



S10 – “WE WRAP”: An Innovative Empowerment and Education Program for People with Mental Health Challenge and Young People

Administering Institution: New Life Psychiatric Rehabilitation Association

Co-organisation: The Chinese University of Hong Kong

Project Team Members:

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Project Start Date and End Date: April 2014 to March 2016

Purposes/Objectives:

1. To empower persons in recovery of mental illness and youth wellness ambassadors by building them as a team of Certified WRAP® Facilitators to provide educational workshops to young people and people with mental health challenges;
2. To enhance the awareness on positive mental health and self-management of mental wellness among young people and people with mental health challenges;
3. To provide a convenient, simple and “do-able” self-help tool and coping skills for the prevention of and early intervention for mild mental health problems in young people;
4. To promote participation, hope and self-efficacy in mental health recovery via the implementation of peer-led WRAP® programs and job opportunities.

Activities/Programmes:

1. Certified WRAP® Facilitator Training
2. Facilitator Community Meeting and Topical WRAP® Training on quarterly basis
3. WRAP® Workshop
4. WE WRAP Facebook Page
5. Community Celebration and Sharing Sessions

Targets/Recipients:

1. Persons in recovery of mental illness
2. Youth

Expected and Actual Participation:

WE WRAP Project	Target Output	Actual Output
1. WRAP® Training		
• No. of Certified WRAP® Facilitators Training	2	2
• No. of Certified WRAP® Facilitators Trained	26	29
• No. of topical WRAP® training	6	6
• No. of participant attended topical WRAP® training	60	92
2. Facilitator Community Building Meeting		
• No. of facilitator community building meeting	6	6
• No. of participant attended facilitator community building meeting	60	81
3. WRAP® Workshops		
• No. of session conducted for people with mental health challenges	78	90
• No. of session conducted for young people	52	47
• No. of participant joined WRAP® workshop	1,300	1,193
4. WRAP® Community Facebook Page		
• No. of "LIKE" on WRAP® Community Facebook Page	1,000	800
5. Community Celebration and Sharing Sessions		
• No. of community celebration & sharing sessions	3	9
• No. of participant in community celebration & sharing sessions	600	1,382

Benefits Derived: Statistical analysis showed that youth participants (n=66) have significantly better enhancement in hope, empowerment, mental well-being, personal confidence, willingness to ask for help, goal and success orientation, self-care and self-efficacy, when compared to those in the control group (n=66). Persons in recovery facilitators (n=19) were found to show significantly better enhancement in stigma resistance and self-esteem than those in control group (n=20).

Working in partnership to co-facilitate trainings and meetings, both young people and persons in recovery have benefited from mutual peer support and empowerment through appreciating different perspectives and negotiating respectfully for viable solutions at times of conflict, leading to well-being promotion in the community. The positive impact of WE WRAP Project on youth participants and persons in recovery in terms of outcome measures has demonstrated its evidence-based value as a viable self-management wellness tool in the promotion of mental wellness in the community.

Conclusion: WRAP® would be helpful to promote social inclusion and build social capital using strengths-based approach through community partnership, thus mutually benefiting persons with mental health challenges in reducing social stigma, and young people in raising their awareness of mental wellness and making viable action plans to cope with distress in life and work, thus enhancing better awareness of positive mental health.

WE WRAP® is a pioneer project that adopted a peer-led program and “experts’ in experience” in training persons in recovery and university students as co-facilitators to conduct WRAP® workshops to people with mental health challenges and youth in Hong Kong. Findings from the evaluation study has demonstrated positive gains in hope, empowerment, personal confidence, goal and success orientation in those who adopted the core principles, values and ethics of WRAP®, hence, changing behavioral plans to a healthy lifestyle.

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