



Scottish Recovery Network

Developing Wellness Recovery Action Planning (WRAP) in Scotland

Further Information for Stage 2 Applicants

When Is The WRAP Facilitator Course Taking Place?

The 5-day facilitator course will be delivered in **Edinburgh** from Monday 9th June - Friday 13th June 2008. Please note that this is a 5-day course and successful applicants full attendance on all days is mandatory.

Where Is The Venue?

The Edinburgh Training and Conference Venue
16 St Mary's Street
Edinburgh
EH1 1SU
Scotland

Map & Directions: <http://tinyurl.com/4htfon>

What are the Course Timings?

Monday 9th June:	09:00 – 16:30
Tuesday 10th June:	09:00 – 16:30
Wednesday 11th June:	09:00 – 16:30
Thursday 12th June:	09:00 – 16:30
Friday 13th June:	09:00 – 14:00

Who Will Be Delivering The Course?

Training will be led by the Copeland Center who promote and monitor the use of WRAP internationally. If you are interested in finding out further information about the Copeland Center you can do so by visiting <http://www.copelandcenter.com>

Who Is Eligible To Apply For The 5-Day Facilitator Course?

The WRAP facilitator course is open to anyone who has, to date, successfully completed Stage 1 training and developed their own WRAP. This will include, but not be limited to, those individuals who participated in one of the most recent WRAP training courses delivered by the Scottish Recovery Network - throughout March and April 2008 - in Edinburgh, Glasgow and Aberdeen.

People who have completed WRAP training out with these courses are also eligible to apply for the course.

How Many Places Are Available On The Course?

There will be 18 training places available on the course. Given that we anticipate receiving a large number of completed application forms, this means that it is unlikely we will be able to award a place on the course to everyone we would like to.

What Will Be The Learning Outcomes Of Attending, And Successfully Completing, The 5-Day Course?

You will have the ability to work with people who have experienced mental health problems to discover the strengths they have and the strengths they can use to enhance their own wellness and recovery. You will be able to share the underlying concepts necessary to promote and support the recovery process: hope, personal responsibility, education, self advocacy, and support. You will know how to teach others about wellness tools and strategies, such as medication management, changing negative thoughts to positive, and developing a wellness lifestyle. You can 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 toward meeting their life goals. You will possess presentation styles and strategies that enhance recovery.

And, of greatest benefit, **you will be able to work with appropriate individuals and groups to help them develop their own WRAP plan.**

How Will The Course Content And Learning Be Structured Throughout The 5 Days?

For a detailed agenda please see **Annex B** at the end of this document.

How Much Will the Facilitator Training Cost to Attend?

Thanks to financial support from the Scottish Government this, WRAP facilitator training is being offered free of charge. This includes provision of accommodation from the night of Sunday 8th June to the night of Thursday 12th June, if required.

Additionally, the Scottish Recovery Network will reimburse reasonable travel expenses to those people who are unwaged and cannot claim elsewhere.

Please note: breakfast and lunch will be provided to all course participants at the Edinburgh Training and Conference Venue. However, the Scottish Recovery Network will not be providing course participants with an allowance to pay for the cost of evening meals. If you feel that you may require financial assistance to help with the costs associated with evening meals then we are happy to discuss this with you in confidence.

What Will Be Expected/Required of me as a WRAP Facilitator?

The key expectation we have of newly trained WRAP facilitators is that they will support relevant individuals, groups and organisations throughout local communities in Scotland to develop their own WRAPs. This is why one of the key criteria we will be judging completed

application forms on is your capacity, potential and overall ability to roll out your new skills as a WRAP facilitator to others.

Furthermore, as a WRAP facilitator we will expect you to follow the guidance and recommendations of SRN and the Copeland Center to assist us as we work to maintain the integrity and quality of training provided. For example:

- We expect facilitators to deliver three two-day WRAP group training sessions in the first year.
- Facilitators will be asked to return feedback forms from all training sessions to SRN.
- Group sessions should be delivered, wherever possible, by two facilitators as it can be a demanding experience. We will help you match up with other trainers as best we can. We do recognise that in some circumstances this may prove impossible. In these circumstances we would expect you to take alternative methods to ensure you are supported. This may involve enlisting the support of a non WRAP trained supporter.
- SRN will prepare additional materials to complement the training which will examine the potential impact of developing a WRAP and help people explain the process to those around them. Facilitators will be expected to distribute this and any other relevant material to course participants.
- Facilitators will agree to their contact detail being held by SRN who will maintain a national database of facilitators in Scotland.
- We encourage facilitators who are not employed by an agency to investigate how they would deliver group sessions locally. They may, for example, link with a local service provider or self help group. They should also consider how they would be insured and how to ensure access to venues etc for training sessions. SRN will consider offering support and advice on an individual basis in these circumstances.
- We expect facilitators to have enhanced disclosures (www.disclosure-scotland.org.uk)

The Copeland Center have outlined their own expectations of WRAP facilitators in **Annex A** at the end of this document.

