

WRAP Fidelity Observation Schedule - UIC CMHSRP Study

Observer: For each indicator, circle to extent to which each facilitator independently expressed the core dimensions of WRAP's values and ethics.

WRAP Fidelity Observation Checklist					
1. In this session, the facilitators consistently conveyed the premise that there is <u>hope for recovery</u> by doing one or more of the following:					
Sharing information and ideas conveying that participants can get and stay well; encouraging participants to make plans for fulfilling futures; emphasizing that there are no limits to recovery	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
2. In this session, facilitators consistently worked to <u>empower participants</u> by doing one or more of the following:					
Indicating ways that participants can advocate for themselves; suggesting ways for them to take action on their own behalf; helping them see ways to take control of their own lives.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
3. Facilitators consistently emphasized the importance of taking <u>personal responsibility</u> by doing one or more of the following:					
Expressing ideas for how WRAP helps people to be accountable for their own actions; conveying the value of taking manageable risks as part of personal growth; helping people assume ownership of their WRAP plans as a personal wellness tool.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time

This scale may be used only with written permission. It was developed as part of a grant from the National Institute of Mental Health at the National Institutes of Health (1R34MH085051-01A1, Judith A. Cook, Ph.D., Principal Investigator). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NIMH or the NIH.

4. Facilitators regularly supported participants' ability to <u>make their own decisions</u> by doing one or more of the following:					
Encouraging them to identify personally meaningful wellness tools; emphasizing their right to choose how and when to use their WRAP plans; emphasizing their right to choose whether or not to participate in the group discussions/activities.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
5. Facilitators regularly conveyed the value of <u>personal sharing</u> during the class by doing one or more of the following:					
Sharing examples from their own lives and experiences with WRAP; encouraging participants to share their life experiences within time and subject parameters; giving positive feedback to participants who share examples from their own lives.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
6. Facilitators consistently encouraged participants to <u>learn from one another</u> by doing one or more of the following:					
Creating an atmosphere where everyone feels comfortable learning from each other; turning participants' questions back to the group whenever possible; responding positively when group members make suggestions to each other.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time

This scale may be used only with written permission. It was developed as part of a grant from the National Institute of Mental Health at the National Institutes of Health (1R34MH085051-01A1, Judith A. Cook, Ph.D., Principal Investigator). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NIMH or the NIH.

7. In this session, facilitators treated participants with <u>unconditional high regard</u> by doing one or more of the following:					
Consistently giving positive feedback to any group member's contribution (unless abusive or discriminatory); encouraging people to not "put themselves down;" avoiding judgments of participants and their ideas; making people feel welcome in the group even after they've violated a Comfort & Safety Agreement guideline.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
8. Facilitators consistently treated participants with <u>dignity and compassion</u>, as shown by doing one or more of the following:					
Treating participants as equals no matter what their gender, cultural background, or status outside of class; encouraging participants to treat one another with mutual respect; avoiding discriminatory comments or actions; responding to the group with empathy and kindness.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
9. In this session, facilitators conveyed respect for the <u>uniqueness of individual participants</u> by doing one or more of the following:					
Offering to make accommodations and adjustments as needed; expressing the need for the class to honor diversity; acknowledging that everybody's WRAP is different; expressing that not all people are at the same point in working towards wellness.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time

This scale may be used only with written permission. It was developed as part of a grant from the National Institute of Mental Health at the National Institutes of Health (1R34MH085051-01A1, Judith A. Cook, Ph.D., Principal Investigator). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NIMH or the NIH.

10. Facilitators conveyed the idea that participants are <u>not expected to find final answers</u> by doing one or more of the following:					
Urging participants to explore choices and options without pressure to make final decisions; helping people to consider a broad range of wellness options; emphasizing that WRAP is a living document that changes as users change and grow.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
11. Facilitators conveyed the idea that all participation in <u>WRAP is voluntary</u> by doing one or more of the following:					
Never calling on participants; never requiring participants to develop parts or all of their WRAP plans; never requiring participants to do anything against their will; never requiring participants to read aloud from slides or handouts.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
12. Facilitators conveyed that all participants are <u>experts about themselves</u> by doing one or more of the following:					
Encouraging them to use their self-knowledge in developing their WRAP plans; encouraging them to draw upon their own past experiences when making plans; encouraging them to trust their own judgment about what will or will not work for them.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time

This scale may be used only with written permission. It was developed as part of a grant from the National Institute of Mental Health at the National Institutes of Health (1R34MH085051-01A1, Judith A. Cook, Ph.D., Principal Investigator). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NIMH or the NIH.

13. Facilitators consistently <u>focused on individuals' strengths</u> rather than weaknesses by doing one or more of the following:					
Keeping the focus on what people do well; avoiding deficit-based comments and assessments; encouraging people to build on already-existing supports in their environments.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
14. In this session, facilitators <u>avoided using clinical, medical, and diagnostic language</u> by doing one or more of the following:					
Encouraging participants to not think of themselves in terms of their diagnoses; avoiding interpretation of difficult feelings or behaviors as a confirmation of psychiatric symptoms; encouraging people to view their difficulties as a normal part of life.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
15. Facilitators focused on <u>strategies that are simple and safe</u> for everyone by doing one or more of the following:					
Turning attention to things that are free or low-cost; focusing on strategies that are simple such as sleep, water, and exercise; directing discussion away from harmful or unsafe strategies.	Facilitator A	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time
	Facilitator B	0 = Never or hardly ever	1 = Not very much	2 = Several times	3 = All or almost all of the time

This scale may be used only with written permission. It was developed as part of a grant from the National Institute of Mental Health at the National Institutes of Health (1R34MH085051-01A1, Judith A. Cook, Ph.D., Principal Investigator). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NIMH or the NIH. .