

00:14 to: *Sharlene (Ontario, Canada)*

Very excited to see some info about WRAP...a few of my clients have done this before before I started working!

00:14 to: *Rachael Hervey*

didnt know it was us who needed to start that ive started it now

00:31 to: *Rachael Hervey*

great

00:48 to: *Brock Cook*

"The Ark"

01:22 to: *Randel - Australia*

Hi Cat, Leo & Lauren

01:37 to: *Leo Cat and Lauren - Geelong Australia*

Hi Randel

02:06 to: *Clarissa (UK) - @clissa89*

well coordinated dance

02:22 to: *kaley_Canada*

lol

02:51 to: *Helen OTUK*

hello

02:53 to: *Clarissa (UK) - @clissa89*

hello!!!

03:00 to: *Merrolee Penman*

sounding good!

03:06 to: *Bill Wong @BillWongOT*

perfect!!!

03:42 to: *SamTozer*

sounds good!

04:20 to: *Merrolee Penman*

we do have a little fuzziness in the audio.. but that's so we can have two presenters without headsets..

05:17 to: *Merrolee Penman*

Thanks for that...

05:51 to: *Sharlene (Ontario, Canada)*

I've heard of it...seen some worksheets...but not run it.

06:04 to: *Merrolee Penman*

use tick box beside the hand on the right hand side...

06:09 to: *Merrolee Penman*

oops beside..

06:20 to: *kaley_Canada*

haven't ran anything.. maybe in my first fieldwork

06:59 to: *Merrolee Penman*

Well done Brad..!

07:10 to: *Bill Wong @BillWongOT*

i have heard of it... though not seeing it too much in reaction because i was not in my mental health placement for very long

07:14 to: *SamTozer*

about to go on placement where they use WRAP (I'm in UK) but I've not used previously

07:33 to: *Merrolee Penman*

thanks everyone..

08:54 to: *Mike Lyons*

Welcome Corrie

09:09 to: *Clarissa (UK) - @clissa89*

I have my own WRAP! Good for noticing when I'm stressed and need more balance

09:36 to: *Bill Wong @BillWongOT*

I have my own WRAP, too... especially very important for me since a little over 2 years ago

10:01 to: *Bill Wong @BillWongOT*

people at lifestyle redesign (OT faculty practice at USC) helped me started it, now I am maintaining it

10:08 to: *Merrolee Penman*

Plus Salford Uni have just launched a new app around helping people to see if they have occupational balance

10:23 to: *Clarissa (UK) - @clissa89*

ooh yes I must check that out - occubuzz?

10:23 to: *petraschwab*

I'm going for work now - will be back later on

10:26 to: *Bill Wong @BillWongOT*

please share the link for the app if it's available, merrolee?

10:31 to: *Helen OTUK*

www.occubuzz.com

10:36 to: *Bill Wong @BillWongOT*

oh... that's the one

10:41 to: *Bill Wong @BillWongOT*

:)

10:47 to: *Bill Wong @BillWongOT*

I am going to share it with my OT for sure

11:05 to: *Merrolee Penman*

Thanks Petra..

11:32 to: *Mike Lyons*

Hello Tamworth Hospital OTs

11:43 to: *Clarissa (UK) - @clissa89*

Lack of sleep can really affect my ability to function & to cope with stressors. Love the ot24vx but good it's only once a year... ;)

11:46 to: *Merrolee Penman*

Are you having trouble Tamworth - you were here before?

11:52 to: *Tamworth hospital*

Hello

12:12 to: *Tamworth hospital*

yes our connection dropped out but we're back

12:26 to: *Bill Wong @BillWongOT*

i hear you, Clarissa... that was like my experience when I was wrapping up placement AND going to AOTA conference this year with no sleep the next day!

17:25 to: *Merrolee Penman*

Pauline has a comment she is typing in I think

17:59 to: *PaulineOT*

New SORRY NO :)

18:09 to: *Merrolee Penman*

oh okay...

18:11 to: *Rachael Hervey*

thats fine

18:29 to: *Merrolee Penman*

DM are you having trouble connecting - or getting bounced out?

19:07 to: *DM*

same problem as tamworth

19:09 to: *DM*

i think

19:37 to: *Merrolee Penman*

oh okay.. if you have something like SKYPE turned on.. it's good to exit that so you don't get any interference...