Do I Have to Complete the 5-day Facilitator Training if I Want to Support Others to Develop Their Own WRAP Plan?

The Scottish Recovery Network believe that the best way for individuals to learn about how to use WRAP is in a group setting, similar to the two day course you attended. Attending the 5-day facilitator training qualifies you to deliver these two-day sessions. However, we recognise that this recommended approach may not always be possible and that some people may prefer to use WRAP in a one to one setting.

Many people have been trained in how to develop their own WRAP (ie have attended a two day course) but are not qualified as facilitators. We do not object to people in this position sharing what they know about WRAP as a tool to promote wellness on a one-to-one basis, but discourage these people from delivering WRAP group sessions. We hope further opportunities to become qualified as a facilitator will be made available at a later date, and we encourage those people who do not go on to become a facilitator at this time to further their skills by applying for facilitator training in the future.

How Much Do The WRAP Training Materials Cost?

The Copeland Center makes WRAP training materials available to WRAP facilitators free of charge. Therefore the only charges associated with WRAP training materials will be paper/printing costs.

What Is The Selection Criteria For The Course?

A number of factors will be taken into consideration when selecting participants. These include:

- Commitment to, and understanding of, the principles of WRAP and recovery.
- Ability to demonstrate how you are using WRAP to manage wellness.
- Your capacity, and willingness, to roll out WRAP as a facilitator.
- We will consider the geographical spread of facilitators to ensure as proportional and even a distribution as possible.

Why Must My Employer Countersign The Form?

Where applicable (we recognise that not everyone may be in employment), this helps to demonstrate to us that your employer is backing your application and will be supportive of your efforts to roll out WRAP - following your successful completion of the facilitator training.

When Is The Deadline For The Return Of My Completed Application Form?

Completed application forms should be returned no later than **5pm on Friday 16th May 2008.**

When Can I Expect To Hear Whether Or Not My Application Was Successful?

We will assess all application forms on Monday 19th May and inform you of our decision as soon as possible thereafter.

What About Confidentiality?

All information passed to SRN will be treated in confidence. Any information passed to SRN by people who are not selected to participate will be destroyed.

Anything Else?

We have tried hard to anticipate your questions and queries but please feel free to contact Paul Robb for further information or advice on 07880 623 973 or email paulSRN@googlemail.com

ANNEX A: What The Copeland Center Expect From WRAP Facilitators

Before making a commitment to becoming a WRAP Facilitator, you may want to know some of what will be expected of you. When you accept the certificate that qualifies you as a WRAP Facilitator, you will be making an explicit agreement to uphold a clear set of Values and Ethics. Mary Ellen Copeland has been quite clear that if you don't want to, or cannot adhere to these Values and Ethics then you can not work with her curriculum nor even present yourself as a representative of WRAP. These values and ethics will be made much clearer when you go through your training, but for now please understand that WRAP Facilitators are expected to:

- Facilitate the creation and maintenance of a safe learning environment that encourages people to stretch and grow—an inspiring hope-filled place of unlimited possibilities.
- Openly share enough of your personal experience with recovery for participants to be able to relate to you as a peer and equal—someone they can trust who has “been there.”
- Make every effort to accommodate diverse human needs and different learning styles so everyone knows they are welcome and truly have a place at the table.
- Accept everyone exactly as they are right now, in all their uniqueness, without communicating any suggestion that there is any perceived need to change.
- Stand shoulder-to-shoulder with participants as true peers, just fellow humans, making sure that everyone is treated in a manner that shows that we are all equally valued.
- Treat participants with dignity, compassion, respect and unconditional high regard at all times—truly honour participants.
- Facilitate a mutual learning process that is mostly a highly interactive discussion that supports individual interpretation and discovery; rather than teach a class.
- Support real self-determination by validating all input concretely, withholding any and all judgment, and by illuminating options and choices but never giving final answers.
- Absolutely refrain from ever giving advice, counsel or recommendations, even when they are requested, and especially when you feel compelled to give them.
- Encourage participants to reflect on their own experience and to extract from it valuable lessons about what works for them and what doesn't.
- Leave all agendas (political, religious, philosophical, treatment, personal or other) outside of the WRAP class/group.
- Present Mary Ellen's material in the clearest, simplest terms (as found in your Facilitator Manual) without modifying the material by addition or deletion.
- Share illustrative examples of how WRAP makes a positive difference in your life and share personal insights into various elements of WRAP, without letting your story get in the way of the group interaction or the material's common sense simplicity.
- Follow the strictest codes of sexual conduct at all times, never behaving in a manner that might be construed as sexually suggestive, harassing or discriminatory.
- Support personal responsibility and the concept that each person is the expert on his- or herself at all times, and constantly reinforce WRAP as voluntary self-determination.

