



WRAP® Level 2 Facilitator Training 5 Day Training Course

Wellness Recovery Action Plan (WRAP®) involves the development of a personal system to self-manage wellness and to plan in advance for situations and events which may challenge wellness.

WRAP® Level 2 is a 5 day interactive training course which equips participants to deliver WRAP® Level 1 programmes. This WRAP® Level 2 Training is being co-ordinated by the Waterford WRAP® Network, Waterford Wexford Mental Health Service, Mental Health Ireland and the Recovery College South East.

When: 5 days: 26th, 27th & 28th September, and 11th & 12th October, 2018
Where: Waterford City centre – venue to be confirmed
Time: Full days – start and finish times to be confirmed

Who can apply?

We are currently seeking applications from people with lived experience, family members/carers and people working in the mental health services who have completed WRAP® (Level 1) and are interested in becoming WRAP® facilitators.

How do I apply?

Send completed application form (Section 1: Application Form; Section 2: Training Agreement; Section 3: Values & Ethics; and a copy of your Level 1 certificate):

- By post: Waterford WRAP® Network, c/o Eileen Byrne, Brook House Community Mental Health Service, Clarendon, Cork Road, Waterford
- By email: eileen.byrne1@hse.ie (documents and WRAP® certificate can be scanned or photographed)

Closing date for applications?

August 1st, 2018

If you require additional information, or support with the completion of this application form, please contact:

- Eileen Byrne: 086 3889283 eileen.byrne1@hse.ie, or
- Recovery College South East: 086 1746330 recoverycollegesoutheast@gmail.com

Note: Support with completing the form will be provided by an individual who is not directly involved with allocating spaces on the training course.

Please ensure that you have read and agree to (by signing) the WRAP® Facilitator Training Agreement and Values and Ethics of WRAP® (section 2 and 3).

Application Checklist

- Completed and signed WRAP® Level 2 Application Form (Section 1)
- Read and signed Training Agreement (Section 2)
- Read and signed Values and Ethics of WRAP® (Section 3)
- Copy of WRAP® (Level 1) Certificate attached

Note: scanned or photographed versions of the above will be accepted if application is being submitted by email.

We would like to thank you for taking the time to complete this application form.

Places are limited and places will be allocated based on the requirements outlined and information provided in this application form.

Send completed application form, with attachments to:

- By post: Waterford WRAP® Network, c/o Eileen Byrne, Brook House Community Mental Health Service, Claremont, Cork Road, Waterford
- By email: eileen.byrne1@hse

Closing date for applications August 1st, 2018

Kind Regards,

**Waterford WRAP® Network
Waterford Wexford Mental Health Service
Mental Health Ireland
Recovery College South East**

Section 1: Application Form**Personal Details:**

Name	
Telephone No	
Email	
Home Address	
Contact Name & No in Case of Emergency	

Details of WRAP® (Level 1) Completed:

Dates	
Location	
Trainer Names	

Please enclose copy of certificate with application form

My Relationship with WRAP®:

Please outline the benefits that you have experienced from using WRAP® (Level 1) in your own life:

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How have you maintained and developed your WRAP® since completing your Level 1?

Please outline why you wish to become a WRAP® facilitator

Please outline your previous experience in group facilitation, if any:

Please describe any experience you have of working as part of a team?

Is there any other information you would like to add?

Name: _____

Signature: _____

Date: _____

Send completed application form to:

- By post: Waterford WRAP® Network, c/o Eileen Byrne, Brook House Community Mental Health Service, Claremont, Cork Road, Waterford
- By email: eileen.byrne1@hse

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Section 2: Training Agreement

Persons applying for WRAP® Level 2 Facilitator Training must agree to the following:
For applicants applying as part of their professional role this must also be agreed and signed off by their line manager:

- Attendees applying for Level 2 training must have completed WRAP® (Level 1) and provide evidence of their certification (photocopy of cert to be provided, including details of when and where the training was completed and identifying the trainers)
- *Please ensure all questions in application form are completed*
- Please familiarise yourself with the Values and Ethics of WRAP®
- Attendees must attend the full five days of training
- Following training, attendees must agree to become a member of the Waterford WRAP® Network (or relevant working group if their location is outside Waterford), attend meetings and take on assigned tasks. This Network meets approximately every 6 weeks and works to develop opportunities for training individuals across the county and provides a forum for the sharing of good practice and resources.
- Applicants, who are applying independently of their worker role, will be expected to provide a minimum of three WRAP® Level 1 programmes as part of the Waterford WRAP® Network (or relevant working group if their location is outside Waterford) over the subsequent eighteen months post training. These programmes must be open to mental health service users and members of the public who express interest through the Waterford WRAP® Network (or relevant working group if their location is outside Waterford). Note: facilitators will be registered with the Recovery College South East and will be reimbursed for any expenses (e.g. travel) when planning and delivering these WRAP® Level 1 programmes.
- Applicants applying as part of their professional work role will be expected to provide a minimum of six WRAP® Level 1 programmes as part of the Waterford WRAP® Network (or relevant working group if their location is outside Waterford) over the subsequent three years post training. These programmes must be open to mental health service users and members of the public who express interest through the Waterford WRAP® Network (or relevant working group if their location is outside Waterford).

Applicant Declaration:

I wish to apply for a place on WRAP® Level 2 Facilitator training. I agree to adhere to the requirements outlined. I will complete my Level 2 refresher within 2 years (as recommended) and accept that it is my responsibility for keeping up to date with current and best practice initiatives.

Name: _____

Signature: _____

Date: _____

Section 2: Training Agreement continued:

Applicants who are applying as part of their professional role

Work Address	
Employer	

Line Manager Declaration:

I have discussed this training with the above staff member and agree to release them from their duties to attend the training and to provide WRAP® Level 1 interventions, a minimum of 6 interventions over 3 years following this training.

I also approve of their attendance at Waterford WRAP® Network (or relevant working group if their location is outside Waterford) meetings to support the effective delivery of WRAP® workshops.

Name: _____

Position: _____

Signature: _____

Date: _____

Section 3: Values and Ethics of WRAP®

- Self-determination, personal responsibility, empowerment and self-advocacy are the key aspects of this programme
- The programme supports workshop decision-making and personal sharing
- Participants are treated as equals, with dignity, compassion, mutual respect and unconditional high regard
- There is unconditional acceptance of each person as they are – unique, special individuals, including acceptance of diversity with relation to culture, ethnicity, language, religion, race, gender, disability, sexual identity and readiness issues
- Participants are given the opportunity to explore choices and options and are not expected to find simple, final answers
- All the participation is voluntary
- It is understood that each person is an expert on himself/herself
- The focus is on individual strengths and away from perceived deficits
- The programme emphasises strategies that are simple and safe for anyone, and it stays away from strategies that may have harmful effects
- The focus is on peers working together and learning from each other to increase mutual understanding, knowledge and promote wellness
- Difficult feelings and behaviours are seen as normal responses to traumatic circumstances and in the context of what is happening and not as symptoms or a diagnosis
- There is unconditional acceptance of all creative work and expression that are created or brought to each session. The creator is always in control of the work
- Each session supports the premise that there is hope, that people can get well, stay well for long periods of time and do the things they want to do with their lives

Section 3: Values and Ethics of WRAP® continued

I have read the Values and Ethics of WRAP® and commit to delivering WRAP® Level 1 programmes in accordance with these.

Name: _____

Signature: _____

Date: _____