Wisconsin Public Psychiatry Network Teleconference (WPPNT)

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WPPNT Reminders

How to join the Zoom webinar

- **Online:** https://dhswi.zoomgov.com/j/1606358142

- **Phone:** 669-254-5252

- Enter the Webinar ID: 160 635 8142#.
  - Press # again to join. (There is no participant ID)

Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.

- Download or view the presentation materials. The evaluation survey opens at 11:59 a.m. the day of the presentation.

- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.

- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.

- Participate live to earn continuing education hours (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.

- A link to the video recording of the presentation is posted within four business days of the presentation.

- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: https://www.dhs.wisconsin.gov/wppnt/2023.htm

Creating Effective Wellness and Crisis Plans: Lessons From Peer Support

Vic Welle (they/them)
Peer Support Trainer
July 27, 2023
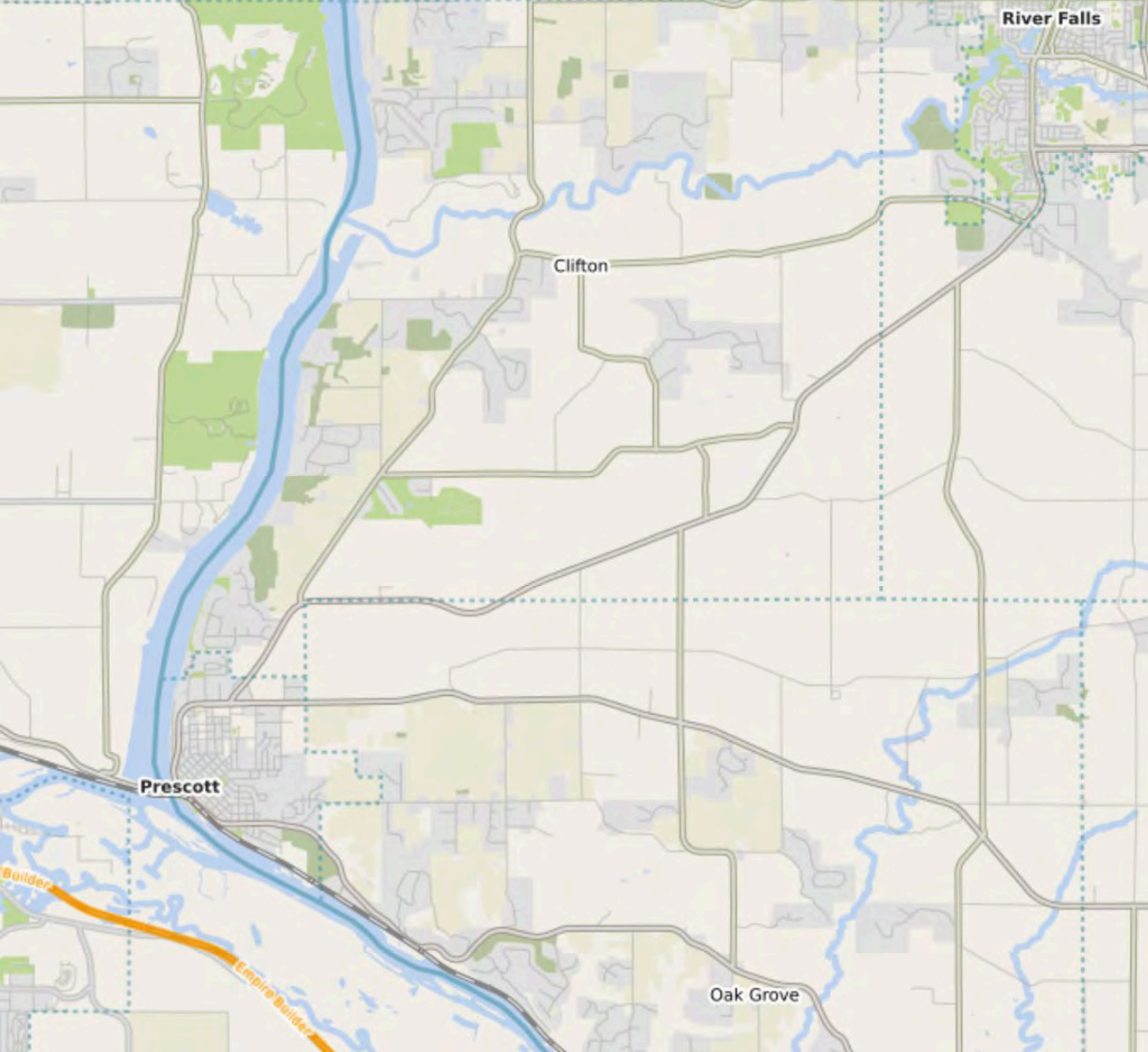
Land Acknowledgement

