What we are discussing today is very important. This is a bottom line answer for many, many people who have been suffering for years and years. If we used these methods FIRST, many people would never have to go down that road.
In this webinar we will:

1. Talk about using peer support to develop a more effective and comprehensive WRAP.

2. Jane and I will do unrehearsed role plays of developing a WRAP together using peer support strategies.

Using WRAP and Peer Support you can

Create a WRAP that is a more comprehensive and effective guide to daily living, recovery roadmap and wellness support than one developed:

1. on your own,
2. with a person who is not a peer supporter
3. in a group that is not using peer support methods and strategies.
while building supportive and sustaining mutual relationships

Shery Mead and I are revising the book we wrote *WRAP and Peer Support* (2004). We are doing this using a system of role plays working with our lived experience of issues related to Parkinson’s Disease, hearing issues, and issues related to aging.
Knowing and incorporating the specifics of WRAP and Peer support can change the way you do things in all of your life—doesn’t have to be keyed into a WRAP group or an arranged peer support setting—these are life issues that don’t necessarily demand that structure.

WRAP was developed by a group of peers in a peer support group setting in 1997, before the value of peer support was widely recognized.
WRAP using Peer Support methods is evidence based.

Research projects, using rigorous research methods, have proven that WRAP developed with peers helps people feel better and have less need for services.

Important for agencies that are thinking of providing WRAP groups and are looking for funding.

Not so important for those of us who use WRAP and Peer Support every day and know it works for us.
WRAP is a specific planning structure. Peer Support is not as concrete as WRAP. There are many different ways peer support can happen.

That is the challenge.

There are the National Practice Guidelines that try to put definition around peer support.  
http://inaops.org/national-standards/
The Intentional Peer Support program developed by Shery Mead has clearly defined Principles and Tasks.

http://www.intentionalpeersupport.org/what-is-ips/

There are the WRAP Values and Ethics that were developed by peers over time. You can access them at:

http://www.mentalhealthrecovery.com/about/values.php
In spite of these guidelines, and even though both WRAP and peer support have manualized training programs, how a person is introduced to, and experiences WRAP and Peer support, varies widely, and can determine whether WRAP and peer support moves people towards what they want their lives to be like.

While both WRAP and Peer Support may sound easy, both, and especially both together, can be very challenging.
All of this is a work in progress. We all keep learning and learning and learning together.

Challenges include:

Wanting to help instead of learning together
Being stuck in old patterns
Clinical language and methods
Criticism and judgment
Advice giving
Focusing on deficits instead of strengths
Lack of mutuality
Hierarchical practices
Using an illness rather than a wellness paradigm
One up-manship
People “assigned” to work together and it just doesn’t work

Not being respectful of differences in “Worldview”—trauma informed issues
Boundary issues
Bossiness

This list is not inclusive.
Listen, listen, listen, listen.

Validate, validate, validate

Let the other person know you hear what they are saying and that you are trying to understand.
Examples:
That sounds really hard
That’s awful, that’s terrible
That is a real challenge
I found that kind of thing to be hard to get over
I am sorry that happened to you

Ask lots of questions and wait for answers.
Give people time to think.

Give short responses. Avoid extended descriptions of your experience or lectures.
Be open and non-judgmental about whatever someone else describes or suggest.

What we have to give each other is our “lived experience” and using that lived experience to learn together and “move towards” what we want our lives to be like.
First Contact

1. Individual (Role Play)

1. In a WRAP group (Role Play)

Wellness Toolbox

(Role Play)

A list of things that you can do to get well, stay well and make your life the way you want it to be.
Daily Maintenance List

What I am like when I am well
What I need to do every day to stay as well
(Role Play)
Things I might need to do on any day

Triggers (Hot Buttons) and Triggers Action Plan

1. Identifying things that, if they happened would be upsetting (Role Play)

2. A list of Wellness Tools you can use if a Trigger occurs (Role Play)
Early Warning Signs and Early Warning Signs Action Plan

1. Identifying signs that let you know you are not feeling well

2. A list of Wellness Tools you can use when you notice these signs

When Things are Breaking Down and an Action Plan

1. A list of signs that you are feeling much worse (Role Play)

2. Wellness Tools to use if this occurs (Role Play)
Crisis Plan or Advance Directive

- Signs that others need to take over
  (Role Play)
- Supporters
- Medications/doctors/insurance
- Treatments
- Plan so you can stay at home or in the community (Role Play)

- Hospitals
- Things others can do that would help
  (Role Play)
- Things others should not do
- Chores I need others to take care of
- Signs this plan is no longer needed
- Signatures
Post Crisis Plan

Questions that you will answer to guide yourself back to wellness

There is so much to say on this topic. We could go on and on and on.
Listen, listen, listen—get in the habit of really listening to each other, giving your full attention to what the other person is saying.

Validation, validation, validation. A great habit to get into. I hear what you are saying. That must be so hard. When that happened to me it was very upsetting.
When someone says, “That must be hard”, it helps a lot more than when someone says, “Oh that was nothing, you will just get over it.”

If you have questions about WRAP and Peer Support, e-mail info@WRAPandRecoveryBooks.com
Now Jane and I are looking forward to your questions and feedback, including any questions or ideas you might have about the role plays.