

SHARP Mesa Vista
Hospital
OUTPATIENT SERVICES

**INDIVIDUAL
WELLNESS RECOVERY
ACTION PLAN**

First name and Last initial

Program

DAILY MAINTENANCE LIST

What I'm like when I am feeling all right...

Things I need to do for myself every day to keep myself feeling all right...

Additional things I might need to do (or that would be good to do)...

TRIGGERS

Things that, if they happen, might cause an increase in my symptoms...

Action Plan: Things that I can do if my triggers come up to keep them from becoming more serious symptoms...

EARLY WARNING SIGNS

Some early warning signs that others have reported and/or I have observed...

Things I must do if I experience early warning signs...

Things I can do if they feel right to me...

CRISIS PLAN

This crisis plan is written when I am well. The purpose is to instruct others about how to care for me when I am not well. This keeps me in control even when it seems like things are out of control.

Part 1 – What I’m like when I’m feeling well..

(reference Daily Maintenance List)

Part 2 – SYMPTOMS that indicate that others need to take over full responsibility for my care and make decisions on my behalf...

CRISIS PLAN

Part 3 – These are my SUPPORTERS, the people who I want to take over for me when the symptoms I listed in Part 2 come up...

Name:
Relationship to me:
Phone number:
Role I want this person to play and/or tasks I need him/her to do...

Name:
Relationship to me:
Phone number:
Role I want this person to play and/or tasks I need him/her to do...

The people I do not want involved in any way and why...

CRISIS PLAN

Part 6 – Community Plan

What can be put into place in order for me to stay at home or in my community and still get the care I need...

Part 7 – Treatment Facilities

Treatment facilities where I prefer to be treated or hospitalized if that becomes necessary...

Treatment facilities I want to avoid and why...

CRISIS PLAN

Part 8 – Help From Others

Things that others can do for me that would help reduce my symptoms or make me more comfortable...

What I need/would like done	Who I'd like to do it

Things others might do, or did in the past, that would not/did not help and/or might make symptoms worse...

Part 9 - Inactivating the Crisis Plan

Symptoms, lack of symptoms or actions that indicate that my supporters no longer need to use this Crisis Plan...

Name (print)

Signature

Date

Witness/Supporter

Witness/Supporter

Part 10 – Addendum to the Plan (Devised by Lori Harris-Brocious & Keystone Center participants)

The following is a list of possessions that I wish to be taken care of in my absence if I require an extended stay (2 months or more) in an inpatient facility.

HOUSING

Who has the authority to rescind, pay or call the leaser or mortgage holder?

Name: _____ Phone #: _____

Address: _____

Name on the lease/mortgage: _____

When is the lease/mortgage due to expire? _____

What is the date of payment? _____

Where and how is the payment made and to whom?

Name: _____ Phone #: _____

Address: _____

Account #: _____

I have special financing (such as Section 8). The following is necessary information:

VEHICLE(S)

In the event of an extended stay, please contact my insurance company and agent. Authorize my insurance to be stopped with as little explanation as possible.

Name of insurance company: _____

Agent's name: _____

Company address: _____

Company phone number: _____

Police number: _____

My vehicle is fully owned by me. Please store it with/at:

Name: _____ Phone #: _____

Address: _____

My vehicle is NOT owned entirely by me. Please see that it is paid for at:

Name: _____ Phone #: _____

Address: _____

Store vehicle with:

Name: _____ Phone #: _____

Address: _____

Permission to sell my vehicle: _____

In the event of an extended stay, I wish my vehicle to be sold:

Special instructions: _____

ANIMALS

In the event of an extended stay, please see that my animals are cared for by:

Name: _____ Phone #: _____

Address: _____

Veterinarian's name: _____

Phone #: _____

Address: _____

My pet is on medication. Instructions: _____

My pet's daily schedule, treats and social instructions: _____

I do NOT wish my animals to be sold or put in a shelter. _____
(INITIALS)

I GIVE PERMISSION for the sale or placement of my animals in the local shelter. _____
(INITIALS)



RESOURCES

Acknowledgements & Resources

Source material for this workbook was developed from the following resources:

