Session 1

Introduction to **Key** Concepts and WRAP®

**Agenda**

**Welcome, Housekeeping, & Ice-Breaker 20 minutes**

**Review workshop series agenda 10 minutes**

Develop participant guidelines 15 minutes

**Key concepts:**

**Hope, Personal Responsibility, Education 20 minutes**

**Break 10 minutes**

**Key concepts: Self-Advocacy, Support 60 minutes**

**Introduction to WRAP 10 minutes**

**Review & Closing 5 minutes**

 **Session 1 Goal**

During this session, facilitators and participants will become acquainted, they will develop guidelines for safe and respectful interactions within the group, and they will review the plans for the week. Participants will begin to learn about key recovery concepts that are the foundation of WRAP. They also will receive a brief introduction to WRAP.

**Note: Handouts on pages 3-1 to 3-27 can be copied and given to the participants. This section also includes ideas for related activities that may be helpful to your group. You can also give the participants copies of the thumbnail sketches of the slides (Section 2, pages 1-14).**

Session 2

Wellness Toolbox

Agenda

Housekeeping, Review, & Check-In 10 minutes

Description and practice of using Wellness Tools 10 minutes

Review of common Wellness Tools 5 minutes

Developing and using your support system 25 minutes

Working with care providers 10 minutes

Break 10 minutes

Peer counseling 20 minutes

Focusing 15 minutes

Stress reduction and relaxation techniques 20 minutes

Recovery Exercise - Self-Esteem 20 minutes

Review & Closing 5 minutes

Session 2 Goal

Participants will learn about the importance of Wellness Tools and will review a list of common Wellness Tools. They will discuss some of the most common Wellness Tools and start working on their own Wellness Recovery Action Plan. They will participate in an exercise to increase their self-esteem.

Group Discussion and Activities

Note: Participants will begin working on their personal WRAP in this session. You can provide each participant with pens and pencils, a binder containing tabs and plenty of blank paper and writing instruments.

Also, for the recovery exercise, you will need extra paper for group participants. You also will need several magazines, scissors, glue, and audio recorders for people who wish to express their thoughts in ways other than writing.

**Session 3**

**Wellness Toolbox (Continued)**

**Agenda**

**Housekeeping, Review, & Check-In 10 minutes**

**Diversionary Activities 10 minutes**

**Journaling 10 minutes**

**Exercise 5 minutes**

**Diet issues 15 minutes**

**Exposure to Light 10 minutes**

**Break 10 minutes**

**Sleep 10 minutes**

**Adjusting and securing the environment 5 minutes**

**Daily planning 20 minutes**

**Spiritual practices as Wellness Tools 5 minutes**

**Identifying additional Wellness Tools 20 minutes**

**Recovery Exercise - Self-Esteem, continued 15 minutes**

**Review & Closing 5 minutes**

**Session 3 Goal**

Participants will continue to review common Wellness Tools and add those that they feel will work for them to their list of Wellness Tools. They also will identify Wellness Tools that have not yet been discussed. Participants will continue to work on raising their self-esteem.

**Group Discussion and Activities**

**Note: You will need one copy of the Daily Plan (on three-hole punched paper) found at the end of this session for each participant (adapted from the Facilitator Training Manual, pp. 3-75 to 3-76).** **For the journaling exercise, you will need extra paper and pens/pencils for group participants. Have extra blank sheets of three-hole punched paper available for participants who forget to bring their binders to this and the rest of the sessions.**

**Refer to pages** 3-53 **to 3-78 for additional activities and handouts on Wellness Tools.**

**Session 4**

**\_ Daily Maintenance Plans & Triggers**

**Agenda**

**Housekeeping, Review, & Check-In 10 minutes**

**What I'm like when I am well 20 minutes**

**Things I need to do every day to stay well 20 minutes**

**Things I might need to do on any day 10 minutes**

**Break 10 minutes**

**Identifying Triggers 20 minutes**

**Developing a Triggers Action Plan 20 minutes
Recovery Exercise -**

**Changing negative thoughts to positive ones 35 minutes**

**Review, closing 5 minutes**

**Session 4 Goal**

Participants will begin working on their Daily Maintenance Plans, which includes identifying what they are like when well and activities that will keep them well. They also will learn about triggers, identify their own triggers, and create a Triggers Action Plan. Participants will engage in an activity to learn how to change negative thoughts into positive ones.