All WRAP facilitators struggle from time to time in the effort to live up to these expectations, and often fail, but what makes us WRAP facilitators is our unfailing dedication to the effort.

ANNEX B: Outline Agenda

DAY ONE: Monday, June 9, 2008 9:00 - 9:30 AM Welcome, Housekeeping, Agenda Review 9:30 - 10:30 AM Introductions, Creating a Discomfort Agreement 10:30 - 10:45 AM BREAK 10:45 - 12:00 PM Worldview, Values and Ethics (with an overview of the manual) 12:00 - 1:00 PM LUNCH 1:00 - 2:15 PM "I Believe in Recovery..." - Small Group Practicum 2:15 - 2:30 PM BREAK 2:30 - 3:45 PM Key Concepts and WRAP Review 3:45 - 4:15 PM The Power and Importance of Language 4:15 - 4:30 PM Debriefing and Closing Homework Assignment: Do something extra special to take care of yourself this evening

DAY TWO: Tuesday, June 10, 2008 9:00 - 9:45 AM Check-in, Housekeeping, Agenda Review 9:45 - 10:30 AM Understanding and Accommodating Special Needs 10:30 - 10:45 AM BREAK 10:45 - 12:00 PM Responding to Questions: Small Group Practicum 12:00 - 1:00 PM LUNCH 1:00 - 2:15 PM Understanding and Respecting the Different Perspectives Participants May Bring to WRAP Classes 2:15 - 2:30 PM BREAK 2:30 - 3:45 PM Effective Introductions 3:45 - 4:00 PM Overview of Key Recovery Topics 4:00 - 4:15 PM Preview of Giving and Receiving Feedback 4:15 - 4:30 PM Debriefing and Closing Homework Assignment: Think about how you want to introduce yourself and WRAP to a class using recovery language, but take time to relax and do something from your daily maintenance list of optional extras to take special care of yourself tonight.

DAY THREE: Wednesday, June 11, 2008 9:00 - 9:30 AM Check-in, Housekeeping, Agenda Review 9:30 - 10:30 AM Introducing Yourself to a Class: Small Group Practicum 10:30 - 10:45 AM BREAK 10:45 - 11:15 PM Introducing Yourself to a Class: (continued) 11:15 - 12:00 PM The Importance of Ongoing Evaluation 12:00 - 1:00 PM LUNCH 1:00 - 2:15 PM Building Effective WRAP Facilitation Skills 2:15 - 2:30 PM BREAK 2:30 - 3:30 PM Developing Your Presentations 3:30 - 4:15 PM Work on Presentations 4:15 - 4:30 PM Debriefing and Closing Homework Assignment: Continue working on your presentations, but also take time to relax and do something from your daily maintenance list of optional extras to take special care of yourself tonight

DAY FOUR: Thursday, June 12, 2008 9:00 - 9:30 AM Check-in, Housekeeping, Agenda Review 9:30 - 12:00 AM Co-Facilitated Presentations to Full Class Presentations 1-4, 20 minutes each (10 minutes per facilitator), with 5 minutes of feedback, followed by a 5 minute break. 12:00 - 1:00 PM LUNCH 1:00 - 4:00 PM Co-Facilitated Presentations to Full Class Presentations 5-9, 20 minutes each (10 minutes per facilitator), with 5 minutes of feedback, followed by a 5 minute break. 4:00 - 4:30 PM Debriefing and Closing Homework Assignment: Think about how you want use what you have learned, and about any obstacles you anticipate, but take time to relax and do something extra to take care of yourself

DAY FIVE: Friday, June 13, 2008 9:00 - 9:30 AM Check-in, Housekeeping, Agenda Review 9:30 - 10:30 AM Creating a Group WRAP (half of the class will be called out individually to receive one-on-one feedback during this time) 10:30 - 10:45 AM BREAK 10:45 - 12:00 PM Problem-Solving (half of the class will be called out individually to receive one-on-one feedback during this time) 12:00 - 1:00 PM LUNCH 1:00 - 1:30 PM Resources, 1:30 - 2:00 PM Next Steps 2:00 PM CELEBRATION!