

# Family WRAP

Wellness Recovery & Resilience Action Planning



MORAY  
wellbeing  
HUB



# WHAT IS WRAP

- Wellness Recovery & Resilience Action Planning (WRAP) is an international wellbeing tool.
- WRAP is underpinned by 5 key concepts Hope, Personal Responsibility, Education, Self Advocacy and Support.
- Here in Moray there are approx 20 people trained as facilitators as part of the peer trainer pool hosted by Moray Wellbeing Hub.
- Since 2014 local facilitators successfully ran a number of 2-day and 8 week versions of the 12 hour version for adults in Moray in partnership.

# WHY FAMILY WRAP

- The 2017/18 fellow peer champion Matt Hu had a project idea 'Peace Loving Moray: Wellness Resilience/Recovery Action Planning for Families' which was funded by #YouChoose participatory budgeting and selected by Moray community members.
- The project was anchored in WRAP as a powerful tool to support family members in understand their relationships in terms of love, hope and peace.
- Took the theory from generic WRAP facilitation training as trainers, added learning from Copland Centre Family WRAP and Youth WRAP resources to make a bespoke course to suit the families that had shown an interest in the project.

# PROJECT AIMS

- Support the wellbeing of families to have better communication, connection and sense of control by giving them a grounding in WRAP (Wellbeing Recovery Action Planning).
- Improve resilience, recovery and wellbeing in families, decreasing conflict and unhelpful coping strategies, increasing a sense of connection and understanding.
- Support family members to renew their relationships and encourage them to set up plans for both a hopeful future, as well as plan for unforeseen crisis; A first step for recovery of family mental health and wellbeing.

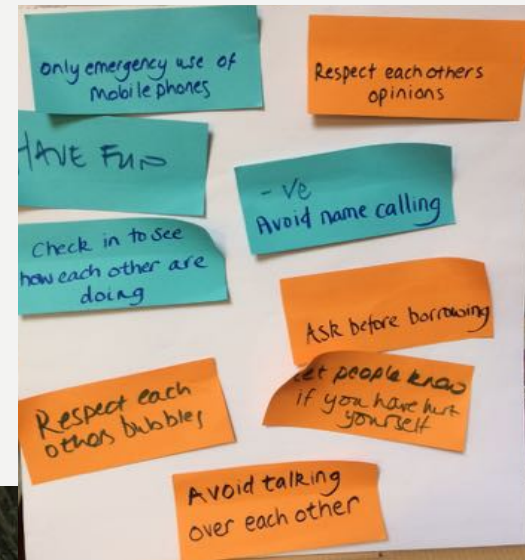
# USING THE OUTDOORS AND COLLABORATING WITH EARTH TIME

- We partnered with Earthtime who shared our values and approach and were vital for health and safety / outdoor based activity expertise / delivery for groups. Held at their premises over 1 day.
- 6 families\* participating and a total of 16 people on the course. Young people aged 3 – 10 years of age.

WRAP	ACTIVITY
Hopes and Dreams	Family Wellness Collage Hope Tree
Personal Responsibility and Safe Risk	Fire Lighting
Crisis Planning	Den Building
Language and Communication	Various creativity activities

# PROJECT OUTCOMES

Funder outcome:	Feedback from participants during workshop and after two weeks:
People experience a positive attitude to mental health and wellbeing within their communities	<p>“Opportunities to use the outdoors are very important to families in Moray”</p> <p>“Fire making was really important for a child who is less academic to build confidence.”</p>
People have choice and control to make informed decisions around their mental health and wellbeing	<p>“I felt that my children were listening to each other more”</p> <p>“It was important to have concentrated time to connect”</p>
People and communities feel connected to and engaged in making recovery a reality in Moray	<p>Family leads in a few cases were existing Champions for Moray Wellbeing Hub or as a result keen to join; a role that provides a sustainable route to making recovery a reality in Moray.</p> <p>“Funding is often focused on specific groups, but this kind of thing is important for all families”</p>



Together we walk into rays  
 of light  
 We will cope when there is  
 a fight  
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 hold us tight  
 And cuddle us when we  
 go to sleep at night  
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 wooden teepees  
 And Now everyone  
 will be happy -ee



# KEY POINTS

- Full report available from Moray Wellbeing Hub on request
  - limited number of printed copies available on stall
- WRAP is effective as a PEER approach and experience, the tool is a side benefit
  - Mutual, intentional, authentic immersive experience
- Learning shows WRAP approach can be used for any group of people
  - Facilitators open to suggestions, projects and partnerships ...great for team building!
- Creative partners particularly welcome to explore partnership delivery
  - outdoors, arts etc