



Project ECHO for Campus Suicide Prevention

February 16, 2021

Wellness Recovery Action Planning (WRAP)
Jane Wiggins, Ph.D.

Case presentation by:
Matthew Coats, M.S.
Director of Student Conduct and Community Standards
Shenandoah University



The **Campus Suicide
Prevention Center**
of **Virginia**

The Campus Suicide Prevention Center of Virginia Project ECHO team:
Jane Wiggins, Ph.D., Danette Gibbs, Ph.D., Gabriel Anderson, M.S.

Project ECHO® for Campus Suicide Prevention is part of the larger ECHO educational community that was created by the University of New Mexico's Health Sciences Center

In order to support Project ECHO®, we collect the following participation data:
Participant's name, e-mail, credentials, role, and institution

These data allow Project ECHO® to measure, analyze, and report on the movement's reach. It may be used in reports, on maps and visualizations, for research, for communications and surveys, for data quality assurance activities, and for decision-making related to new initiatives.

Data Collection



Logging on as an ECHO® participant through Zoom serves as permission to be included in the reporting and to be recorded. Each session is recorded, stored, and made available to other ECHO participants.

We will record the introduction and didactic portions of our sessions

We will NOT record case presentations

Portions of sessions will be recorded



1. Overview of ECHO® session (12:00 pm)
2. Introductions (12:05)
3. Case Presentation (12:15 pm) (Adjusted for Feb. 16th session)
 - A. Case presented (5 min)
 - B. Clarifying questions
 - a. ECHO® participants
 - b. CSPCVA hub
 - c. Case summary by ECHO® discussion leader
 - C. Recommendations
 - a. ECHO® participants
 - b. CSPCVA hub
 - c. Summary of recommendations by ECHO® discussion leader
4. Didactic Presentation (12:50)
5. Closing remarks and questions (1:25 pm)

What Does an  Session Look Like?



Participation Tips

- All participants are muted during the presentation.
- If you have a question or comment during discussions, please raise your hand. We will call on you. Press your space bar to talk.
- ***We encourage participation.*** (Reminder: participation is recorded.)
- If you called with a phone to hear the audio, hit *6 to unmute yourself.
- For technical problems (such as echoing, audio level etc.), use the chat function to contact our IT specialist, Gabe Anderson, who will assist.

CE Credits

for Project ECHO for Campus Suicide
Prevention will be available through
James Madison University.

(see Project ECHO syllabus or website for more info)



Protecting Privacy



Introductions

Case Presentation

**Matthew Coats, M.S.
Shenandoah University**



Wellness Recovery Action Planning

Jane Wiggins, Ph.D.



The Campus Suicide
Prevention Center
of Virginia

Feb. 16, 2021

We'll consider:

- **Illness self-management programs**
- **The Wellness Recovery Action Planning (WRAP) Program**
- **Uses for your campus**

- Originally developed by and for people with severe mental illness
- Teach self-advocacy and active participation in wellness planning
- Focus on wellness and recovery
- Can supplement or replace formal treatment
- Involve education, structured planning and peer support

Illness Self-Management Programs



Examples:

- Pathways to Recovery
- The Recovery Workbook
- Building Recovery of Individual Dreams and Goals through Education and Support (BRIDGES)
- Illness Management and Recovery
- Wellness and Recovery Action Planning (WRAP)

Illness Self-Management Programs



Programs vary in

- Delivery format and methods of teaching
- Educational content
- Training needed to facilitate
- Standardization of training
- Role of peer support and peer facilitators
- Time investment for becoming a facilitator

Illness Self-Management Programs



Fundamental Beliefs

Equality in the treatment and recovery process: Each person is an expert on themselves.

An emphasis on self-determination: “Wellness is defined by the individual.”

Important to focus on strengths and potential

- Most widely used of programs mentioned
- Evidence based (SAMHSA)
- Developed in 1997 (the Copeland Center)
- Group of 30 people in 8-day planning session.

