



Service Priorities and Programmes
Electronic Presentations

Convention ID: 274

Submitting author: Ms Y H WONG

Post title: Advanced Practice Nurse, KCH, KWC

Recovery-Oriented Co-production with Peer Support Workers for Person-In-Recovery in KCH Based on Wellness Recovery Action Planning®

Wong YH, Ku MW, Chow LP, Sin CK, Lee WF

Department of Psychiatric Rehabilitation, Kwai Chung Hospital Hong Kong

Keywords:

Wellness Recovery Action Plan/ WRAP®

Recovery

Rehabilitation

Wellness toolbox

Peer support

Mental Wellness

Introduction

Recovery concepts have gained wide attention globally over the last decades. Likewise, in Hong Kong, in Kwai Chung Hospital (KCH), recovery-oriented and person-centered approaches are adopted to pioneer new era of recovery-oriented policy. In KCH, WRAP® is newly introduced as one of recovery oriented practices.

Objectives

1. To stay well by building wellness toolbox, identifying early warning signs and crisis plan.
2. To help participants monitor distressing feelings through planned responses.
3. To establish individualized action plans for responses from supporters when participants cannot make decisions.
4. To share lived experience of peer support workers with person-in-recovery through building WRAP®
5. To promote the role-modeling of adopting WRAP® for person-in-recovery

Methodology

The key to sustain and ensure that all person-in-recovery in KCH receive the ideology of WRAP®, is to train new WRAP® facilitator. This project recruits peer support workers, peer tutors, peer volunteers and staff in KCH, where it is the forerunner of locally holding five-day WRAP® facilitator training in hospital-based environment. The trainers are the foundation and strong network to put effort into fruitful development of WRAP® in KCH.

Result

In KCH, eighteen classes of WRAP® for 147 person-in-recovery are conducted by certified and trained WRAP® facilitators. The outcomes of a rigorous pilot trial run have demonstrated significantly positive changes in their behavioral health such as enhanced hope, upgraded quality of life, enhanced mental well-being & recovery state and reduced symptoms severity.