

**BIST**  
Brain Injury Society of Toronto



**WELLNESS  
RECOVERY  
ACTION  
PLAN**

**FINDINGS**

**- 2021 / 2022 -**

# OVERVIEW

The Wellness Recovery Action Plan or WRAP, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

The Brain Injury Society of Toronto (BIST) continuously seeks feedback from its participants and members to ensure that tools and resources provided are relevant, provide education and are functional to support clients with brain injury. Group participants were given a survey to complete to find out the the strengths and weaknesses of the WRAP program and to apply its findings in future workshops.

The feedback has been overwhelmingly positive, with many WRAP participants reaching out to outline how this toolkit will be beneficial in the work that they do. With feedback from individuals with lived experience, we have been able to identify changes to the toolkit and make additions/corrections to the content to ensure it is accessible for individuals with lived experience of brain injury, caregivers etc.

Many individuals expressed gratitude for the abundance of functional support strategies available through the toolkit. Individuals with lived experience reached out to share their own stories dealing with Acquired Brain Injury (ABI) and to provide feedback that this program will be helpful in sharing with their own rehabilitation and support team.

Individuals with lived experience also commented that the functional strategies will provide guidance for self navigation, self-advocacy, and also shed light on the challenges related to the invisible symptoms and struggles of living with ABI. Members with ABI stated that this workshop/toolkit has given them a greater understanding of how to best support themselves .



## FROM A WRAP GROUP ATTENDEE:

*"I love it! I wish that a lot more of the healthcare community knew about this, but I am so grateful to know of this information and be able to pass this information to others to apply these tools in their lives. All doctors should refer people who had trauma to their head to BIST. Thank you so much for this program, I hope BIST will continue to get funding for this important program."*