Wellness Recovery Action Plan



WRAP participants report:

- Reduction in psychiatric symptoms
- Hopefulness in the possibility of recovery
- Sense of self-determination in recovery process
- Enhanced improvement quality of life

Results of a Randomized Controlled Trial of Mental Illness Self-management Using Wellness Recovery Action Planning,
Cook, Et.al, *Schizophrenia Bulletin* vol. 38, 2012
Effect of Wellness Recovery Action Plan (WRAP) participation on psychiatric symptoms, sense of hope, and recovery
Fukui, S., et.al. (2011). *Psychiatric Rehabilitation Journal*,

How it works

Four parts:

1. Five key concepts

- Hope
- Personal responsibility
- Education
- Self-advocacy
- Support from others

2. Wellness toolbox

3. Wellness recovery action plan

4. Additional wellness topics

How it works

Instruction in “Developing your own WRAP”

- Books
- Videos
- 8-12 week group course
- 2-3 day workshops and retreat
- Online self-paced course

PRODUCTS

Featured Items

All Products

WRAP Books and
Workbooks

Recovery Books

Media

Facilitator Tools

Product Bundles

QUESTIONS

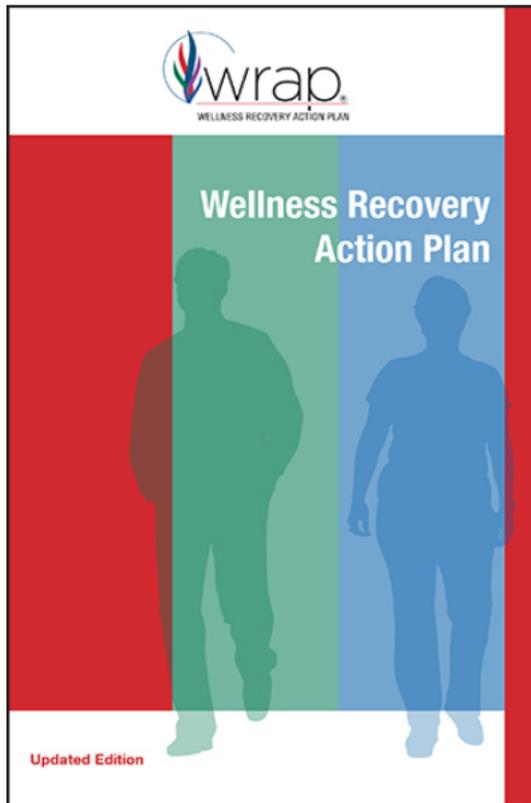
Contact us [via email](#)

or phone: 978-261-1400



Wellness Recovery Action Plan® (WRAP®)

Updated Edition

**\$10.00**

ISBN 978-1-948857-00-0

Size 5.5 x 8.5

144 pages

This 2018 edition of *Wellness Recovery Action Plan (WRAP)* is the first substantial update to the WRAP "Red Book" in 20 years. Though revised, it offers the same simple wellness process that anybody can use to address a variety of physical, mental health, and life issues to help you achieve your wellness your way.

The updated version includes new features such as:

- A revised introduction
- Two all-new chapters
- Changes to the wellness toolbox and daily plan
- Addition of trauma-informed language
- Updates to stressors (formerly "triggers")
- Expansion of crisis plan information
- New appendices
- Enhanced design and layout

As an evidence-based practice, WRAP peer-group intervention has been shown to increase hopefulness, improve quality of life, increase people's ability to self-advocate, increase feelings of empowerment, reduce the need to use healthcare services over time, and improve recovery outcomes.

Wellness Recovery Action Plan, often called the Red Book, summarizes the principles of this evidence-based practice and is the "go-to" book for people seeking a recovery resource or starting their own personal WRAP program. It lays the foundation for the program and explains the benefits of WRAP while guiding you through developing your own WRAP.

