## WRAP Seminar II: WRAP Facilitator Training

## Application Essay Questions Instructions

As Advanced Level WRAP Facilitators it is our responsibility to prepare you to be effective as a Certified WRAP Facilitator who is equipped with the skills to facilitate classes in your community or organization.

We also want to train you to lead WRAP groups, work with others to develop their own WRAP and give presentations on mental health recovery related issues to groups or organizations.

As a Certified WRAP Facilitator you will be facilitating WRAP Seminar I: Developing a Wellness Recovery Action Plan workshops, and assisting & supporting group participants to learn about the WRAP system and begin to incorporate it into their life to **improve personal wellness** and **achieve an improved quality of life**.

In your role as a Certified WRAP Facilitator you will need to be able to explain to group participants in detail how WRAP can work & **‘How WRAP Has Benefited You’**

## We want to and are planning to do everything we can to make sure you successfully complete WRAP Seminar II: WRAP Facilitator Training. To accomplish this goal we need your help.

## There are two items that we are requesting that you complete as part of your application for the training.

1. WRAP Knowledge Assessment
2. Essay questionnaire **“Tell Me How WRAP Has Benefited You”**

The purpose of these two items is not intended to screen you out.

The purpose of the two items is to make it clear if you have a solid working knowledge of WRAP and if WRAP Seminar II: WRAP Facilitator Training is appropriate for you.

We want you to be trained to facilitate WRAP Seminar I: Developing a Wellness Recovery Action Plan workshop, so please take your time when answering these questions and please answer each of the questions to the best of you ability, and please be prepared to discuss all your answers during your pre workshop interview.

## We look forward to seeing you at the training.

**Thanks for your time and attention and let’s Rap about WRAP**

**Post WRAP Seminar I: Developing a Wellness Recovery Action Plan (WRAP)**

**&**

**Pre WRAP Seminar II: WRAP Facilitator Training**

**Knowledge Assessment**

**Please think about and answer the five WRAP Knowledge Assessment questions below**

1. To improve the everyday quality of life which part of Wellness Recovery Action Planning (WRAP) would a workshop participant apply?
2. To counter the negative effects of life challenges and improve responses to disturbing thoughts and feelings to achieve improved states of wellness, which parts of Wellness Recovery Action Planning (WRAP) would a workshop participant identify?
3. What year did Wellness Recovery Action Planning (WRAP) get started?
4. What aspect of Wellness Recovery Action Planning (WRAP) is nonnegotiable?
5. What are the four parts of Mental Health Recovery including WRAP?

**The Four Parts to the study of Mental Health Recovery Including WRAP:**

1. Key Recovery Concepts

1. Hope
2. Personal Responsibility
3. Education
4. Self Advocacy
5. Support

...and Issues That Need Attention:

* Getting Good Health Care
* Medication Management

1. Wellness Toolbox
2. Wellness Recovery Action Planning
3. Daily Maintenance Plan

* What I am like when I am well
* What I need to do every day to stay as well as possible
* What I might need to do on any given day to stay as well as possible

1. Triggers

* Identification
* Action Plan

1. Early Warning Signs

* Identification
* Action Plan

1. When Things are Breaking Down
   * + Identification
     + Action Plan
2. Crisis Plan or Advance Directive

* What I am like when I am feeling well
* Indicators that I need assistance from others
* Who takes over and who doesn't
* Medications that help and those that don't
* Treatments that help and those that don’t
* A home/community/respite care plan
* Acceptable and unacceptable treatment facilities
* Thing that others can do that would help and things that won't help
* Chores that need to be taken care of
* When the Crisis Plan is no longer needed

1. Post Crisis Plan

* PCP Issues
* Timetable for Resuming Responsibilities

4. Recovery Topics:

* 1. Building Self-Esteem
  2. Changing Negative Thoughts to Positive Ones
  3. Peer Support
  4. Work Related Issues
  5. Trauma Recovery
  6. Suicide Prevention

Additional Issues:

* Living Space
* Lifestyle
* Motivation

**“Tell Me How WRAP Has Benefited You”**

As a Certified WRAP Facilitator people will want you to share your experiential knowledge of how WRAP can work, or … ***“Tell Me How WRAP Has Benefited You”*** so please think about and answer the three questions (a, b, c) below & then explain how each of the elements of WRAP listed below has benefited you and then answer the last two questions (d, e) at the end.

## What is WRAP?

1. **Why are the Five Key Concepts Essential to Wellness Recovery Action Planning?**
2. **Why is it important to develop a Wellness Toolbox?**

## Please explain how each of the elements of WRAP listed below has benefited you

## Daily Maintenance Plan

## Identifying Triggers & Developing a Triggers Action Plan

1. **Identifying Early Warning Signs & Developing a Early Warning Signs Action Plan**
2. **Identifying When Things are Breaking Down & Developing a WTABD Action Plan**

## Crisis Planning

1. **Post Crisis Plan**

## Please answer these last two questions

## Is it necessary for group participants to study the recovery topics and should they write a WRAP Plan for each topic, please explain you answer?

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## How Has Using Your Wellness Recovery Action Plan benefited you?