19:49 to: *kaley_Canada*

good night.... my occupational fit in ot school is a lot better when i get sleep

19:56 to: *Clarissa (UK) - @clissa89*

good night kaley :)

20:13 to: *Rachael Hervey*

good night thank you

20:19 to: *Mike Lyons*

Good idea - rest and sleep

20:28 to: *Mike Lyons*

Welcome Nancy

20:49 to: *Clarissa (UK) - @clissa89*

Many of my favourite ideas have come from people who previously used services in this way! Such a powerful perspective

21:30 to: *Bill Wong @BillWongOT*

I agree, Clarissa... I think service users can be great contributors to OT curriculum!

21:30 to: *Merrolee Penman*

<http://www.youtube.com/watch?v=kJORDKDhKW8>

21:44 to: *Merrolee Penman*

<http://www.youtube.com/watch?v=JOH5fps4Vpo>

21:50 to: *Clarissa (UK) - @clissa89*

"delusions of grandeur"! :)P

21:52 to: *Merrolee Penman*

<http://www.youtube.com/watch?v=G6xMN57K0xU>

22:01 to: *Merrolee Penman*

tee hee - 12 books..

22:09 to: *Bill Wong @BillWongOT*
wow... 12 books?

23:00 to: *Merrolee Penman*
here's one:
http://books.google.co.nz/books?id=ri0NAAAACAAJ&dq=%22Mary+Ellen+Copeland%22&hl=en&sa=X&ei=pGSPUKaCKIjnmAWf7oCYBQ&redir_esc=y

24:28 to: *Merrolee Penman*
http://scholar.google.co.nz/scholar?hl=en&as_sdt=0,5&q=%22Wellness+Recovery+Action+Plan%22

24:33 to: *Merrolee Penman*
Welcome Corrie

24:44 to: *Mike Lyons*
Hi Scott and Corrie

25:04 to: *Anita Hamilton*
Brad Sam Ashby sends her regards :) She can't get in to the room at the moment.

26:22 to: *Mike Lyons*
Welcome Sam

27:07 to: *sam ashby*
thanks - had some computer issues

27:17 to: *Clarissa (UK) - @clissa89*
hope your computer is warming up now sam

27:49 to: *Merrolee Penman*
IT would take a degree of cognitive functioning?

28:06 to: *Bill Wong @BillWongOT*
lol

28:09 to: *sam ashby*
I did the old -turn off and back on again! technical trick!

28:22 to: *Merrolee Penman*
Sorry. no I meant WRAP would take a degree of cognitive awareness..

28:48 to: *Clarissa (UK) - @clissa89*
I would love to hear a bit more about how you ran this in an inpatient setting as I've recently started a post in acute MH. What worked well, and (how) did you adapt the format?

29:41 to: *Mike Lyons*

Hello Ina

29:49 to: *Bill Wong @BillWongOT*

yeah... I think there's a lot of value in inpatient (acute or subacute) mental health settings!

31:37 to: *Brock Cook*

Id love to look into this in my district but our state has standardised documentation for recovery & relapse prevention plans.....not sure i could convince people this was better :(

32:16 to: *Brock Cook*

yea

32:36 to: *Clarissa (UK) - @clissa89*

thank you that was very useful :D

32:36 to: *Brock Cook*

thats why id prefer to use it

33:18 to: *Brock Cook*

i can read if you want lol

33:19 to: *Bill Wong @BillWongOT*

i think you just got to collaborate with some researchers to make this work, Brock. :)

34:12 to: *Mike Lyons*

Welcome Gillian

34:25 to: *Gillian Crossley*

Hi there :)

34:32 to: *Clarissa (UK) - @clissa89*

Gilly, I thought you would be getting some rest in preparation for your presentation later?!?! :) Glad you're here though!

34:42 to: *Brock Cook*

lol no probs

34:58 to: *Gillian Crossley*

I am.. totally flaked out :/

35:34 to: *Merrolee Penman*

interesting what we assume people would like to do/not do.. :-)

36:12 to: *Brock Cook*

have you found that the peer support developed in the group setting have continued past the end of the group?