- Copeland, Mary Ellen (1992) *The Depression Workbook: A Guide for Living With Depression and Manic Depression*. Oakland, CA: New Harbinger Publications
- Carson, S. (1986) *Out of Our Minds*. Buffalo, NY: Prometheus
- Ilardo, J. (1992) *Risk-Talking for Personal Growth: A Step-by-Step Workbook*. Oakland, CA: New Harbinger Publications
- McKay, M., and P. Fanning. (1992) *Self Esteem*. Oakland, CA: New Harbinger Publications.
- Spaniol, L., and M. Koehler. (1994) *The Experience of Recovery*. Boston: Center for Psychosocial Rehabilitation.
- Spaniol, L., M. Koehler and D. Hutchinson. (1994) *The Recovery Workbook*. Boston: Center for Psychosocial Rehabilitation
- Zinman, S., and H. Harp. (1994) *Reaching Across II*. Sacramento, CA: California Network of Mental Health Clients.
- Depression & Related Disorders Association
Meyer 4-181
600 N. Wolfe Street
Baltimore, MD 21205
- National Alliance for the Mentally Ill
2101 Wilson Blvd, Suite 302
Arlington, VA 22201
- National Association for Rights, Protection, and Advocacy
c/o Mental Health Association of Minnesota
2021 E. Hennepin, Suite 412
Minneapolis, MN 55413
- National Association of Protection and Advocacy Systems (NAPAS)
900 2nd Street NE Suite 211
Washington D.C. 20002

Article: A Wellness Tool Developing and Keeping a Circle of Support

by Mary Ellen Copeland

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In the first column, I described how to develop your own Wellness Recovery Action Plan™. When you begin developing your Wellness Recovery Action Plan™, you develop a list of wellness tools to be used in planning how you will keep yourself feeling well every day and how you will help yourself to feel better when you begin to feel badly. One of the most important wellness tools for many people is spending time with people you enjoy. They have found that regular contact with family members and friends who are supportive keeps them well. They have even found that telling another person how they feel when they don't feel well can help them to feel better. This column will discuss the issue of support and describe things you can do to build yourself a strong circle of friends and supporters.

You may feel that you don't have any supportive people in your life, or that you have so few of these people that you feel lonely much of the time. You may feel that your lack of support and loneliness makes you feel sad or depressed some or most of the time. This problem may be worse if you live by yourself. Most people agree that they would benefit from having at least five close friends and supporters in their life that they really enjoy.

Everyone needs and wants to have friends. They enrich your life. They make you feel good about yourself and about being alive. Friends are especially helpful when you need special attention and care. A good friend is someone who:

- you like, respect and trust, and who likes, respect and trust you
- accepts and likes you as you are, even as you grow and change
- listens to you and shares with you, both the good and the bad
- you can tell anything to and know they will not betray your confidence
- lets you express your feelings and emotions, and does not judge, tease or criticize
- gives you good advice when you ask for it, assists you in taking action that will help you feel better, and works with you to figure out what to do next when you are having a hard time.

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- lets you help them when they need it
- you want to be with, (but you aren't obsessed about being with them)
- doesn't ever take advantage of you

You can probably think of some other attributes you would like from your friends.

You will find that some friends meet some needs and others meet other needs. Don't expect one friend to meet all of your needs for friendship and support. Appreciate your friends for the things you like about them and don't try to change them to better meet your needs.

Make a list of the people in your life that you feel closest to - those people who you would turn to in times of need. Is there something you could do to improve your relationships with these people? You could invite them to your home to visit, share a meal, play a game, watch a video, or share some other activity. You could do something nice for them or visit them when they are having a hard time.

Developing New Friendships

How do you reach out to others to establish friendships? This is not an easy task. You may find that you would feel more comfortable staying at home than going to an activity where you can meet other people. Almost everyone feels this way. Try to ignore those feeling and get out to activities in the community where you can meet other people - people with whom you might develop closer connections.

Meet potential friends and supporters by:

- Attending a support group. It could be a group for people who have similar health issues or life challenges, or a group for of people of the same age or sex.
- Going to community events, taking a course, joining a church or civic group.
- Volunteering. Strong connections are often formed when people are working together on projects of mutual interest and concern.

