



Wellness Recovery Action Planning Update

18 Staff Trained as Wellness Recovery Action Planning (WRAP) Facilitators

Peer Support South East Ontario undertook a massive training initiative in March which included WRAP Facilitator Training. Peer Support South East Ontario now boasts over 40 Intentional Peer Supporters across the region, who are equipped to deliver WRAP facilitation in our Support Centres and the communities we serve.

Wellness Recovery Action Planning is a self managed, unique to the individual approach for maintaining wellness. It incorporates simple strategies and planning,

while identifying supports and wellness tools.

WRAP is based on 5 Key Concepts, Hope, Personal Responsibility, Education, Self Advocacy and Support.

Hope that we can gain and maintain our wellness for extended periods.

Personal Responsibility as an understanding that we are responsible for our wellness.

Education surrounding resources, ourselves and others.



Self Advocacy advocating for our needs with respect.

Support identifying individuals, community supports and resources we can utilize to support us in our journey.

Congratulations to all of our WRAP Facilitators new and experienced who continue their commitment to wellness.

What You Will Find Inside

<i>WRAP Testimonials</i>	2-3
<i>PSSEO WRAP Facilitators</i>	3
<i>WRAP For WRAP Facilitators</i>	4

Did you Know & WRAP News:

- Did you know that there are Advanced Level WRAP Facilitators in 9 countries world wide?
- WRAP Around The World Conference August 24-26, 2015 Washington DC

MINI WRAP ATTACKS BELLEVILLE CENTRE!!!

A great idea was planted and harvested in the Belleville Support Centre over the past few months. The Centre Staff had began running “Mini Wrap” which essentially is taking a portion of WRAP and reviewing it in detail and having conversations about the topic. It was very well received and gave many of the Community Peer Support staff an opportunity to engage and ease into WRAP in a fun and relaxed atmosphere. Additionally it helps keep WRAP alive in the centre when full WRAP sessions are not available and generates interest in WRAP for those who may be curious but not ready to commit to the full program. For more detailed information please contact the Belleville Centre, or Community Peer Support staff who work in the Belleville community.

Harvesting The Garden - WRAP Testimonials

I believe in the Wellness Recovery Action Plan because I live it every day.

I stumbled upon WRAP as I was slowly recovering and as I began to complete the various sections of it, my feelings and needs became more clarified and accessible.

I thought being in Recovery meant I had recovered to where I was before I became ill. But through doing my WRAP and working with my various

supports, I now know that Recovery is a journey. For me, a journey means experience and it is through experience that I learn.

Learning WRAP has allowed my inner strength to find itself once again and to create the unique tools that I need to persevere through the rough days. Not only do I have the tools for myself to stay as well as I can, but if I need it, in creating a Crisis Plan for myself,

my supports who will be there for me know what I want and need even if I may not be able to articulate it at the time.

Crystal



Harvesting The Garden - WRAP Testimonials

"...coming to realize the empowerment myself and anyone else can have if deciding to set up a plan like this to assist with one's own recovery."

Learning about WRAP helped me to see myself in a new way. I came to realize that I was already living and practicing a lot of what WRAP teaches. At the same time, helping me to see how I can be my best advocate, and my worst enemy. All in all, coming to realize the empowerment myself and anyone else can have if deciding to set up a plan like this to assist with one's own recovery. Wrap is a tool I can use to monitor myself daily, know what actions to take if my wellbeing changes, and if I need assistance, everything is in place should I need a helping hand. I can have peace of mind, knowing I will receive the care that I have chosen.

Linda



Harvesting The Garden - WRAP Testimonials

My struggles with emotional and mental health challenges began at age 15 with suicidal thoughts and depression. At age 21 I was diagnosed with depression. By age 30 was diagnosed with major depression. At age 44 was diagnosed with post traumatic stress disorder (PTSD). Now at age 47 I am happy to share the story of hope, mental health and addiction recovery, wellness and its journey.

I attribute my recovery to embracing the key recovery concepts of WRAP which are hope, education, personal

responsibility, support and self-advocacy. Today I am “well” and working as a Community Peer Supporter and as a legal service provider. I live a positive, productive life with a loving family.

Although I am “well” living with PTSD is a continuous challenge. I manage by knowing many of the events or triggers that might cause me to become unwell and knowing what wellness tools may help combat spiraling mental health.

Recently I was trained as a WRAP facilitator to teach and instruct the principles, values and ethics of wellness recovery. I look forward to sharing WRAP in my Community Peer Supporter role and continuing on my recovery road with the aim of inspiring others.

Nancy

“I attribute my recovery to embracing the key recovery concepts of WRAP which are hope, education, personal responsibility, support and self-advocacy.”

Message from Advanced Level WRAP Facilitators Michelle & Todd

It certainly has been an exciting time at Peer Support South East Ontario over the past few months, with being able to recertify almost all of our centre staff and training 18 new Community Peer Support staff in WRAP has been an amazing experience for both of us as Advanced Level WRAP Facilitators. The more we learn and understand about one another, the greater we can appreciate and support our own wellness journeys.

As a facilitator at any level, having such tremendous opportunities for growth and skill development are appreciated. The value of experiential learning will be evident when you all facilitate WRAP in the community or at the centres. The stories in this newsletter are both inspiring and validating in our WRAP Facilitation experiences and hopefully aid in our journeys.

We would further ask that if you require some mentoring in WRAP to connect up with one of us, or a Peer who has had the opportunity to facilitate a WRAP group. Remember to share resources and information with each other to ensure the best outcome for the folks who are making the choice to participate in WRAP and in the spirit of Peer Support. Thank you all for your continued dedication and stay well.



PEER SUPPORT SOUTH EAST ONTARIO

*Peer Support South East Ontario
Coordinating Centre
Unit C-2 - 350 Front Street
Belleville, ON K8N 5M5
Phone: 613-969-0122
www.psseo.ca*



Our agency provides support and services within South East Ontario to people who are experiencing addiction and/or Mental Health issues and seeking Peer Support as a ways and means of managing and working toward being well. All of our staff are Certified in the practices and delivery of Intentional Peer Support as well as Certified Wellness Recovery Action Plan (WRAP) Facilitators.

May you be well in your journey, have support when you require it and find peace in knowing you don't travel it alone.

WRAP in a Community Near You



Belleville Freedom Peer Support Centre - 391 Front Street

- ◆ Last week of August and first week of September 2015

Kingston Peers of the Round Table - 60 Queen Street

- ◆ Last week of September and first week of October 2015

Bancroft Lifehouse - 23 Bridge Street West

- ◆ Last week of October, first week of November

Madoc Support Centre - 56 Russell Street, Unit B

- ◆ Last week of November, first week of December

Trenton New Beginnings Support Centre - 76 Dundas Street West

- ◆ Last week of October, first week of November

Napanee Peer 17 Support Centre - 58 Dundas Street East

- ◆ Last week of August, first week of September