- 36:15 to: *Gillian Crossley*
lol not in your pres! why I miss the last sorry :)
- 36:42 to: *Clarissa (UK) - @clissa89*
Brock I definitely think this is a conversation we will need to continue after the presentation!! :D
- 36:44 to: *Brock Cook*
yep
- 36:53 to: *Bill Wong @BillWongOT*
second... an OTalk topic?
- 36:58 to: *Bill Wong @BillWongOT*
or ochat?
- 37:00 to: *Merrolee Penman*
IT must be refreshing to have a forward looking focus rather than always being asked about your problrmd
- 37:02 to: *Clarissa (UK) - @clissa89*
ooh fab idea Brock!
- 37:02 to: *Brock Cook*
narative type therapy approach?
- 37:08 to: *Merrolee Penman*
problems or medication
- 37:29 to: *Clarissa (UK) - @clissa89*
*Bill - it would be #OTalk
- 37:38 to: *Bill Wong @BillWongOT*
sure... let's make it happen then
- 37:48 to: *Brock Cook*
fantastic! :)
- 37:49 to: *Bill Wong @BillWongOT*
probably you or Brock will be the hosts of this, though
- 37:57 to: *Merrolee Penman*
Sounds like it Brock... creating your own narrative..
- 38:15 to: *sam ashby*
i find this approach also works well using Brief Solution Focused Therapy techniques on scaling etc for future looking goals etc
- 38:17 to: *Bill Wong @BillWongOT*

part of my OTD is actually doing a phenomenology of my experiences

38:27 to: *Bill Wong @BillWongOT*

from my childhood to where I am now in OT

38:55 to: *Merrolee Penman*

IT would be useful to hear what is the difference between Brief Solution Based Therapy and WRAP

39:18 to: *Merrolee Penman*

I like the idea of it being normalised.. WRAP plan for us all..

39:40 to: *Brock Cook*

I absolutely love this treatemnt frame of referecne

39:47 to: *Bill Wong @BillWongOT*

I second that, Brock!

40:09 to: *Merrolee Penman*

Hi Dan!!

40:24 to: *Clarissa (UK) - @clissa89*

That's why I completed my own WRAP merrolee- & to see how it works over time. I love it because sometimes I notice clusters of behaviour and go "oh hang on, that's an early warning sign - what are the

40:24 to: *Clarissa (UK) - @clissa89*

things I need to do to keep myself well?" - usually related to occupational balance

40:54 to: *Brock Cook*

i do feel i need a WRAP plan of my own :)

40:59 to: *dan*

hi merrolee!

41:36 to: *Merrolee Penman*

great to have you with us (Dan was key in getting me Rachael and Brad as our presenters in this session!)

42:01 to: *Mike Lyons*

Welcome m

42:40 to: *Bill Wong @BillWongOT*

did you write a blog or something like it about your own WRAP, Clarissa?

42:55 to: *Mike Lyons*

Hi Jess

42:59 to: *Clarissa (UK) - @clissa89*

no but that's an idea... perhaps I should :)

43:03 to: *Merrolee Penman*

sustainability! How to facilitate their ongoing moving forward together..

43:34 to: *Merrolee Penman*

do you want a hons student to be involved in the project?

43:52 to: *sam ashby*

BSFT makes you use positive language and is very focused on highlighting strengths etc - the WRAP sounds great

43:57 to: *Bill Wong @BillWongOT*

if you write one, I will definitely write one!

44:02 to: *Merrolee Penman*

no they do research though..

44:05 to: *Brock Cook*

want an overworked OT to practice on?

44:06 to: *Brock Cook*

lol

44:17 to: *Clarissa (UK) - @clissa89*

LOL

44:30 to: *Bill Wong @BillWongOT*

or maybe I should take the lead and write one

44:53 to: *Merrolee Penman*

wow... that last comment is amazing..

45:48 to: *Bill Wong @BillWongOT*

yes... I am planning to write my experience with my WRAP by the OTalk that will be on this topic

45:53 to: *Merrolee Penman*

Capital and Coast District Health Board

46:31 to: *Merrolee Penman*

oversees and funds primary, secondary and tertiary services... health care is relatively 'free' in NZ

46:37 to: *Clarissa (UK) - @clissa89*

yes Bill we can talk about this after the presentation & write blog posts

46:37 to: *Brock Cook*

if we are wanting to look more into WRAP plans where should we start looking?

46:40 to: *Merrolee Penman*
similar to UK and Australia..