Northwest Wisconsin region with Kinnickinnic, St. Croix, and Mississippi Rivers via openstreetmap.org

Introductions

About me:

- **Peer support worker**
- **Peer support trainer**
- **Personal experience navigating crisis and creating wellness/crisis plans**

Question: Have you used a wellness plan or crisis plan in your own life? What kind?

Overview

- Lineages and history of peer support, mutual aid, transformative justice outside of systems

- Examples of plans (community care pods, T-MAPS, WRAP)

- Why these plans are effective; key elements, evidence

- Relevance for all providers of mental health services

What is a wellness plan? Crisis plan?

In a peer support context: voluntary, self-directed tools for exploring and documenting what a person envisions for "wellness" (as defined by the person) and what support is needed during "crisis" (as defined by the person).

peer support: "A system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful." – Shery Mead, Intentional Peer Support

Underlying values and beliefs from a peer support framework:
- Healing/recovery is possible (and likely!)
- Healing happens in community
- Crisis, while difficult, can be an opportunity for transformation

Lineages

- Similar to peer support, wellness and crisis plans are not new, but newly systematized

- Grassroots responses to harm and/or neglect from institutional systems

- Connections to mutual aid societies, transformative justice, DIY punk culture
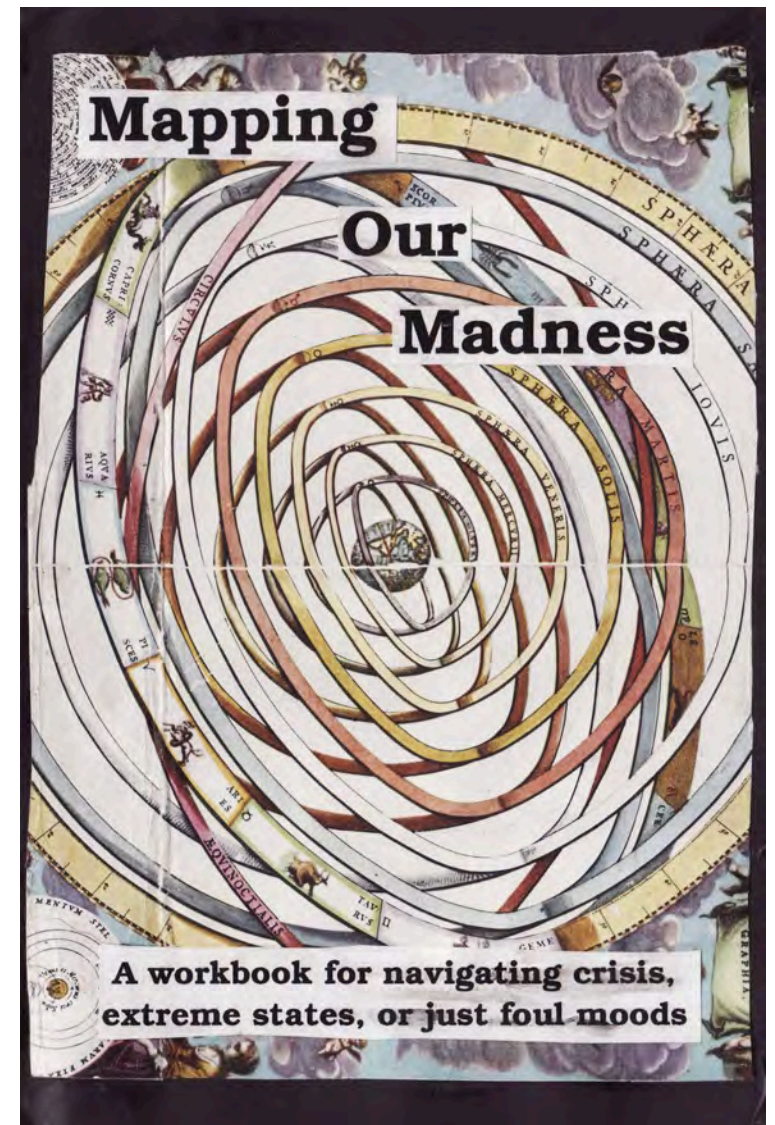
Cover of the zine "Mapping Our Madness: A workbook for navigating crisis, extreme states, or just foul moods" by Momo, nycicarus.org/images/MappingOurMadness.pdf
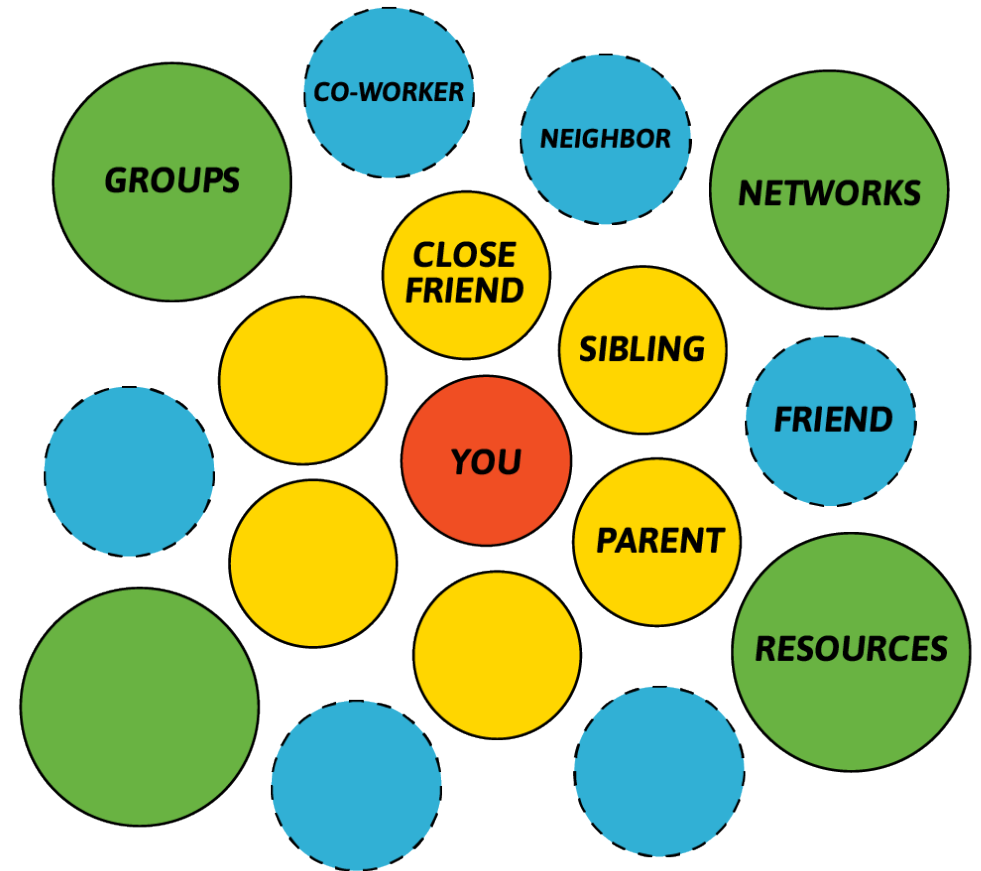
Pod Maps

HOW TO BUILD A POD MAP

These individuals make up your "pod." They are usually the people who are closest to you and who you would first turn to when you need help.

