

# WRAP and Sefton Recovery Group Network – Individuals, Organisations and Communities

Our journey so far...

# 2002

- Discovering Hope for Recovery from a British Perspective, Allott, P
- WOW factor – Hope and Inspiration - WRAP
- Recreate a world that is less exasperating
- ‘Healing’
- ‘Recovery World’

# Driver

- WRAP – Mary Ellen Copeland
- DNA - Nucleus
- Self management framework to facilitate Recovery :I:O:C

# Values, Ethics and Principles of WRAP turned into practice by the WRAP programme

- 400 people deemed SEMI : 2 Day/5 Day
- Rolling programme
- Self Management is a citizenship right – education

# Prepared ourselves for the journey...

- Action Planning (step by step plan to deal with the challenges faced throughout the Recovery process)
- Paradigm shift – Massive
- ‘Beyond here lies dragons’ Here be dragons
- Wellness Tools

# What has helped and what has hindered

- Institution: Public
- Fellow Travellers

# Trauma is a leveller...

- We are ALL People in Recovery
- Self management through good and challenging times
- Credit Crunch – debt

# Shared learning ...takes time

- 'Holding the Space'
- Dashboard
- 'Who is the leader'



# Vehicles

- WRAP book Mary Ellen Copeland anglicised version edited by Piers Allott, 2<sup>nd</sup> edition 21<sup>st</sup> May 2009
- 'Big Screen' cinema
- REDKITEFEST/ Unsigned 1 CD

Voluntary/ Private/ Statutory/Citizens

# Social Capital

- Positive Social Impact
- See the results of your efforts...
- Critical mass
- Sustainability (7 years)
- Connected (fluid/flexible)
- Transformation – chrysalis - dark times - grow

# Endless possibilities...

- Future
- 2004 Year of Faith (belief in ourselves and each other and the city) Developing a Culture of Mental Health (meaning health)
- 2010 Year of Health and Wellbeing
- B Movie (Never done before...new ways of behaving)