Some friendships develop casually. You may be hardly aware that your relationship with the other person is getting closer and more comfortable. More often it takes some special effort on someone's part to help the relationship grow. You could do this by:

1. asking the person whom you like to join you for coffee or lunch, to go for a walk or to do something together you both enjoy;
2. calling the person on the phone to share something you think they might be interested in;
3. sending a short, friendly e-mail and see if they respond;
4. talking with them when you see them about something of interest to both of you;

5. helping the person with a project you are both interested in.

You may be able to think of some other enjoyable activity that the two of you could share. Go slowly. This will give you a chance to decide if this is really a person you want for a friend. And others may be intimidated if you "come on too strong". As you both enjoy each other more the friendship deepens. Notice how you feel about yourself when you are with the other person. If you feel good about yourself, you may be on the road to a fulfilling friendship.

Keeping Friendships Strong

Keeping your friendships strong needs consistent attention from you. There are many things you can do to help keep your friendships strong.

In addition, if you feel ready, you could become further involved if you choose to by:

1. Like yourself. If you don't like yourself, don't feel that you have any value or don't think others will like you, you will have a hard time reaching out to people who may become friends.
2. Enjoy spending time alone. People who enjoy spending time alone and are not desperate to have people around all the time make better friends. Being desperate can drive others away from you. Fill time alone with activities you enjoy and that enrich your life. Perhaps a pet would help.
3. Have a variety of interests. Develop interests in lots of different things that make you an interesting person for others to be with.
4. Friendships must be mutual. Be there for your friends as much as they are there for you.
5. Listen and share equally. Listen closely to what the other person is saying. Avoid thinking about what your response is going to be while the person is talking. If a person is sharing something intense and personal, give them your full attention. Don't share an "I can top that" story. Be willing to listen to your friend share the details of a difficult time over and over again - until they have "gotten it out of their system".
6. Communicate as openly as you can. Tell your friends what you need and want and ask them what they want and need from you. Do not share so much information about details that the other person gets bored. Watch the response you are getting from the person or people you are talking to so you can know if this is the right time to be sharing this, or the right subject for this person.
7. Avoid giving advice unless it is requested.
8. Never make fun of what the other person thinks or feels. Avoid judging, criticizing, teasing or sarcasm.
9. Never betray the confidence of a friend. Have a mutual understanding that anything the two of you discuss that is personal is absolutely confidential, that you will not share personal information about each other with other people.

10. Have a good time. Spend most of your time with your friends doing fun, interesting activities together.

11. Stay in Touch. Keep regular contact with your friends and supporters, even when things are going well.

12. Don't overwhelm the person with phone calls or other kinds of contact. Use your intuition and common sense to determine when to call and how often. Don't ever call late at night or early in the morning until you both have agreed to be available to each other in case of emergency (such as if one of you is sick or has gotten some very bad news).

13. Know and honor each other's boundaries. People commonly set limits or boundaries around things like the amount of time and place of getting together, the kind and frequency of shared activities, phone call time limits - time of day, frequency and length, amount and kind of support given, connection with other family members, and the amount of physical touch. Say "no" to anything you don't want. You have the right to ask for what you need, want and deserve.

Problems In Relationships

If a difficult situation comes up in your relationship with a friend, you will both have to use your resourcefulness to resolve the situation and keep the friendship strong. Some things you might try, depending on the situation, include:

- talking with the other person by describing how you feel rather than making an assumption about how the other person feels;
- working with your friend to develop a plan for resolving the situation that includes the steps each of you are going to take and when you are going to take them;
- asking yourself what is really happening and deciding on solutions that will work for you;
- being clear with yourself and with your friends about your boundaries, saying "no" when necessary.