These are people who could possibly be "moved" into your pod, but with whom you need to build more relationship or trust.

These are community resources and networks. Examples might include local organizations, non-profits, church, social groups you are a part of, crisis support hotlines, etc.

graphic via forwardtogether.org

GROUPS · CO-WORKER · NEIGHBOR · NETWORKS · CLOSE FRIEND · SIBLING · FRIEND · YOU · PARENT · RESOURCES

"Though it is now being applied in many different contexts, the concept of "pods" came out of transformative justice work. We needed a term to describe the kind of relationship between people who would turn to each other for support… These would be the people in our lives we would call on to support us with things such as our immediate and on-going safety, accountability and transformation of behaviors, or individual and collective healing and resiliency." - Mia Mingus

Community Care Support Plan

Black Emotional and Mental Health Collective (BEAM)

"Once completed, the document can be shared via taking a photo, emailing or paper copy to help ensure all those supporting someone can coordinate and have the same information."

https://beam.community/community-care-support-plan/

Transformative Mutual Aid Practices

"Transformation: We understand that we're always in a process of transformation and growth…As our lives change, it's helpful to leave tracks for ourselves about where we've been and where we want to be going;

Mutual Aid: We also understand that just working on our own "self-care" isn't enough; we also need **mutual aid**. Most simply, mutual aid is when people help each other.

Practice: When we think about how personal and community change happens, it's pretty clear to us that the only way to grow and evolve is to intentionally practice what we want to see happen in our lives."

tmapscommunity.net/the-t-maps-name/

What are the most important things in my life?

Check any that apply to you, and write in your answers at the bottom:

❑ Getting along with my family
❑ Being able to pay my rent/keep up my home
❑ Feeling safe and that the people I care about
❑ Maintaining my connection to my imaginatio
❑ Working on projects with other people that
❑ Romantic relationships, dating, or friendshi
❑ Learning and growing
❑ Doing well in areas I care about, like schoo
   my workplace
❑ Having mentors and being a mentor to others
❑ Being a good parent
❑ Caring for/ being considerate of my partner/ spouse
❑ Ability to be generous
❑ Solidarity with oppressed people everywhere

Sometimes, when things get really bad, the authorities might become involved. I could be deemed "a danger to myself or others" and be temporarily prohibited from making my own medical choices.

Should this happen, I want the following people to make medical decisions advocating for me:

_____

Sample pages from T-MAPS guide
https://tmapscommunity.net/wp-content/uploads/2020/09/T-MAPs-2020-.pdf

Wellness Recovery Action Plan (WRAP)

- Developed collaboratively by a group of peers with psychiatric histories, including experience as residents of state psychiatric hospitals
- Discussed practical strategies for regaining and sustaining their own wellness
- Research identified five key concepts—hope, personal responsibility, education, self-advocacy, and support
- Adaptable for other experiences beyond mental health

https://www.wellnessrecoveryactionplan.com/what-is-wrap/the-wrap-story/
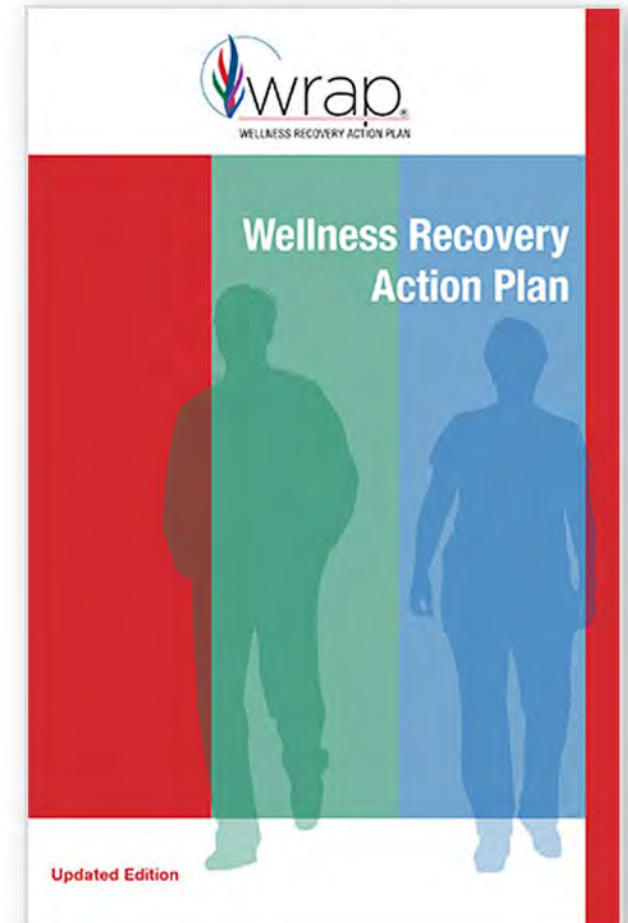
WRAP Structure