46:58 to: *Clarissa (UK) - @clissa89*
<http://www.mentalhealthrecovery.com/>

47:14 to: *Clarissa (UK) - @clissa89*
Brock if memory serves correctly there are examples of the forms on the website

47:17 to: *Merrolee Penman*
Thanks Clarissa

47:48 to: *Merrolee Penman*
<http://www.mentalhealthrecovery.com/wrap/wellness-recovery.php>

48:15 to: *Brock Cook*
fantastic Clarissa

48:16 to: *Merrolee Penman*
http://www.mentalhealthrecovery.com/wrap/sample_toolbox.php

48:34 to: *Merrolee Penman*
some nice tools in the toolbox.. just put up the link

48:43 to: *Clarissa (UK) - @clissa89*
thanks merrolee :)

48:50 to: *Bill Wong @BillWongOT*
I just tweeted it

48:55 to: *Merrolee Penman*
thanks Bill for keeping the tweets going..

49:01 to: *Bill Wong @BillWongOT*
you welcome

49:12 to: *Merrolee Penman*
Roles - looks like enabling under Enabling occupation 2 to me!

49:39 to: *Scott Latter*
I have heard of WRAP being used in a Paediatric setting as well

49:57 to: *Merrolee Penman*
paediatric mental health Scott???

50:10 to: *Scott Latter*
in Brisbane it is called EDwrap

50:17 to: *dan*

sounds like a manageable chunk for people... :)

50:30 to: *Merrolee Penman*

so with any child and adolescent-related service?

50:53 to: *Bill Wong @BillWongOT*

i think WRAP is used a lot in lifestyle redesign, which can be outpatient mental health

51:08 to: *Corrie Trattner*

Where do you find basic information about WRAP to start to run such a group?

51:25 to: *Scott Latter*

in conjunction with schools, family, hospitals and community health

51:31 to: *Bill Wong @BillWongOT*

I think we just shared some links, corrie

51:37 to: *Brock Cook*

im interested in finding somewhere that may have used or tried it in an Acute Inpatient setting.....even just to start it before d/c

51:43 to: *Scott Latter*

it is for the top 5% of behaviour issues

51:45 to: *Merrolee Penman*

Corrie... see the link further up the chat..

51:48 to: *Sharlene (Ontario, Canada)*

<http://www.mentalhealthrecovery.com/> <-- Corrie

51:56 to: *Clarissa (UK) - @clissa89*

Brock I think especially the post-crisis plans!

52:03 to: *dan*

interesting idea brock....

52:28 to: *Rachael Hervey*

yes

52:30 to: *Mike Lyons*

URL for next session is <http://tinyurl.com/ot24vx2012-7>

52:44 to: *Rachael Hervey*

some of them yes

53:03 to: *Rachael Hervey*

please ask again your questions

53:08 to: *Rachael Hervey*
sorry poor english tehre

53:11 to: *dan*
any issues translating concepts to maori?

55:01 to: *Merrolee Penman*
brad and rachael - how can people contact you after the event..?

55:05 to: *Merrolee Penman*
if they want more information?

55:11 to: *Clarissa (UK) - @clissa89*
great question Merrolee!

55:23 to: *Brock Cook*
fantastic :)

55:29 to: *Rachael Hervey*
yes very happy for that my email address is under my maiden name
rachael_lindsay81@hotmail.com

55:37 to: *Rachael Hervey*
rachael hervey and lindsay

55:52 to: *Clarissa (UK) - @clissa89*
haha

55:53 to: *dan*
lol...

55:55 to: *Brock Cook*
Congrates

55:58 to: *sam ashby*
wasn't sure if Anita said hello to Brad for me (I remember him from Coventry Uni!)

56:05 to: *Rachael Hervey*
thank you for your congratulations

56:22 to: *sam ashby*
Sam now in Uni of Newcastle

56:41 to: *dan*
cheers guys!

56:53 to: *sam ashby*
thanks great presentation

57:01 to: *Sharlene (Ontario, Canada)*

Thanks for the wonderful presentation!

57:06 to: *Helen OTUK*

thanks

57:12 to: *Brock Cook*

thanks guys that was fantastic!

57:13 to: *Elaine*

g reat work

57:14 to: *Gillian Crossley*

thanks

57:17 to: *SamTozer*

thank you really useful

57:24 to: *Sharlene (Ontario, Canada)*

:D it was really useful!

57:39 to: *Rachael Hervey*

we will hold here and feel free to ask us questions

58:11 to: *Merrolee Penman*

<http://tinyurl.com/ot24vx2012-7>

58:15 to: *dan*

hope you guys enjoyed the experience!