Ending A Friendship

You may want to end a relationship with another person if circumstances arise that you cannot tolerate or there are issues that cannot be resolved. Some good reasons to end a friendship would be if the other person shares personal information about you with others, does all the talking and no listening, violates your boundaries, puts others or you down, teases, ridicules, "badmouths" friends and family, lies or is dishonest, wants you to be their friend only, wants you to spend all your time with them, wants to always know where you are and who you are with, doesn't want to be seen with you in public, is clingy or very needy, talks inappropriately about sex or personal matters, asks questions that make you feel uncomfortable, asks for risky favors, engages in illegal behavior or is physically, emotionally or sexually abusive.

You may be tempted to pursue a relationship with someone even though they treat you or others badly. However, it is better not to have a certain friend than to have them treat you

badly.

In Conclusion

The process of developing and keeping a circle of support goes on for as long as you live. I hope this column has been helpful to you in figuring out what you need to do next. Proceed slowly. Take small steps so you don't become overwhelmed. You may want to begin writing about your efforts in a journal. Later you can read about your progress and honor yourself for your efforts. You may want to refer to my new book, *The Loneliness Workbook: A Guide to Developing and Maintaining Lasting Connections* (Copeland, M.E. New Harbinger Publications. Oakland, CA, 2000.)

Other articles by Mary Ellen Copeland

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Mary Ellen Copeland, PhD PO Box 301 West Dummerston, VT 05357

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Article: Developing a Wellness Toolbox

The first step in developing your own Wellness Recovery Action Plan™, is to develop a Wellness Toolbox. This is a listing of things you have done in the past, or could do, to help yourself stay well; and, things you could do to help yourself feel better when you are not doing well. You will use these "tools" to develop your own WRAP.

Insert several sheets of paper in the front of your binder. List on these sheets the tools, strategies and skills you need to use on a daily basis to keep yourself well, along with those you use frequently or occasionally to help yourself feel better and to relieve troubling symptoms. Include things that you have done in the past, things that you have heard of and thought you might like to try, and things that have been recommended to you by health care providers and other supporters. You can get ideas on other tools from self-help books including those by Mary Ellen Copeland including *The Depression Workbook: A Guide to Living With Depression and Manic Depression*, and *Living Without Depression and Manic Depression: A Guide to Maintaining Mood Stability Depression*, *The Worry Control Book*, *Winning Against Relapse*, *Healing the Trauma of Abuse*, *The Loneliness Workbook*. You can get other ideas from the audio tapes *Winning Against Relapse Program* and *Strategies for Living with Depression and Manic Depression*.

The following list includes the tools that are most commonly used to stay well and help relieve symptoms.

1. Talk to a friend-many people find this to be really helpful
2. Talk to a health care professional
3. Peer counseling or exchange listening
4. Focusing exercises
5. Relaxation and stress reduction exercises
6. Guided imagery
7. Journaling--writing in a notebook
8. Creative affirming activities
9. Exercise
10. Diet considerations
11. Light through your eyes
12. Extra rest
13. Take time off from home or work responsibilities
14. Hot packs or cold packs
15. Take medications, vitamins, minerals, herbal supplements
16. Attend a support group
17. See your counselor
18. Do something "normal" like washing your hair, shaving or going to work
19. Get a medication check
20. Get a second opinion

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21. Call a warm or hot line
22. Surround yourself with people who are positive, affirming and loving
23. Wear something that makes you feel good
24. Look through old pictures, scrapbooks and photo albums
25. Make a list of your accomplishments
26. Spend ten minutes writing down everything good you can think of about yourself
27. Do something that makes you laugh
28. Do something special for someone else
29. Get some little things done
30. Repeat positive affirmations
31. Focus on and appreciate what is happening right now
32. Take a warm bath
33. Listen to music, make music or sing

Your list of tools could also include things you want to avoid like:

1. alcohol, sugar and caffeine
2. going to bars
3. getting overtired
4. certain people

Refer to these lists as you develop your Wellness Recovery Action Plan™. Keep it in the front of your binder so you can use it whenever you feel you need to revise all or parts of your plan.