The updated Red Book will help you:

- Discover your own simple, safe wellness tools
- Develop a daily plan to help you stay as well as possible
- Identify upsetting events or circumstances and develop action plans for responding to them
- Create a strategy to gain support and stay in control of your wellness during and after a crisis

- Curriculum based wellness initiative
(group instruction with staff support)
- Proactive approach to supporting students with vulnerabilities
- Vulnerable students have an “Advanced Directive” for crisis management
- Educational opportunity for all students (e.g., speaker at an event)

Use on a college campus

A Comprehensive Approach



Wellness Recovery Action Planning website: <https://mentalhealthrecovery.com/>

What is WRAP- The Copeland Center- <https://copelandcenter.com/wellness-recovery-action-plan-wrap>

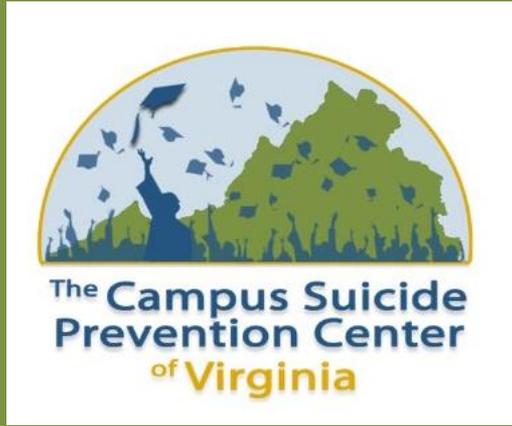
Reviewing Illness Self-Management Programs: A Selection Guide for Consumers, Practitioners, and Administrators. Petros R, Solomon P. Psychiatr Serv. 2015 Nov;66(11)

Wellness and recovery programs: a model of self-advocacy for people living with mental illness. Pandya A, Jän Myrick K. J Psychiatr Pract. 2013 May;19(3)

Results of a Randomized Controlled Trial of Mental Illness Self-management Using Wellness Recovery Action Planning, Cook, Et.al, *Schizophrenia Bulletin* vol. 38, 2012

Effect of Wellness Recovery Action Plan (WRAP) participation on psychiatric symptoms, sense of hope, and recovery. Fukui, S., et.al. (2011). *Psychiatric Rehabilitation Journal*,

Resources



Questions?

www.CampusSuicidePreventionVA.org/

Acknowledgement:
Funding received from the Virginia Department of
Health's Virginia Project ECHO[®]



Calling
— **All to**
Volunteer!

**Who Wants to Present a
Case?**



Interested in CAMS Training?

3 hour online course for counseling professionals in a suicide-specific treatment model

Contact Jane - wigginjr@jmu.edu

NSPL Wallet Cards Available

Contact Jane Wiggins
wigginjr@jmu.edu

Let her know how many packs
of 100 you would like

The Lifeline
is **FREE**,
confidential, and
always available.

HELP
a loved one,
a friend,
or yourself.

Community crisis centers
answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

Printed 2005 • Reprinted 2011
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NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Learn the
Warning
Signs.

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ♦ Talking about wanting to die or to kill oneself.
- ♦ Looking for a way to kill oneself, such as searching online or buying a gun.
- ♦ Talking about feeling hopeless or having no reason to live.
- ♦ Talking about feeling trapped or in unbearable pain.
- ♦ Talking about being a burden to others.
- ♦ Increasing the use of alcohol or drugs.
- ♦ Acting anxious or agitated; behaving recklessly.
- ♦ Sleeping too little or too much.
- ♦ Withdrawing or feeling isolated.
- ♦ Showing rage or talking about seeking revenge.
- ♦ Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at 1-800-273-TALK (8255).



Check your Inbox:

- Evaluation form link
- Link to video of today's didactic and PowerPoint
- Additional Resources
- Case presentation form link

Thanks for your participation!

We hope to see you next time!

**Enhancing Students' Sense of
Belongingness**

Tuesday, March. 2, 2021 (12-1:30 PM)