Wellness Toolbox

Part 1: Daily Plan

Part 2: Stressors

Part 3: Early Warning Signs

Part 4: Signs That Things Are Breaking Down or Getting Much Worse

Part 5: Crisis Plan

Part 6: Post-Crisis Plan

Research

"Many of the participants described attending the WRAP group as a process to learn about themselves and reflect on the various aspects of their mental health. The benefit of going through that process of reflection was viewed as having the potential to increase self-awareness and acceptance. One of the key benefits for many participants was learning about a recovery approach. For many participants this was a new and different way of looking at their lives, which was transformative for some…

"The consensus was that there were lasting benefits from undertaking WRAP. These included being able to challenge your own behaviors, identifying alternative responses, and evaluating what constitutes a priority. Participants reported a reduction in anxiety, a reduction in panic attacks, and an increased identification of their own triggers for negative mental health."

"Experience of Wellness Recovery Action Planning in Self-Help and Mutual Support Groups for People with Lived Experience of Mental Health Difficulties"

Key elements of effective wellness and crisis plans

> **Peer support** (formal or informal)
> - Space for self exploration
> - Learning and sharing with others

> **Culturally relevant**

> **Self-determined and voluntary**

> **Creativity and flexibility**

Supporting effective plans

- Advocate for truly voluntary wellness and crisis plans

- Offer choices for more culturally relevant plans

- Support peer to peer supports, for workers and for people served

- Employers: do not mandate wellness plans for peer support workers

- "The plan is not the piece of paper; the plan is the process"

Questions & Discussion

Thank you!

Get in touch:

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References and further reading

Black Emotional and Mental Health Collective Community Care Plan: https://beam.community/community-care-support-plan

Darby Penney, "Defining 'Peer Support': Implications for Policy, Practice, and Research," *Advocates for Human Potential*, 2018, www.ahpnet.com/AHPNet/media/AHPNetMediaLibrary/White%20Papers/DPenney_Defining_peer_support_2018_Final.pdf

Mia Mingus, "Pods: The Building Blocks of Transformative Justice & Collective Care," March 16, 2023, *SOIL: A Transformative Justice Project,* https://www.soiltjp.org/our-work/resources/pods

Rebekah Pratt, Andy MacGregor, Susan Reid, Lisa Given, "Experience of Wellness Recovery Action Planning in Self-Help and Mutual Support Groups for People with Lived Experience of Mental Health Difficulties", *The Scientific World Journal*, vol. 2013, Article ID 180587, 2013. https://doi.org/10.1155/2013/180587

Transformative Mutual Aid Practices: https://tmapscommunity.net

WRAP Values and Ethics: https://www.wellnessrecoveryactionplan.com/what-is-wrap/wrap-values-ethics/

Zhang, Wenli, Suet Yi Wong, Yanbing Li, Hong-Shiow Yeh, and Yue Zhao. 2009. "The Wellness Recovery Action Plan (WRAP): Effectiveness With Chinese Consumers". *Aotearoa New Zealand Social Work* 21 (4):94-102. https://doi.org/10.11157/anzswj-vol21iss4id265