



OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

Exploring Balance



Rachael Hervey is a New Zealand qualified and registered Occupational Therapist, working for the last 9 years in the United Kingdom and New Zealand. She has worked in a range of settings, specialising in working with people with mental health issues. Rachael has experience of facilitating the Wellness Recovery Action Plan (WRAP groups) in Community Mental Health settings, in the United Kingdom and New Zealand. She is currently employed in Capital and Coast District Health Board as a Coexisting Disorders Clinician/ Occupational Therapists within the Coexisting Disorders Service. This is a training and development role for the integration of Mental Health and Addiction Interventions.



Brad Newnham qualified in 2001 from the University of Coventry (despite being a born and bred kiwi). I am currently working as part of Wellingtons South Community Mental Health Team in New Zealand following my return home in 2007 after five years working in social services in the South of England. Facilitating the WRAP group this year is my first experience with the formal WRAP process, however I am used to working from a recovery/wellness perspective within my day to day role so it has not been too large a leap. I hope you all enjoy our presentation.

The Wellness Recovery Action Plan (WRAP) - balancing wellness

The Wellness Recovery Action Plan or WRAP was primarily developed by Mary Ellen Copeland PhD an American author, educator, mental health advocate, and mental illness survivor.

WRAP process focuses on using a series of wellness tools that are defined by the individual and revolve around their occupations and so tend to carry greater motivation and meaning for that person in defining and maintaining their wellness. An individual's completed WRAP is a living document that can also be for further development of their wellbeing by revisiting tools to recognise, record and put plans in place! This information can also be shared with support people involved in their life as well as primary clinicians if agreed.

We feel that the WRAP process links nicely with the OT4OT theme of "exploring balance" as we are seeing a distinct dialectic element to the WRAP process with the group balancing several aspects, such as positive/negative wellness, triggers/anti triggers and basically their individual choices around a meaningful life.

Our WRAP group is being run initially as a pilot scheme, it is co-facilitated by two occupational therapists working in different mental health settings and to embrace the WRAP ethos of the consumer movement/perspective there is also a consumer co-facilitator.