

# Introducing W.R.A.P. and “recovery” into a NHS Foundation Trust.

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Psychiatric Round about



*Farewell*

# Now the journey *really* begins

HOPE

SELF ADVOCACY

TAKING CHARGE

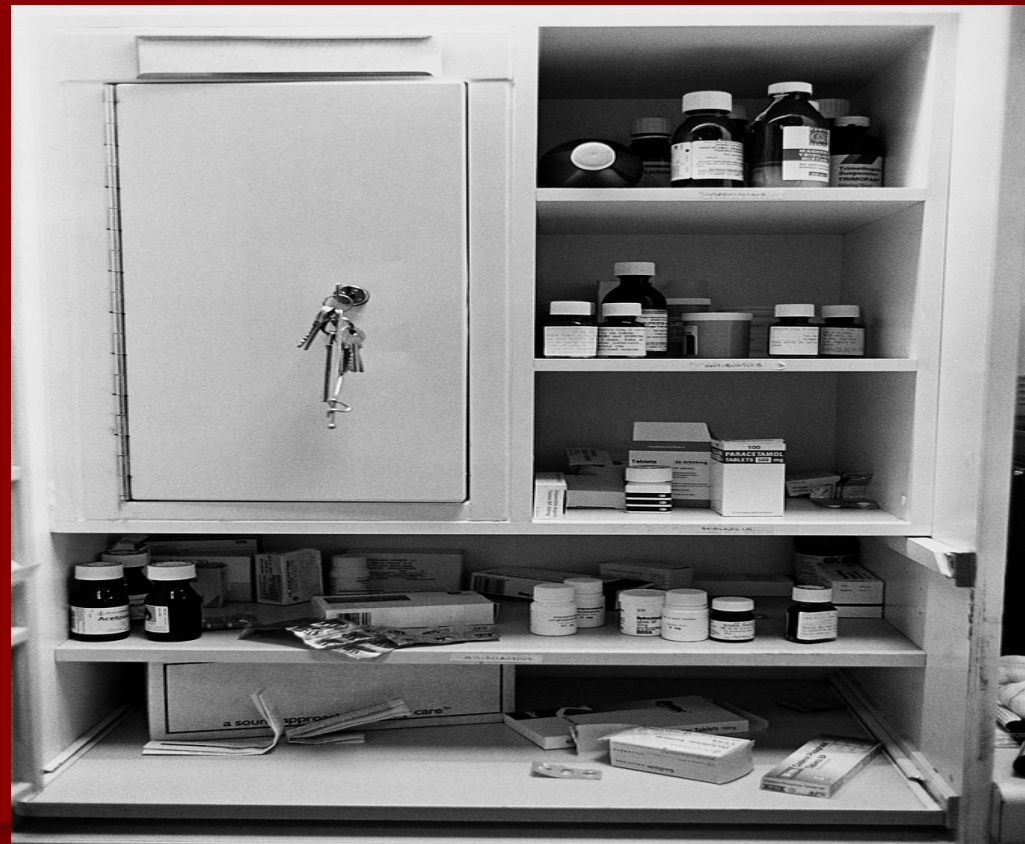
EDUCATION

SUPPORT



New Diagnosis

***-Mental Health Nurse***



The view from the other side of the drug trolley.

# Separated by language?



Case conferences  
Smoke room chat

Labelling I'm a Nurse  
Depressive,

Supervision and Training  
Therapy and Treatment

Pretending to be professional  
to be well

Powerlessness  
Mangers and paperwork  
Doctors/Medication

Training / Treatment  
that doesn't particularly help.

Change of roles  
relocation redundancy  
discharge

# People are people

## “recovery” applies to everyone

The concept of recovery is rooted in the simple yet profound realization that people who have been diagnosed with mental illness are human beings....

Pat Deegan (1992)

# My early experiences of introducing “recovery” into services - 2001.

Smuggling contraband





Recovery is now national policy in  
the U.K.

Hurrah !!!!!!!





*Hang on a minute !!!*

# Lots of potential conflicts.

Move from

Assesment - Diagnosis - Treatment - Evaluation

To

People as Experts on themselves

People having their own understanding of distress

Education and Self management of symptoms

Evaluation Improved quality of life in the community

# My experiences of.....

## 1. Introducing WRAP

- "Staying Well" group

Note keeping

refferals



## 2. Setting some standards.

### – Recovery Benchmark

#### Create an environment for recovery

Hope

Attitudes and behaviours

Involvement

Power and Control

Information

Support

Choice

Community focus

Spirituality

Stigma

# Recovery of services

## Using the process

- **Hope** - Things are changing There is national policy.
- **Taking Charge** – Don't wait for the managers
- **Education** – Information is power
- **Self Advocacy** – infect and challenge people
- **Support** - Find allies

Thank You