



Mental Health Recovery Learning Programme using the WRAP[®] Approach

Information for Potential Applicants

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Introduction

Under the Enhancing Disability Services programme, funded by the Department of Justice, Equality & Law Reform and managed by Pobal, the Irish Mental Health Recovery Education Consortium (IMHREC) has been established to develop and deliver a facilitated Learning Programme on Mental Health Recovery using the WRAP approach in three regional hubs throughout the country. The IMHREC consortium consists of Ballyhoura Development Ltd. (Limerick), EVE Limited (Dublin), Mayo Mental Health Association, Slí Eile (Cork) and STEER Ireland (Donegal).

The purpose of the consortium is to develop, deliver and evaluate a Mental Health Recovery Learning Programme using the Wellness Recovery Action Planning (WRAP) approach. The learning programme is designed to enable its participants to consider and adopt the WRAP recovery principles into their own lives and/or practice in order to achieve their own individual life goals within a philosophy of recovery. The programme will commence with 1 day conferences and will be followed with the facilitated learning programmes on later dates across the three regional hubs. (See below)

The Wellness Recovery Action Plan (WRAP)

The WRAP approach to mental health recovery provides a systematic, planned approach which assists people in recovering and maintaining wellness. Developed in the United States by Mary Ellen Copeland, it has been designed by people with mental health difficulties and it is one way which gives individuals a means of managing their own recovery which has been internationally recognised as being successful for the large numbers of individuals who actively use it.

Key elements of WRAP:

- Gathering a menu of Wellness Tools
- Creating a Daily Maintenance Plan
- Developing a step-by-step plan to deal with the challenges faced throughout the recovery process

For more information on WRAP see: <http://www.mentalhealthrecovery.com>.

Who will this programme be of interest to?

Mary Ellen Copeland, the originator of the WRAP approach, believes that “WRAP can be useful to anyone in planning and managing their wellbeing.” Some of the main groups of people who may be interested are as follows:

- **People in Recovery:** The programme will provide you with a practical way to work towards wellness on a daily basis.
- **Mental Health / Social Care Professionals:** Recovery principles form an integral part of high quality mental health service provision internationally and underpin “A Vision for Change”, the government’s strategy document for Irish Mental Health Services. The programme will provide an opportunity to gain a deeper understanding of recovery and explore how WRAP may be used to facilitate recovery.

- **Family and Community Members:** The programme will provide an opportunity for you to find out ways in which you can support the person in recovery in managing and maintaining their wellness
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How do IMHREC plan to facilitate this Mental Health Recovery Learning Programme using the WRAP approach?

At present there are only a small number of people in Ireland who use the WRAP approach to support themselves in order to stay well and in control of their own lives. There are even fewer people, known as WRAP Facilitators, who have been enabled to use the WRAP approach to assist people on their recovery journey so that they can regain control of their lives and stay well. IMHREC are keen to address this by delivering a two stage Learning programme which will seek to develop the use of the WRAP approach for Mental Health recovery and also further develop facilitation skills with this approach within Ireland.

Piers Allott, the Emeritus National Fellow for Recovery at the National Institute for Mental Health in England (NIMHE), and an approved Mental Health Recovery Educator with Mary Ellen Copeland, has been commissioned to deliver this programme in three regional hubs in Dublin, Cork and Sligo.

One day Conferences

The programme will commence with a series of one-day conferences as follows:

Launch Conference (Dublin)	Cork Conference	Sligo Conference
26 th March, 2009 Red Cow Moran Hotel, Naas Rd., Dublin 22.	7 th April, 2009 Charleville Park Hotel, Charleville, Co. Cork	5 th May, 2009 Glasshouse Hotel, Sligo, Co. Sligo

At the one day conferences, national and international speakers will share their experiences on working in a recovery context using WRAP. The 1-day conference will provide delegates with an overview of the principles of recovery and examples of how these principles can be turned into practice using the WRAP programme.

See IMHREC Brochure for booking form.

The conferences will be followed by a two-stage Facilitated Learning Programme, which will provide opportunities in each of the 3 regional hubs (Dublin, Cork & Sligo) for participants to:

- Learn about recovery and WRAP in a 2 day Mental Health Recovery Workshop (Stage One).
- Learn about how to facilitate a Mental Health Recovery Programme using the WRAP approach in a 5 day Facilitator Learning programme (Stage Two).

