

About WRAP

WRAP is an **evidenced based** group work approach designed by Mary Ellen Copeland in America to help people manage their emotional and mental health.

WRAP promotes:

Resilience

Emotional &
mental
wellbeing

Self
management

Empowerment

Goal
achievement

Improved
quality of life

WRAP has dual benefits as a preventative model and in supporting existing emotional and mental health difficulties.

Benefits of WRAP®

WRAP is designed to help people:

- **Improve** emotional wellbeing and mental health
- **Build** resilience
- **Develop** evidenced based coping strategies
- **Improve** understanding of what impacts individual wellbeing
- **Increase** confidence
- **Broaden** peer support networks
- **Prevent/decrease** troubling feelings & behaviours
- **Strengthen** community connections.

Whole School Approach

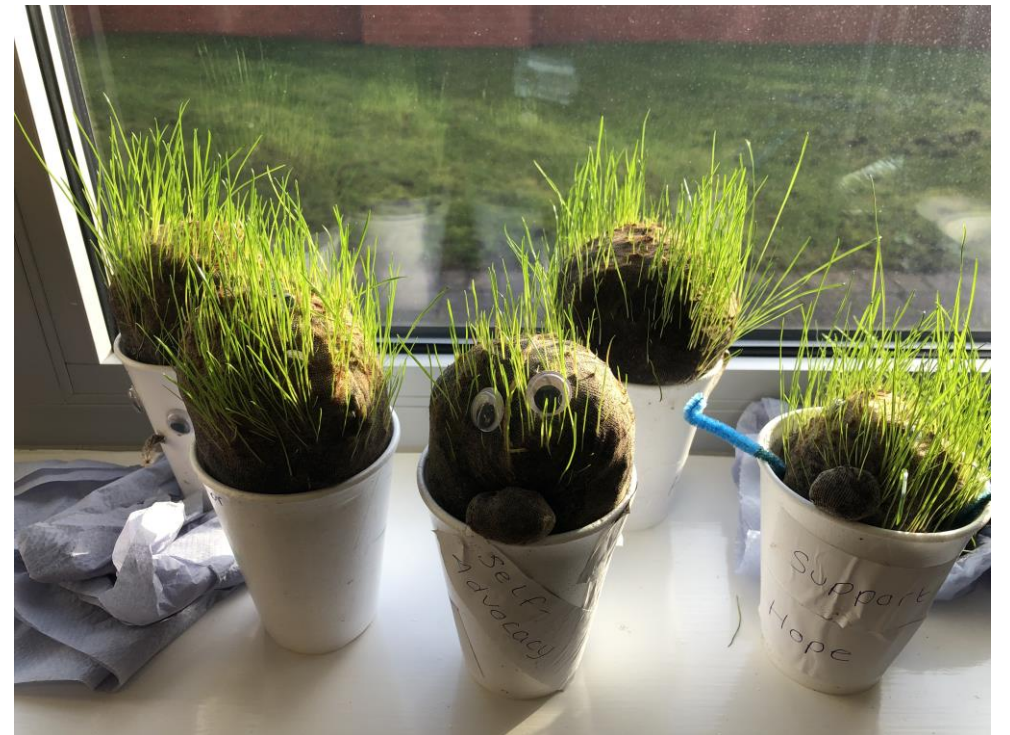
WRAP® supports a whole school approach to emotional wellbeing and mental health.

- **Wellbeing support** for pupils, parents and staff
- A **sustainable** approach
- A **universal focus** on wellbeing
- A **shared wellness** language and shared approach
- Help to pupils to **manage** challenges, change and transition
- **Learning and development** for staff and pupils.

Key concepts

The Key Concepts, there are 5 Key Concepts, these underpin the whole journey of WRAP

- Hope
- Education
- Personal responsibility
- Self-advocacy
- support



Support

As a group we will explore what positive and negative support might be like.

Individually we will think about who are our supporters and why we choose them to support us.



wellness tools

Wellness tools

These are the things we enjoy doing, that make us happy, feel good and stay well.

We reflect on things we have enjoyed in the past and new things we are doing to stay well, looking at when we do them, how we can give ourselves time to do them and why we need to do them.



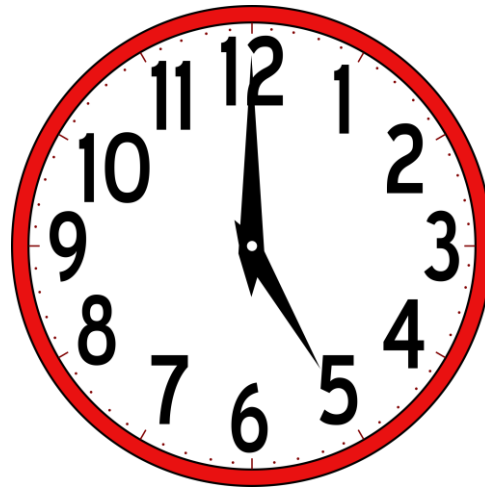
Daily Maintenance

Daily Maintenance is the second part of WRAP and has three parts.

Part 1 Here we take an in-depth look at what you are like when you are well, knowing this will help you recognise when you're not at your best.

Part 2 You will create a daily maintenance plan, having a plan will help you stay on track when you have recognised, you're not at your best.

Part 3 We will also focus on the extra things you can do to support yourself and the things, people or places you may need to avoid.

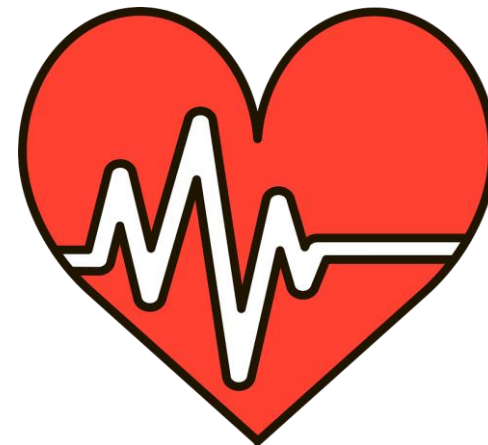


Stressors_(Triggers) and Early Warning signs

Stressors are situations out of our control that trigger uncomfortable feelings, as a group we will explore what these are and make an individual action plan to support ourselves when these happen.



Our **Early Warning signs** are our bodies way of telling us that something is wrong, and we need to take action. We will support the group to discover what these signs are and make an individual Action Plan.



Breaking down and getting worse

Breaking down and getting worse will look different for all of us, together we will explore what our experiences are, what helped at that point and what didn't. We will Action Plan for the future, knowing what works and who will support us.



The explosion is the problem.

The lava flow is our thoughts, feelings and actions to the problem.

The snow is our action plan, helping us to cool down and become calm.

The impact in your school

50% of Young people reported improved relationships with peers



83% reported the support has improved how they respond to challenges.

100% reported feeling better after attending WRAP

83% of pupils reported having a better understanding who they can go to for help/support when needed.

50% of pupils reported having more ideas how to support their own wellness.