



WRAP® – Wellness Recovery Action Plan



Fife, Perth and Kinross, Scotland



Island, Mountain area, Hilly, River; Predominantly rural regions, close to a city



Led by: GrowBiz Scotland

Dynamo partner: D4 - North-East Scotland



Supported by National from the Scottish Government Communities Mental Health and Wellbeing Fundand, 47000€, and Regional/local funding from the Community Investment Fund, 35000€

Local services, health and wellbeing

**Employment and employability initiatives
Bottom up initiatives for care**

Aim

Wellness Recovery Action Plan (WRAP®) is both a training programme and a personal plan to overcome challenges and support wellbeing. It is practical and useful in everyday life. WRAP® workshops support participants to self-reflect, learn skills and build an action plan for early intervention and prevention to support their mental health. Research shows that WRAP® tools and techniques help people to:

1. decrease and prevent intrusive or troubling feelings and behaviours
2. increase personal empowerment
3. improve quality of life and achieve their life goals and dreams.

Over the last 25 years, thousands of people across the world have taken part in WRAP® workshops and the concept of WRAP® planning is used within the NHS. The programme was developed in the USA in 1997 by a group with lived experience of overcoming

mental health challenges, led by Dr. Mary Ellen Copeland, an author, educator and wellbeing advocate. The Copeland Center was set up in the USA in 2003 to ensure high standards of WRAP® delivery worldwide and as a hub for training, development and research.

Over the past two years, GrowBiz has been delivering WRAP® workshops across Perth and Kinross and Fife, with beneficiaries including small business owners, people with mental health problems, community volunteers, people working in the care and wellbeing sector and the general public. They have also trained 10 people living in remote areas as WRAP® facilitators and coordinate ongoing 1-1 and peer support, as well as applying for funding to help them deliver workshops in their local communities.



Story

The WRAP® approach was developed in the USA in 1997 by a group with lived experience of overcoming mental health challenges, led by Dr. Mary Ellen Copeland, an author, educator and wellbeing advocate. The Copeland Center was set up in the USA in 2003 to ensure high standards of WRAP® delivery worldwide and as a hub for training, development and research.

Involvement with WRAP® began for GrowBiz began in 2022 with funding from the Scottish Government via the Communities Mental Health and Wellbeing Fund. Following the devastating impact of Covid-19 and the lockdown in rural areas, in particular to small business owners and social entrepreneurs, GrowBiz colleagues recognised the importance of helping our clients and the wider community with supporting their mental health and wellbeing. GrowBiz was funded to deliver training to 60 people in Perth and Kinross and offer ten of those people training to become trainers. This project was successful with over 60 people partaking in workshops, 10 people trained as trainers and very positive feedback received throughout.

Following this project, GrowBiz has continued to deliver WRAP® workshops and taster sessions locally, as well as supporting local organisations to access funding to deliver these to their communities and employees.

To date, GrowBiz Scotland has run a total of 13 workshops to over 140 of people in Perth and Kinross and Fife and the feedback from these people has been overwhelmingly positive.

Since GrowBiz Scotland started running the WRAP® training programme and workshops, they have received incredible feedback from participants.

GrowBiz has conducted short-term research, asking participants before and after workshops to share thoughts and experiences of their own wellbeing and mental health. Anecdotal evidence suggests that those people who have attended the WRAP® workshops feel empowered by the opportunity to discuss mental health and wellbeing in a supportive environment. Many people also share that they have learnt numerous techniques and tools from the group to use to support their wellbeing. Those who have trained as trainers have also benefitted from attending the workshops, learning tools to support their wellbeing and connecting with their learning group. They have also benefitted from increased opportunities to make an income as freelance facilitators through the project.

CROSS-CUTTING PRIORITIES

Social justice and inclusion



INNOVATION

Social, organizational and governance



Financial and business models innovation



Website: <https://www.growbiz.co.uk/wrap-training>



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