**Note: Each participant will need copies of the handouts (on three-hole punched paper) on page 3-81 to 3-85. Refer to pages 3-118-123 for additional handouts and activities on Changing Negative Thoughts to Positive Ones.**

**Session 5**

**Early Warning Signs & When Things are Breaking Down**

**Agenda**

**Housekeeping, Review, & Check-In 10 minutes**

**Identifying early warning signs 20 minutes**

**Developing an Early Warning Signs Action Plan 30 minutes**

**Break 10 minutes**

**Identifying signs that things are breaking down 20 minutes
developing an action plan to**

**use when things are breaking down 30 minutes**

**Recovery Exercise -- Peer Support** 25 **minutes**

**Review & Closing 5 minutes**

**Session** 5 **Goal**

Participants will learn the difference between triggers and early warning signs. They will develop an Early Warning Signs Action Plan. They will learn how to identify when a situation has moved from one of warning signs to breaking down, and develop an action plan to deal with this. They will learn about fundamental aspects of peer support.

**Note: You will need a copy of the handouts (on three-hole punched paper) on pages 3-86 to 3-91 for each participant.**

**You can also refer to pages 3-124 to 3-129 for ideas for additional activities and handouts on Peer Support.**

**Session 6**

**Crisis Planning 1**

**Agenda**

**Housekeeping, Review, & Check-in 10 minutes**

**Introduction to crisis planning 5 minutes**

**What I'm like when I'm well 10 minutes**

**Signs that others need to take over 15 minutes**

**Supporters - Who takes over 10 minutes**

**Break 10 minutes**

**Medications 10 minutes**

**Treatments 10 minutes**

**Home/Community/Respite Plan 20 minutes**

**Treatment facilities 10 minutes**

**Recovery topic — Peer support** 35 **minutes**

**Review& Closing 5 minutes**

**Session 6 Group Goal**

Participants will learn why crisis planning is important and begin to develop their own comprehensive Crisis Plans. They will learn about trust and boundaries within peer Support relationships.

**Note: You will need two copies of the Crisis Plan (on three-hole punched paper) on pp. 3-93 to 3-105 for each participant.**

**Session 7:**

**Crisis Planning 2**

**Agenda**

**Housekeeping, Review, & Check-In 10 minutes**

**Help from others 30 minutes**

**List of things others need to do for me 10 minutes**

**Break 10 minutes**

**Things to avoid 20 minutes**

**Signs the plan is no longer needed 10 minutes**

**Finalizing, distributing, and using the plan 20 minutes**

**Recovery exercise - Lifestyle issues** 35 **minutes**

**Review & Closing 5 minutes**

**Session 7 Goal**

Participants will continue to work on their personal Crisis Plans. They will learn to identify when Crisis Plans are no longer needed, and how to finalize, distribute, and use their Plans. They will discuss how their lifestyles may foster or impede their wellness, and possible changes they could make to lead a healthier life.

**Note: Refer to pages 3-148-152 for additional activities and ideas on Lifestyle Issues.**

**Group Discussion and Activities**

**Session 8:**

**Post Crisis Plan**

**Agenda**

**Housekeeping, Review, & Check-In 10 minutes**

**Post Crisis Plan Review 50 minutes**

**Break 10 minutes**

**Putting WRAP into action 20 minutes**

**Recovery topic - Motivation 20 minutes**

**Review & Closing celebration 40 minutes**

**Session 8 Goal**

Participants and facilitators will discuss challenges to resuming responsibilities after a crisis. They also will review how to use WRAP after the group ends, and discuss how to maintain motivation to do this. They will consider the progress they made during the WRAP group and celebrate their achievement.

**Note: You will need a copy of the handouts (on three-hole punched paper) on pages 3-106 to 3-112 for each participant.**

**Refer to pages 3-153 to 3-160 for additional activities and handouts.**

**You may also want to have a *Certificate of Achievement* (pages 3-161-165) for each participant and arrange to have a celebration, including refreshments, during this final session.**