



# WRAP®



## ***Wellness Recovery Action Plan Facilitator Training***

Is your organization interested in having your first or expanding your number of Certified Facilitators?

### **Minimum Requirements**

#### **Applicant**

- Meet with Regional Recovery Support Specialist
- Have the minimum of a WRAP **Orientation**
- *Write a personal WRAP*

#### **Organization**

- Meet with Regional Recovery Support Specialist
- Commit to supporting applicant in attending the one day a week for six weeks training and continuing education.

- Applications will be will be by invitation of the Regional Recovery Support Specialist and released in November
- The selection process is competitive
- We begin preparing individuals in September for the Application process
- The training will be held in April and May

For more information please contact:

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[Patricia.Lindquist@illinois.gov](mailto:Patricia.Lindquist@illinois.gov)

Please see the following FAQ sheet for more information

## Illinois WRAP® Facilitator Training Frequently Asked Questions (FAQs)

10-10-19

### 1) What is the Wellness Recovery Action Plan (WRAP®)?

The Wellness Recovery Action Plan®, or WRAP®, is an evidence-based system that is used world-wide by people who are dealing with mental health and other kinds of health challenges, and by people who want to attain the highest possible level of wellness. It was developed by a group of people who have lived experience of mental health difficulties; people who were searching for ways to resolve issues that had been troubling them for a long time. WRAP® involves listing your personal resources, known as Wellness Tools, and then using those resources to develop Action Plans to use in specific situations which are determined by you. WRAP® is adaptable to any situation. WRAP® is universal — it is for anyone, any time, and for any of life's challenges.

### 2) What types of in-person WRAP Education are available in Illinois?

- a) A WRAP® Overview (also known as: WRAP® Orientation, Introduction or Symposium) is designed to introduce people to the fundamentals of WRAP®: values & ethics; foundational principles; and sections of the Plan. All certified WRAP® Facilitators, including DMH Region Recovery Support Specialists, are qualified to provide this level of education. For names and phone numbers of DMH Recovery Support Specialists, go to <http://www.dhs.state.il.us/page.aspx?item=41240>
- b) WRAP® Classes are for individuals to learn how to write their own WRAP® plans in a mutual learning environment with a certified WRAP® Facilitator. In Illinois, there are many community mental health centers that offer WRAP® Classes. WRAP® Classes are 16 hours, most commonly offered in 8 sessions, 2 hours each. The longer series, WRAP® & Recovery, is 24 hours, commonly provided in 12 sessions, 2 hours each. To search for WRAP® Classes being provided by certified WRAP® Facilitators in Illinois, go to <http://www.illinoismentalhealthcollaborative.com/wrap/search.action>
- c) WRAP® Facilitator Training is for individuals, ages 18 and up, who will be facilitating WRAP® Classes. WRAP® Facilitator Training is offered twice a year in Illinois, and includes:
  - i) A single 1-hour Pre-Training Conference Call for participants and their supervisors
  - ii) Six, full-day (6-hour), on-site training sessions (once a week for six weeks)
  - iii) One full-day (6-hour) Refresher

For more information about WRAP® Facilitator Training in Illinois, contact

[DHS.DMHRRecoveryServices@illinois.gov](mailto:DHS.DMHRRecoveryServices@illinois.gov)

WRAP® Facilitator Training is also available through the Copeland Center for Wellness & Recovery and includes 5 consecutive days of training. For more information about Facilitator Training through the Copeland Center, go to <https://copelandcenter.com/our-services/wrap-facilitator-training>

### 3) What does it cost to attend WRAP® Facilitator Training in Illinois?

Once an applicant is selected, the training fee is \$130.00. The training fee includes the cost of training; Copeland *Mental Health Recovery & WRAP® Curriculum: Facilitator's Training Manual* with facilitator guidelines, handouts, overheads, activities for group participants, and CD-ROM. Travel expenses are additional.

4) How does this cost compare to other similar training?

The fee for the same training through the Copeland Center for Wellness & Recovery is \$1300.00, plus travel expenses. For more information about Facilitator Training through the Copeland Center, go to <https://copelandcenter.com/our-services/wrap-facilitator-training>

5) What are the requirements to attend WRAP® Facilitator Training in Illinois?

- a) Agency leadership and applicant must have a conversation with the DMH Region Recovery Support Specialist about the application process
- b) Applicant must be able to maintain WRAP® certification through participation in WRAP® Refreshers and other continuing education opportunities following training
- c) Applicant must work or reside in the geographic region(s) identified for the training
- d) Applicant must complete WRAP® Overview (see 2 (a)) and/or WRAP® Classes (see 2 (b)), to demonstrate a solid working knowledge of WRAP®
- e) Applicant must have written a personal WRAP® plan for any area of life (you do not have to have a mental illness to write a WRAP® plan)

6) Who should apply to attend Illinois WRAP® Facilitator Training?

- a) Applicants are required be individuals who will have the opportunity to facilitate WRAP® Classes after completing WRAP® Facilitator Training
- b) Applicants are required have a solid working knowledge of WRAP®
- c) Applicants are required have and use their own personal WRAP® plan for any area of life (you do not have to have a mental illness to write a WRAP® plan)
- d) Applicants are required have personal motivation and skills in mentoring others

7) How is an applicant selected?

Applications are scored by a team of reviewers. Capacity at training is 18 participants. The 18 applicants with the highest scores are selected. Remaining applicants, with scores over 60, are placed on a waiting list. Applicants with scores under 60 are encouraged to seek additional WRAP® education and apply again in the future. Applicants' scores are based on the following criteria:

- a) Opportunity to facilitate WRAP® Classes after completing Facilitator Training
- b) Knowledge of WRAP®, based on responses on the application
- c) Use of personal WRAP® plan, based on responses on the application
- d) Personal motivation and commitment to complete the training, based on responses on the application

8) What are the requirements to graduate from WRAP® Facilitator Training?

To meet the requirements of the program and receive a certificate, each participant is expected to:

- a) Demonstrate a 5-minute personal introduction, according to the model instructed during the training
- b) Demonstrate a 10-minute presentation on a wellness topic, selected from a distinct list of topics, according to the model instructed during the training
- c) Successfully pass a written test, demonstrating knowledge of the foundational principles of recovery and the parts of a WRAP® plan
- d) Demonstrate an understanding of, and agreement with, the Values & Ethics for WRAP® Facilitator
- e) Participate in all elements of training

9) When and where is WRAP® Facilitator Training held in Illinois?

The Department of Human Services, Division of Mental Health, hosts WRAP® Facilitator Training in two locations each year in Illinois. Training is rotated across the state, to make it as accessible as possible for all DMH regions. This year the training will be held:

- a) April 14 – May 19, 2020 – Bloomington IL (Regions 3 & 4)
- b) April 14-May 19, 2020 – Chicago IL (Regions 1 & 2)

10) Why aren't there more WRAP® Facilitator Training opportunities in Illinois?

For the training to meet fidelity standards, a Copeland Certified Advanced Level WRAP® Facilitator must be present for any Facilitator Training which occurs. Currently, the DMH has only two Copeland Certified Advanced Level WRAP® Facilitators on staff. As WRAP® is only one of many of the functions of these staff, it is not currently possible to expand the number of training opportunities.

11) What should a person do to get started if they want to become a certified WRAP® Facilitator?

- a) Complete WRAP® Classes
- b) Write a personal WRAP® plan
- c) Contact the Region Recovery Support Specialist in your area. For names and phone numbers of DMH Recovery Support Specialists, go to <http://www.dhs.state.il.us/page.aspx?item=41240>