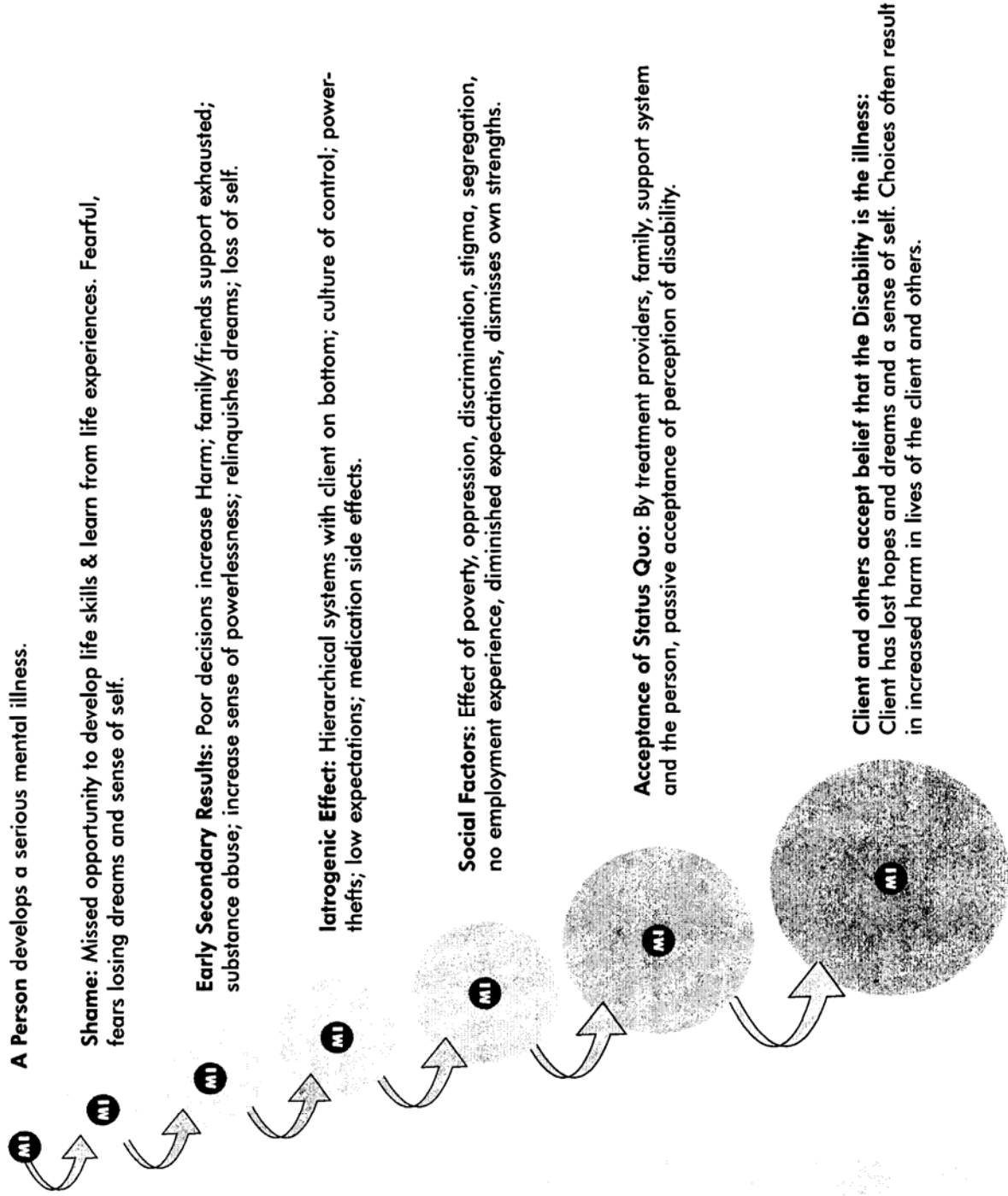
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Mary Ellen Copeland, PhD PO Box 301 West Dummerston, VT 05357

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Disability of Mental Illness: The Evolution



Too often we see the disability, not the client. And we believe that disability is the direct result of the mental illness. When we understand that much of the disability is the direct result of a client's personal, familial, societal and treatment provider's reaction to a mental illness, our belief in the power of a client's journey is heartened.

It becomes clear that there is much we can do to support this person's recovery process. We have approaches that can support a client overcome each of the factors identified here, and to recover.

