



# Ohio Department of Mental Health

30 East Broad Street  
Columbus, Ohio 43215-3430

DATE: 10/17/06      NUMBER: C-10-07-04      ORIGINATOR & TITLE:  
Sherry Boyd, Acting Chief  
Office of Consumer & Recovery Supports

OFFICE:  
Office of Consumer & Recovery Supports

APPROVED BY:  
Leslie Brower, Deputy Director: Program & Policy Development *lab/smd*

**DISTRIBUTION:**

BHO's       Boards       Provider Agencies       Shareholder Organizations

**SUBJECT:**

Allocations       Certification       Critical Information       Licensure  
 MACSIS       Medicaid       MSPA       Policy  
 Procedure       Other (specify):

**TITLE OF CORRESPONDENCE: ODMH and DBSA Partnership for Wellness Recovery Action Plan (WRAP) Training**

**CONTENT:**

Dear ADAMH/CMH Executive Director,

The demand for Wellness Recovery Action Plan (WRAP) training during FY 06 was substantial enough that The Ohio Department of Mental Health and The Depression and Bipolar Support Alliance (DBSA) of Ohio are again partnering to make trainings available statewide.

WRAP is a recovery tool designed to decrease symptoms, increase personal responsibility and improve the quality of life for people who experience psychiatric symptoms. In a continued effort to make WRAP accessible to Ohio's constituents, ODMH is again offering a financial incentive. We will provide matching funds to local consumer operated services, boards and providers. The funds are available through FY 07 or until they are depleted. DBSA Ohio will manage all statewide WRAP activities as well as process all the training reimbursement funds.

The WRAP process is a structured recovery planning tool developed by Mary Ellen Copeland, an author, educator, and mental health recovery advocate. The WRAP planning process begins by developing a Wellness Toolbox listing skills and strategies that help consumers stay well and to help them feel better when they are not well. Consumers may be assisted in this process by supporters and health care professionals of their choice. The training curriculum includes six sections that each participant will develop as they acknowledge their own personal experiences and symptoms. The sections are as follows:

- Section One: List daily maintenance activities
- Section Two: List personal triggers that might cause an increase in symptoms
- Section Three: Addresses early warning signs to alert of a possible worsening of symptoms
- Section Four: Addresses what symptoms indicate that the situation is worsening significantly
- Section Five: An intensive crisis plan that connects with Ohio's Declaration for Mental Health Treatment (previously called an Advance Directive)
- Section Six: Development of a post-crisis plan

If you decide to sponsor a WRAP training please refer to the following guidelines to ensure timely expense reimbursement:

1. Decide what type of WRAP training you want to sponsor (refer to the Trainers and Payment Schedule Form)
2. Decide the date(s) that work best for the participating group.
3. Contact DBSA Ohio at (419) 202-4066 or (866) 854-9154 to get names of available WRAP trainers. We recommend that two (2) trainers provide the training.
4. Training materials will be submitted to you from the trainers.
5. The WRAP manual will need to be ordered for the participants of the Facilitator Training.
6. Pay training expenses to trainers at completion of training.
7. Complete Request for Payment form and fax to DBSA Ohio at (419) 474-3018.
8. DBSA Ohio will send reimbursement of match for all eligible expenses.

Please review all documents and if you have additional questions contact Bobbie Dotson, WRAP Coordinator, DBSA Ohio at (419) 202-4066 or (866) 854-9154.

DBSA Ohio in collaboration with state WRAP leaders is developing a WRAP for Veterans and Teens. These initiatives are still in the development stage. DBSA and ODMH will keep you posted on the progress of these initiatives and let you know when they will be available for workshops. Also, Ohio is participating in a research initiative on WRAP. The principal investigator is Dr. Judith Cook, Director of the UIC Center on Mental Health Services and Research and Policy in Chicago, Illinois. These activities are scheduled to begin in early 2007. Consumers for this study will be recruited from the following Board Areas: Cuyahoga, Stark, Lorain, Franklin, Lucas, and Paint Valley (Ross, Pike Pickaway, Fayette, Highland).

CC: NAMI Ohio  
 Ohio Advocates for Mental Health  
 Ohio Council of Behavioral Health Authorities  
 Ohio Council of Behavioral Healthcare Providers  
 ADAMH/MH Boards  
 Consumer Operated Services  
 ODMH Area Directors

Enclosures