

SUMMARY REPORT

Wellness Recovery Action Plan (WRAP) Training for BME women: an independent evaluation

Jacki Gordon and Jan Cassidy
[Jacki Gordon + Associates]

April 2009

Background

This is a summary report on an independent evaluation of Wellness Recovery Action Planning (WRAP) training delivered to a group of seven black and minority ethnic (BME) women, most of who were South Asian.

This evaluation was commissioned by the Scottish Recovery Network as part of its wider strategic activity in promoting and supporting recovery and to inform its roll out of WRAP to BME communities, as well as more generally.

The full report on this evaluation is available on the Scottish Recovery Network's website: www.scottishrecovery.net

A note on terminology

We have elected to use the term black and minority ethnic (BME) to describe the women involved in this research and their wider communities. In doing so we acknowledge the diversity that exists within these communities including many distinct ethnic groups and the varying levels of identification that individuals may have with 'black' and 'minority ethnic'.

The women participating in this research frequently used the term BME in relation to themselves. The women also used the term 'Asian' to describe themselves and their communities. Within this report however, instead of the term 'Asian' we use the term 'South Asian' to more accurately reflect the fact that the overwhelming majority were of a Pakistani or Indian background.

Description of WRAP

WRAP training is intended to help individuals:

- stay as well as possible;
- keep track of difficult feelings and behaviors;
- develop action plans that should/will make them feel better; and
- tell others what to do for them when they are so ill that they are unable to make decisions, take care of themselves and keep safe.

WRAP training is underpinned by a number of key notions: that recovery is possible ('hope'); that individuals should take personal responsibility for their