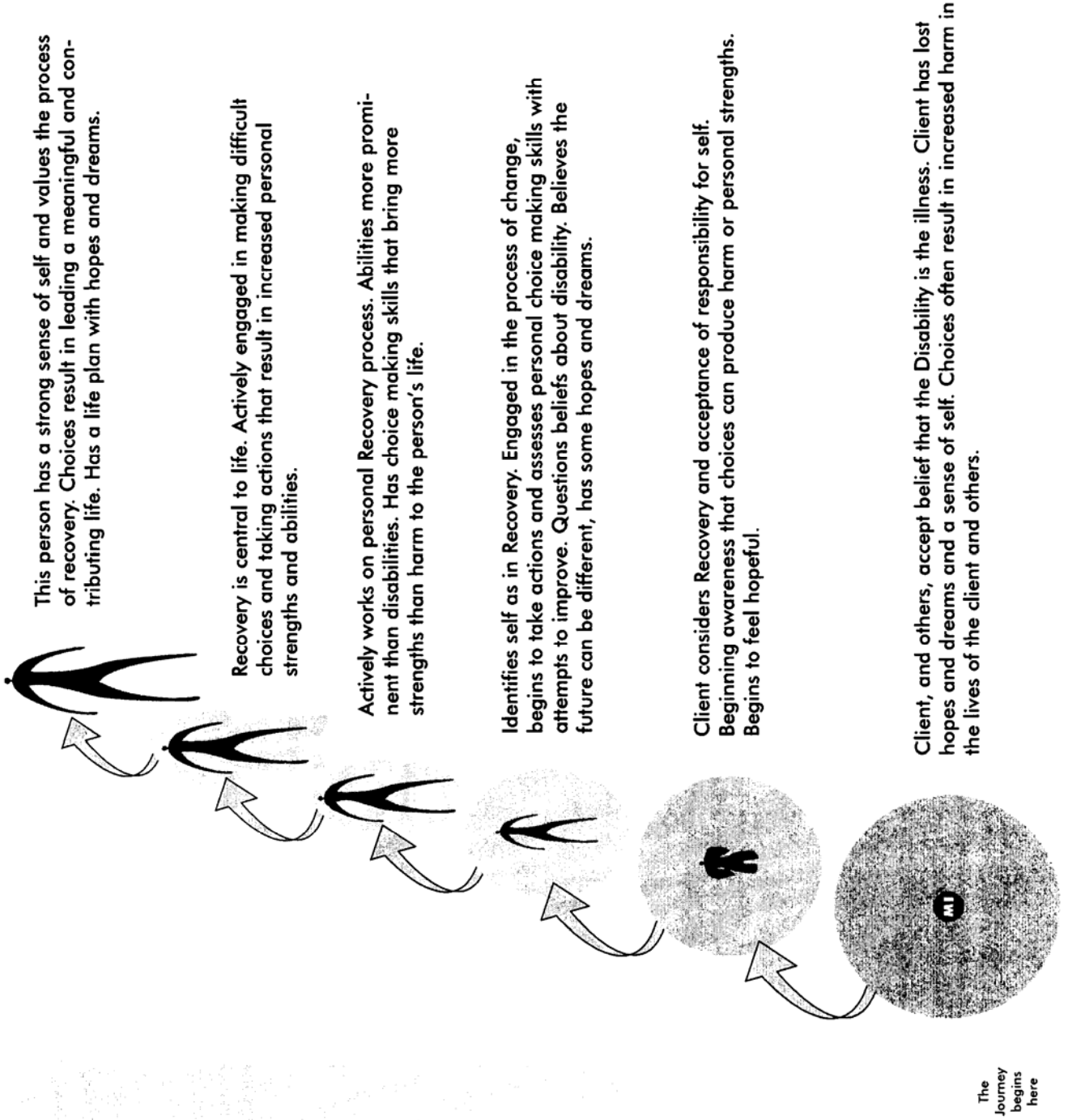
 The Mental Illness

 The Disability

Recovery: The Journey

The Journey
Clients begin to believe that they are more than the disability – more than an illness and its accompanying personal, family, and treatment effects. They begin to have hope and accept responsibility for their actions and choices. They actively work to make choices to help them fulfill their dreams. They begin to recognize themselves, their strengths and their recovery as unique and sacred.

