



# W.R.A.P.<sup>®</sup> and Peer Support: Staying Connected During the Pandemic



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# MHATC Mission Statement

“In cooperation with the Mental Health Association in New York State and the Mental Health America, this Association will develop and maintain a coordinated citizens’ movement, with participation from recipients of mental health services. We work toward empowering individuals, families, and groups through advocacy and the provision of services which promote mental health, and educating and information to the general public about mental health issues.”

# A Parallel Pandemic

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- Mental health concerns were prevalent prior to COVID-19
  - 1 in 5 adults and youth met criteria for a mental health disorder in any given year
  - WHO research identifies 47.7% lifetime prevalence of mental health disorders in U.S.
- Mental Health America data from self-screenings show increase across the board in prevalence severity of mental health disorders
- Increase in substance use and overdoses
- Risk factors: ongoing stress and anxiety, trauma, social isolation

# Peer Support: What, Why and How

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- Peer is someone who has lived experience with a mental health diagnosis/ interaction with the mental health system
- Peer support eliminates the “expert-and-patient” power dynamic, providers work from life experience and person-centered perspectives
- Peers who have struggled to find typical mental health professionals helpful may connect more easily with peer support services
- Peer services are available at the MHATC virtually, by phone, and by appointment
- Many resources available online





- WRAP<sup>®</sup> was developed by Mary Ellen Copeland, who lives with bipolar disorder, and other peers who found recovery themselves



- Best practice is group process
  - MHATC holds groups over Zoom in eight-week sessions
  - Group members make connections with each other, able to hear about others' challenges and successes
  - Get ideas from other group members to build skills and self-awareness
  - Hearing about others facing challenges and finding ways to overcome them offers hope

# WRAP<sup>®</sup> Key Recovery Concepts

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- **Hope** – People who experience mental health difficulties get well, stay well and go on to meet their life dreams and goals
- **Personal Responsibility** – It's up to you, with the assistance of others, to take action and do what needs to be done to keep yourself well
- **Education** – Learning all you can about what you are experiencing so you can make good decisions about all aspects of your life

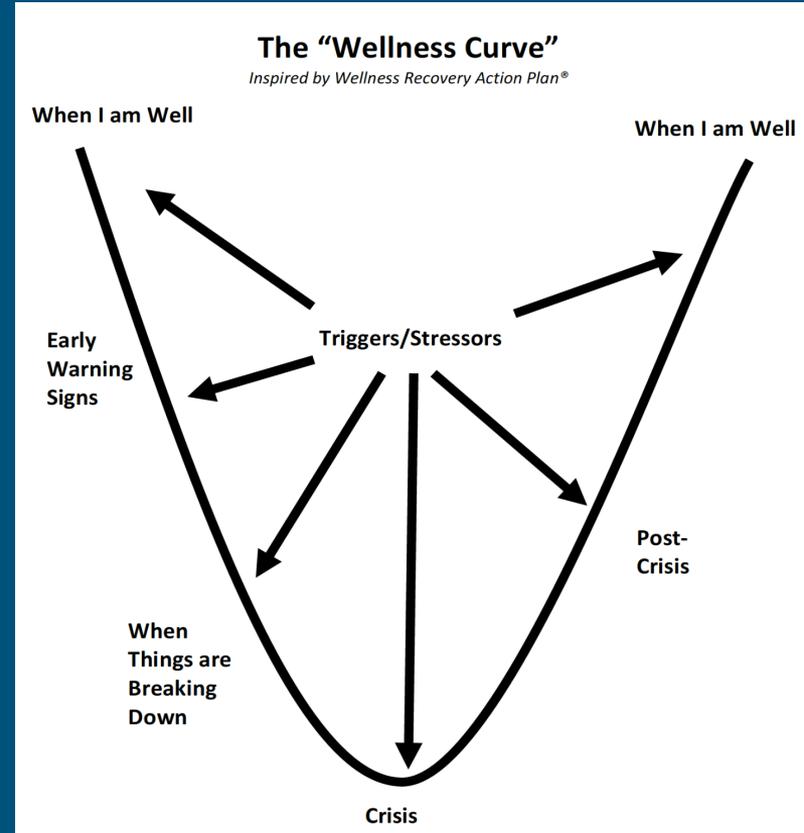
# WRAP<sup>®</sup> Key Recovery Concepts

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- **Self Advocacy** – Effectively reaching out to others so that you can get what it is that you need, want and deserve to support your wellness and recovery
- **Support** – While working toward your wellness is up to you, receiving support from others, and giving support to others will help you feel better and enhance the quality of your life

# Parts of WRAP

- Key Recovery Concepts
- Wellness Toolbox
- Daily Maintenance Planning
- Triggers/Stressors
- Early Warning Signs
- When Things are Breaking Down
- Crisis Plan
- Post-Crisis Plan



# Wellness Toolbox

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- A complete inventory of all tools available and actions the individual can take to prevent becoming unwell/recovery from being unwell
- The best tools are simple, safe, and free/inexpensive
- Examples may include creative activities, exercise, relaxation techniques, diversionary activities, seeking appropriate health care, asking for support
- Wellness Toolbox is unique to the individual

# The Action Planning Process

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- Participant is the expert on themselves
- Brainstorm what each aspect of the “wellness curve” looks like for them
- Utilize tools from Wellness Toolbox to create their own specific plans for maintaining and/or recovering wellbeing
- Only plan participant is instructed to share with others is their Crisis Plan

# Current WRAP<sup>®</sup> and Peer Support Offerings

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- WRAP<sup>®</sup> groups for adults offered periodically, next series beginning late October
- Youth WRAP<sup>®</sup> (ages 13-18) series beginning 9/28
- Family WRAP<sup>®</sup> and individual WRAP<sup>®</sup> consultation available by request
- Drop-in open forum peer support groups: Tuesdays at 11am, Fridays 1pm
- Young Adults (18-30) Group: Tuesdays at 3pm
- Parent Support Group: Wednesdays 11am
- Warmline: 607-277-7337, 9am-2pm, Mon-Fri
- In-person appointments available by request if needed



# Thank you!

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