

Mental Health and Wellbeing Training – One Day Workshop



At a glance...

Customised Provision

Delivery Method: Classroom

Introduction

The Mental Health and Wellbeing training offered by Perthshire Wellbeing Project is based around The Wellness Recovery Action Plan (WRAP).

WRAP is a prevention and wellness process, developed by the Copeland Centre, and used worldwide for the last 25 years. The training provides a series of tools and action plans which anyone can use to get well, stay well, and make their life more the way they want it to be, so improving their overall wellbeing.

Overview in brief

This one day course is aimed at frontline staff who are seeking to develop a better knowledge and understanding of their own wellbeing and how to maintain good mental health. It provides an introduction to identifying ways in which one's own mental health may be impacted by stressors and how to address this through using the WRAP techniques.

This course can also be used throughout schools as the techniques are simple, safe and effective. The course is equally relevant for staff working in small businesses through to corporate organisations, the third sector or voluntary organisations who have a group of people to put forward for training.

The finer details

Format: One Day Workshop (9.30-4.30)

Presentation, interactive discussion and specific activities as noted will be used to teach and reinforce each subject area.

8.45-9.30 Registration

9.30-9.45 Introductions (including useful site information, safety contract, agenda)





9.45-10.30 Key concepts: hope, personal responsibility, education, self-advocacy, support including group participation/activities

Issues that need to be addressed:

- medical issues
- medication management

10.30-10.45 Break

10.45-12.30 Wellness Toolbox

12.30-1.30 Lunch

1.30-2.45 Developing a Wellness Recovery Action Plan

2.45-3.00 Break

3.00-4.15 Developing a Crisis Plan

4.15-4.30 Discussion, Evaluation Forms and Wrap-up

Who should attend?

WRAP Training is potentially beneficial for absolutely everyone.

It is relevant for school children, teachers, all business and organisations who put the wellbeing of their staff as a priority. Farming communities, highway contractors, tree surgeons, fisheries, environmental conservation and any other type of business would benefit from addressing and improving the wellbeing of staff, in the same way as the Police and NHS Staff are finding this training helpful.

What will be covered?

The Five Key Recovery Concepts of WRAP: hope, personal responsibility, education, self advocacy, and support are integral to the training as each one offers different aspects to assist a person's wellbeing and maintain good mental health.

The Wellness Toolbox including Stress Reduction/Relaxation Techniques, Journal writing, Nutrition, Exercise, Reaching out to others for Support and Daily Planning. This is the foundation for creating your personal WRAP.



The Daily Plan where you decide and record what you need to do and which Wellness Tools you will use every day to stay well.



Stressors or Triggers which are personal to you, and can affect your wellness. The training helps you create an Action Plan for responding to these Stressors/Triggers.

Early Warning Signs that things are breaking down and an Action Plan to deal with this.

When Things Are Breaking Down or Getting Much Worse and an Action Plan to feel better and avoid a Crisis.

Crisis Planning and Post Crisis Planning

Objectives of the course are for participants to be able to:

- Self monitor using the WRAP techniques
- List and describe the WRAP five key concepts
- Be able to use WRAP for any life challenge they face
- Identify Wellness Tools to use on a daily basis to keep well
- Know their personal Stressors/Triggers plus action required when faced with stressors, to respond positively to mental health challenges
- Suicide prevention and managing medications
- Find, develop and maintain a strong support system
- Build a lifestyle that promotes wellness