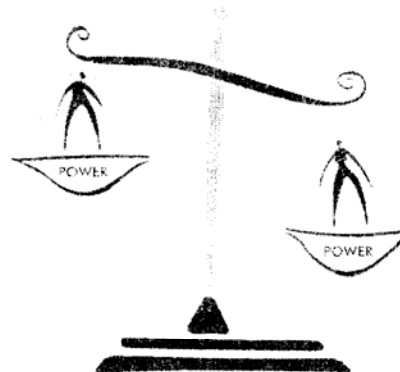
The Definition of Recovery
The individual's process of self-discovery that involves healing physically and emotionally as s/he grows. It includes redefining a sense of self, and recovering important life roles, overcoming the challenge of the disability. The process of Recovery is different for every individual, yet shares many essential components, and thus is a common human experience.



Power-Ful Ways to Make a Difference

We can:

1. Recognize that one's recovery is sacred.
2. Give up power over others.
3. Leave each exchange with the other person having an increased sense of personal power.
4. Make power visible. Talk about it.
5. Acknowledge our own need to feel powerful.
6. Be aware of our own cultural and spiritual beliefs, allowing others to discover their truths.
7. Know warning signs for potential power crimes.
8. Fight:
 - Our own power inclinations
 - The power distribution defined by our culture
 - Others' conditioned assumptions of powerlessness
9. Share the wealth!



The Four Stages of Recovery

Recovery has four stages: (1) hope, (2) empowerment, (3) self-responsibility and (4) a meaningful role in life.

Hope

During times of despair, everyone needs a sense of hope, a sense that things can and will get better. Without hope, there is nothing to look forward to and no real possibility for positive action. Hope is a great motivator, but for hope to be truly motivating, it has to be more than just an ideal. It has to take form as an actual, reasonable vision of what things could look like if they were to improve. It's not so much that people with mental illness will attain precisely the vision they create, but that they need to have a clear image of the possibilities before they can make difficult changes and take positive steps.

Empowerment

To move forward, people need to have a sense of their own capability and their own power. Their hope needs to be focused on things they can do for themselves rather than on new cures or fixes that someone else will discover or give them. To be empowered, they need access to information and the opportunity to make their own choices. They may need encouragement to start focusing on their strengths instead of their losses. Sometimes they need another person to believe in them before they're confident enough to believe in themselves.

“Readiness” often occurs only in retrospect after they have done something successfully, so waiting until a person with mental illness is ready to move on can often be stagnating and disempowering. Often people have to experience success before they believe they can be successful.

Self-Responsibility

As people with mental illness move toward recovery, they realize they have to take responsibility for their own lives. This means they have to take risks, try new things and learn from their mistakes and failures. It also means they need to let go of the feelings of blame, anger and disappointment associated with their illness. This is a particularly difficult stage for people with mental illness and their caregivers. Old patterns of dependency must be broken, and mental health professionals need to

encourage clients to take charge instead of settling for the ease and safety of being taken care of.

A Meaningful Role in Life

Ultimately, in order to recover, people with mental illness must achieve some meaningful role in their lives that is separate from their illness. Being a victim is not a recovered role, and frankly, neither is being a survivor. Newly acquired traits like increased hopefulness, confidence and self-responsibility need to be applied to “normal” roles such as employee, son, mother and neighbor. It is important for people to join the larger community and interact with people who are unrelated to their mental illness. Meaningful roles end isolation and help people with mental illness recover and “get a life.”

This series of stages can provide a roadmap, albeit a fluid one, of the process of recovery that can be applied, specifically, to helping people recover from having a serious mental illness. For me, it has been a much better roadmap than the medical model’s version. Although the medical model relies on objective, measurable signs and symptoms and scientifically defined illnesses, psychiatric histories rarely feel “real.” On the other hand, subjective, experiential stories of recovery almost always do. I have heard many moving accounts by people with serious mental illness who have described to me what it is like to travel on a road to recovery.