



# Peace Of Mind Pacific County Hope Letter #8



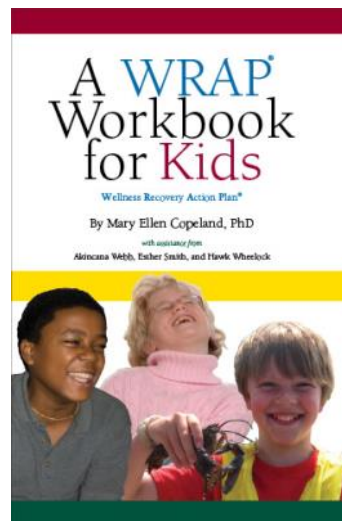
## Wellness Recovery Action Plan

I recently completed the online WRAP Seminar Training. Although we were hindered by the lack of face-to-face sharing, the technology allowed the class to be attended by people from all over the United States and Europe, which was wonderful. Taking care of my mental health was not accepted, nor encouraged until I retired after a traumatic end to my career. I was introduced to WRAP last year but it wasn't until this last class I truly realized its value to me. It is comforting to know that I have a plan for my continued wellness, but also have set in place my wishes should I not be able to speak for myself. WRAP is a self-empowering tool that anyone should use. – Trish Berrong



The Wellness Recovery Action Plan (WRAP®) is a nationally recognized and personalized wellness and recovery system based on the ideas of self-determination and building personal strengths. Local WRAP workshops have been done with people of all ages since 2017. Students coming to WRAP events offered by Peace of Mind Pacific County learn, have fun, exercise, and sing. They come away more able to feel good about themselves, even when dealing with adverse childhood experiences, ACEs.

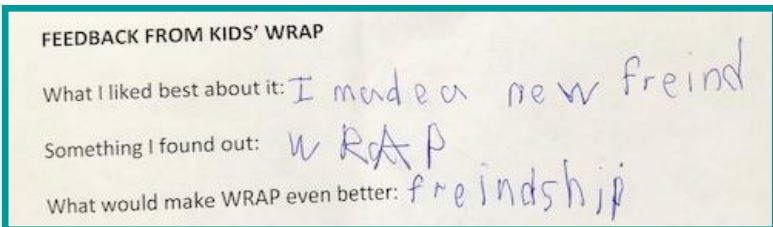
Each time we do a WRAP workshop I notice how much the students really participate. They get absorbed in the yoga moves, the Hokey Pokey song, drawing in the WRAP workbook, and giving feedback about their likes and feelings. I'm looking forward to our next workshops! - Ramona Ulbricht.



What I took from WRAP Online -

I learned that there are different wellness tools for different situations; I was unaware of this before. WRAP plans are versatile and capable of changing as needed. When a person is focusing on another person's crisis it is difficult to do self-reflection. Self-reflection is not the norm for me, but I am learning that time and patience help. WRAP is not one size fits all. It is personal, to fit each person's needs.

I learned we are not alone in our mental health wellness efforts, although there are many times I feel that way. Asking for help is not easy. Admitting it when you, yourself, are needing services or simply need someone to listen is okay. I'm thankful for a great many supports in my life. Recovery is a personal journey - Elly Rosaire

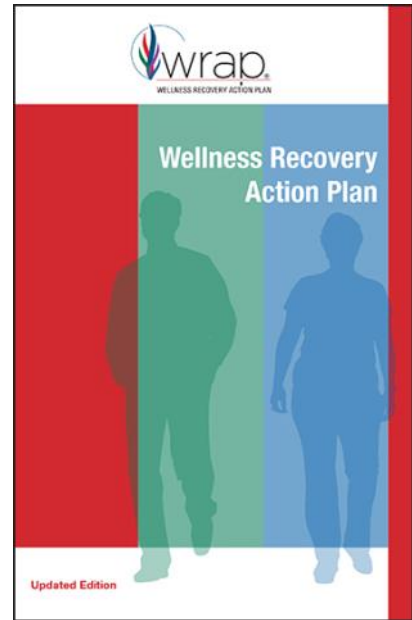


## WHAT'S IN YOUR TOOLBOX?

Most of us have a first aid box or toolbox somewhere in the house or car. These kits work great for small things that don't require a trip to the hospital. But what if you could have your very own first aid (toolbox) kit made just for you? This personal kit could be for mental health or emotional support for times when feelings and thoughts just can't be sorted out.

This is where a program called Wellness Recovery Action Plan (also known as WRAP ©) is created by you and just for you! Yes, it's yours and yours alone. You create it; decide if or when it should be implemented.

This program is for anyone who experiences mental health challenges and for those who love and support you. This program is led by peers and is available for children as well as adults. -KC Carroll



If you are interested in taking a WRAP© class to develop your own toolkit, call Barbara at 360-244-5566 or email [info@pompc.org](mailto:info@pompc.org).

## "HOKEY POKEY" For Kids' WRAP



YOU PUT THE GOOD THINGS IN,  
YOU PUT THE BAD THINGS OUT,  
YOU PUT THE GOOD 'YOU' IN,  
AND YOU WRAP IT ALL AROUND.

FIND YOURSELF A FRIEND,  
AND GIVE YOUR FRIEND A HUG, AND THAT'S WHAT  
IT'S ALL ABOUT!

### Just added virtual training by Pacific County Health and Human Service Department:

#### Naloxone Training #1

June 15<sup>th</sup> at 10:00 AM

You can register [HERE](#). You must attend the training in order to receive a Narcan kit.

#### Naloxone Training #2

June 15<sup>th</sup> at 1:00 PM

You can register [HERE](#). You must attend the training in order to receive a Narcan kit.

#### Question, Persuade, Refer (QPR)

June 16<sup>th</sup> at 10:00 PM

You can register [HERE](#).

QPR is a suicide prevention based training, QPR stands for Question, Persuade, and Refer

3 steps that could potentially save a life. A QPR training will teach you how to recognize warning signs of a potential suicidal crisis and how to question, persuade and refer someone in a crisis to help. (QPR is not intended to be a form of counseling or treatment. QPR is intended to offer hope through positive action.)

#### For more information contact:

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360-642-9352

Recently, I was recertified as a facilitator for WRAP©. This training was attended by 15 other facilitators from across Washington State. POMPC is highly regarded for the work they continue to do with children across our rural county by bringing WRAP© to them in classrooms. We are the **only** peer led organization in the state doing such work! I am so proud of my colleagues for continuing to help grow young minds with tools that will serve them the rest of their lives. Nothing can ever replace the genuine loving hugs at the end of our sessions when we do the WRAP© Hokey Pokey! - Nikki Fortuna

**We have compassion for ourselves as well as others.**  
- POMPC Principle