Stage One - 2-Day Mental Health Recovery Workshop*

A total of 180 people with self-experience of mental health difficulties, family members and mental health professionals (20 in each of 9 workshops across the 3 Hubs of Dublin, Cork &

Sligo) will complete a 2-day facilitated Mental Health Recovery Learning Programme. The schedule is outlined below:

Where	Month	Dates	Centres	Location
Dublin	April	20 th /21 st	Dublin North	Mercer Hotel, Dublin 2
		22 nd /23 rd	Dublin North County	Mercer Hotel, Dublin 2
		28 th /29 th	Kildare	Glenroyal Hotel, Maynooth, Co. Kildare
Cork	May	11 th /12 th	Charleville, Co. Cork	Charleville Park Hotel, Charleville, Co. Cork
		13 th /14 th	Ennis, Co. Clare	Temple Gate Hotel, Ennis, Co. Clare
		19 th /20 th	Cork City	The Ambassador Hotel, Cork City.
Sligo	June	2 nd /3 rd	Letterkenny	Mount Errigal Hotel, Letterkenny, Co. Donegal
		8 th /9 th	Sligo	Glasshouse Hotel, Sligo, Co. Sligo
		10 th /11 th	Carrick-On-Shannon	Landmark Hotel, Carrick-On-Shannon, Co. Leitrim

Learning Outcomes of Stage One - 2 day Mental Health Recovery Workshop:

At the end of the 2 day programme, it is anticipated that learners will have:

- Developed an understanding of the principles of recovery.
- Gained the knowledge, skills and ability to develop your own WRAP

To get a place on the 2 day Mental Health Recovery Workshops (Stage One) you will need to complete a Stage One application form. (See later section on **The Application Process** for more information.)

5-Day Facilitator Learning Programme*

There will also be a further opportunity for 60 participants (20 participants for each of 3 workshops in Dublin, Cork and Sligo) to complete a 5-day Facilitator Learning programme. Completion of this 5-day course will enable participants to support others in the use of the WRAP approach by delivering the two day Recovery programme.

To access the five day Facilitators' programme*, applicants must have completed Stage One of the Education Programme i.e. the 2 day Mental Health Recovery Workshop and demonstrate how they have used the WRAP approach since completing this course. They will also be required to demonstrate how, after completing the 5 day Facilitator Education Programme, they will put into action their new Mental Health Recovery Facilitator knowledge and skills to help other people develop their own WRAP.

Where?	Day 1 & 2	Days 3 & 4	Day 5
Dublin	15th/16th September	6th/7th October	11th November
Cork	22nd/23rd September	13th/14th October	18th November
Sligo	29th/30th September	20th/21st October	25th November

Learning Outcomes for the 5-Day Facilitator Learning Programme:

At the end of the programme, it is anticipated that learners will have enhanced their ability to:

- Work with people who have experienced mental health problems to discover the strengths they have and can use to enhance their recovery.
- Effectively share the underlying concepts necessary to recovery: hope, personal responsibility, education, self advocacy, and support.
- Work with individuals and groups to develop a WRAP.
- Teach about wellness tools and strategies, such as medication management, changing negative thoughts to positive, and developing a wellness lifestyle.
- Empower and motivate people to work towards recovery, feeling the way they want to feel, making their lives the way they want them to be, and moving towards meeting their life goals.
- Use interaction and presentation styles and strategies that enhance recovery.

To get a place on the Stage Two - 5 day Facilitator programme* you will need to complete a Stage Two application form. (See later section on **The Application Process** for more information.)

Costs

Thanks to funding and support from the Department of Justice, Equality & Law Reform and Pobal, the programmes are provided free of charge. A light lunch will be provided but participants will be expected to cover all additional costs e.g. travel or accommodation costs.

The Application process

Before you apply for Stage One and Stage Two Learning programme.....

