

# Advanced Directive

## Who needs a Mental Health Advance Directive (AD)?

Anyone can be rendered unable to make decisions because of a mental illness. Although anyone can develop a mental illness at any time, those most likely to need care when they cannot make decisions for themselves are people already diagnosed with a mental illness. Current and likely future consumers of mental health treatment can give comfort and security to their families and friends, and direct their own treatment no matter what their future decision-making capacity by completing an Advance Directive (AD) when they are capable of making decisions.

## An Advance Directive is a Wellness Tool

Taking charge of your recovery from the symptoms of a mental illness can be empowering. Executing an Advance Directive will assure that even when your symptoms are severe the choices that are made about treatment are those you want.

# WRAP Plan

## What is WRAP?

- WRAP is a system for monitoring, reducing and eliminating uncomfortable or dangerous physical symptoms and emotional feelings.
- WRAP is a useful tool for those looking to create positive change in their life, to increase wellness through pain management (physical & psychological), and even decrease occurrence rates of acute episodes of certain illnesses.
- The first step is to develop a Wellness Toolbox. This will be different for everyone based on individual ideas and experiences of what has helped in the past, what it will take to maintain wellness, and what can, help when y;m are not feeling well. It will consist of strategies and skills you need to mie on a daily basis as well as those you might use to help yourself feel better or to relieve troubling symptoms.
- Having this information will assist in developing your WRAP and is useful should you choose to revise all or parts of your plan.

