philosophy.
- Infinitely do-able and always changing.
- Choices and options and not final answers.
- Not based on any philosophy or model, but can incorporate any philosophy or model.
- **Not only a program – it is a way of life!**

WRAP Personal Bill of Rights: “I have the right to...”

- ask for what I want.
- say no to requests or demands I cannot meet.
- change my mind.
- make mistakes and don't have to be perfect.
- follow my own values and standards.
- express all of my feelings, both positive and negative, in a manner that will not harm others.

WRAP Personal Bill of Rights: “I have the right to...”

- say no to anything when I feel I am not ready, it is unsafe or it violates my values.
- feel angry and to express my anger in a responsible manner.
- be uniquely myself.
- feel scared and say, “I’m afraid.”
- say, “I don’t know.”
- change and grow.

WRAP Personal Bill of Rights: “I have the right to...”

- be healthy.
- be in a non-abusive environment.
- make decisions based on my feelings, beliefs and values.
- my own reality.
- my own need for personal space and time.
- be playful and frivolous.
- be treated with dignity and respect.

Wellness Recovery Action Plan The 5 Key Concepts of Recovery

- Hope
- Personal responsibility
- Education
- Self-advocacy
- Support

Boundaries

- Essential to healthy relationships and a healthy life.
 - A skill to set and maintain them.
- Poor boundaries can lead to resentment, anger, and burnout.
- Signs of burnout include:
 - Irritability
 - Disturbed sleep
 - Poor memory
 - Feeling overwhelmed
 - Anger
 - Edginess

Wellness Recovery Action Plan

- Wellness Toolbox
- Daily Maintenance Plan:
 - What I'm like when I'm well.
 - Things I need to do every day to stay well.
 - Things I need to do any day to stay well.
- Triggers & Triggers Action Plan
- Early Warning Signs & Early Warning Signs Action Plan

Wellness Recovery Action Plan

- When Things are Breaking Down & When Things are Breaking Down Action Plan
- Crisis Plan
- Post Crisis Plan

www.mentalhealthrecovery.com

Open Forum Questions

1. How do you define both models? Do you think some elements of both are a fundamental part of your life and/or wellness?
2. How can you incorporate the elements of WRAP into your own life and apply it to your practice?
3. What are some holistic options that can maximize your overall health?
4. Do you believe practicing and applying the Values & Ethics can advance our current mental health system? Why or why not?

THANK YOU

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