1. Learn more about Recovery and WRAP by attending one of IMHREC's 1 day conferences and or logging on to www.mentalhealthrecovery.com and think about whether WRAP is something which could be useful to you in your life.
2. Think about whether you are interested in applying to complete both stages of the Learning Programme.
3. If you wish to apply for Stage Two of the programme, (5 day Facilitator Learning Programme) we would expect participants to be equipped with the skills to facilitate Mental Health Recovery and WRAP Programmes. Think about how you would do this. Would this be something you could do through work, paid or voluntary? Are you perhaps involved with a self help group, who could offer you a venue and other supports?
4. Make sure you have the agreement of other relevant people, for example, your employer (you may need agreement to take time out for the Learning Programme) or other people who are significant in your life. Please ensure your Line Manager signs the relevant section of the application form.

Stage One: 2 day Recovery Workshop*

A Stage One Application form will need to be filled out where you will be expected to clearly demonstrate the following:

- How you currently maintain your own mental health & wellbeing.
- How you think the WRAP approach might be helpful to you in managing this.

You will also be asked whether or not you would be interested in completing both stages of the Programme

Everybody has experienced challenges in life that have impacted on their wellbeing, e.g. loss, significant life events and changes etc. The application process does not mean that you must disclose experience of significant mental health problems but it does require you to show some understanding of the principles of recovery and WRAP and a willingness to share personal life experiences.

Stage Two: 5 day Facilitator Learning Programme*

You must have completed a Stage One Recovery Workshop in order to qualify for Stage Two of the programme. In filling out the Stage Two application form you will be required to show evidence as to how you have used the WRAP approach since completing the 2-day programme.

You will also be required to show evidence as to how you intend to roll out a Mental Health Recovery Learning Programme using the WRAP approach and how you will share your experience as a WRAP Facilitator to ensure the Learning Programme has the maximum impact.

Assistance in filling out the application forms is available if required.

***NB. Only a limited number of places are available for all of the above events and we are expecting a high level of demand for places so, unfortunately, not everyone who applies will necessarily get a place. Please await confirmation from IMHREC before making travel/accommodation arrangements.**

Confidentiality

All information provided to IMHREC will be treated in the strictest confidence. Any information provided to IMHREC by people who are not selected to participate will be destroyed.

Selection process for the Programme:

A number of factors will be taken into account when selecting participants, including:

1. Applicant's ability to demonstrate their suitability via the application form.
2. The need to ensure a reasonable spread across geographical areas.
3. The need to ensure sufficient numbers are interested in completing both stages of the Learning Programme to guarantee an adequate number of WRAP Facilitators.
4. The need to ensure appropriate representation from people with self experience, family members and health and social care professionals.

The IMHREC Consortium will take all of the above criteria into consideration when making the final decision on the distribution of places on the Programme.

Closing date for receipt of applications:

Please send **Stage One Application Forms** to participate on 2 day Recovery Workshop **by email only** by the following deadlines to:

Hub	Send application to:	Closing date:
Dublin Hub:	Email to dublin@imhrec.ie or	Friday, 3 rd April 2009
Cork Hub :	Email to cork@imhrec.ie or Post to IMHREC Development Officer Dromina Charleville Co. Cork	Wednesday, 22 nd April 2009
Sligo Hub:	Email to sligo@imhrec.ie or Post to IMHREC Development Officer Dromina Charleville Co. Cork	Friday, 15 th May 2009

Please send **Stage Two Application Forms** to participate on the 5 day Facilitator Education Programme **by post only** by the following deadlines to:

Address:	Closing date:
IMHREC Programme Coordinator, STEER Ireland, 5 Rosemount Villas, Letterkenny, Co Donegal.	Tuesday, 30 th June 2009

Evaluation Process:

The project is being evaluated by a group of researchers from University College, Cork, the University of Nottingham and Trinity College, Dublin and is led by Dr Agnes Higgins from the School of Nursing and Midwifery at Trinity College, Dublin

Applicants will be asked if they wish to participate in this evaluation and are free to choose not to. If you choose to participate in the evaluation, your identity will be protected and any information you give will be treated in the strictest confidence.

The evaluation process will explore how the Mental Health Recovery and WRAP learning programme has impacted on the participant's knowledge and attitudes towards Mental Health Recovery and the WRAP approach.

It will consist of:

- Questionnaires pre and post the 2 day Recovery Workshops

- Questionnaires pre and post the 5 day Facilitator Learning Programme.
- Focus groups post the 5 day Facilitator Learning Programme.