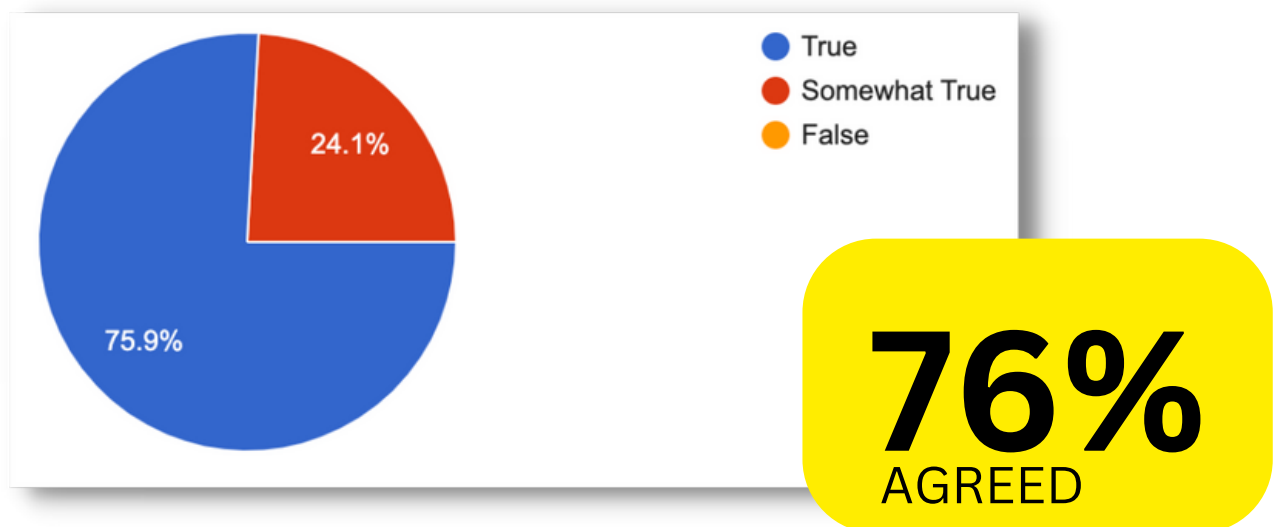
# SURVEY RESULTS

FROM 30 WRAP PARTICIPANTS

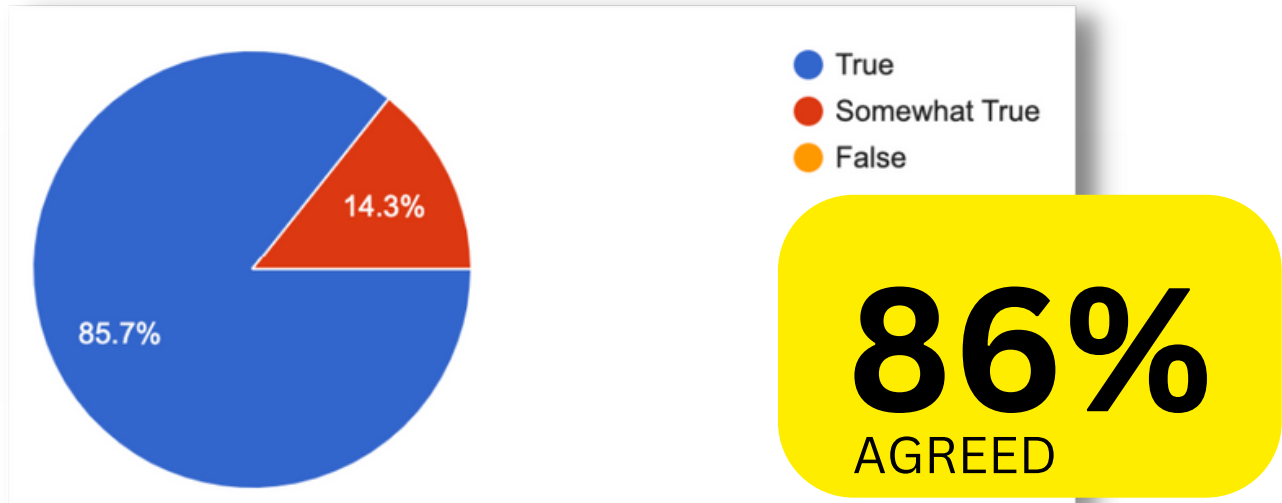
WRAP ACTIVITIES GAVE US OPPORTUNITIES TO GAIN NEW CONCEPTS AND INFORMATION



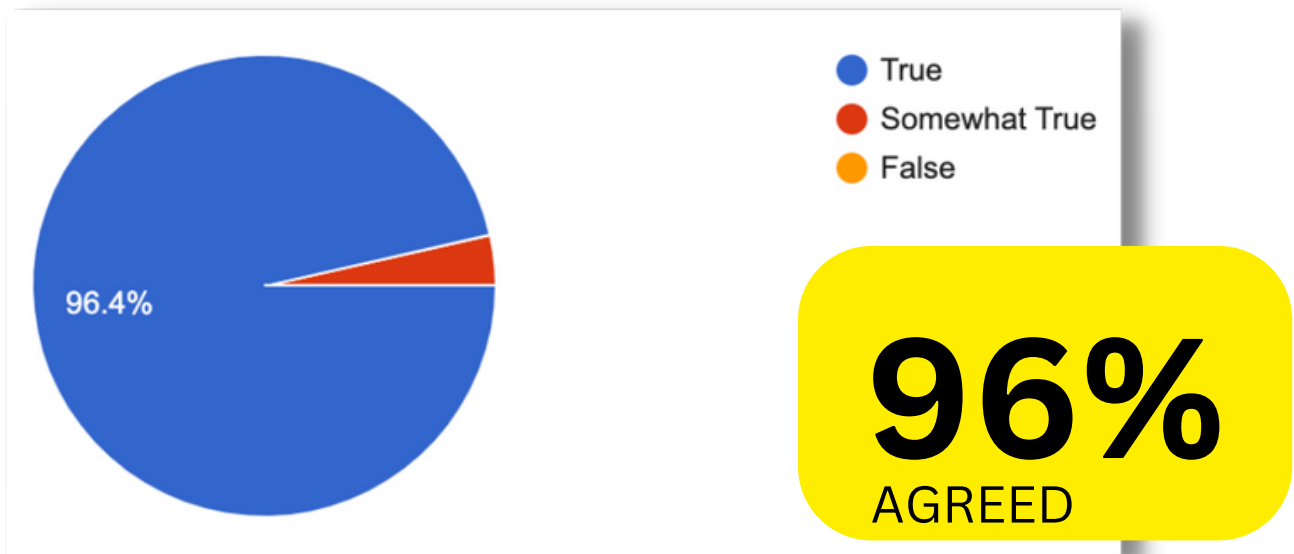
THE ACTIVITIES GAVE US OPPORTUNITIES TO GAIN NEW CONNECTIONS WITH SUPPORTIVE PEOPLE



# THE ACTIVITIES GAVE US OPPORTUNITIES TO GAIN A NEW, MORE HOPEFUL ATTITUDE



# RECOVERY EDUCATION SEEMS VALUABLE



# PARTICIPANT FEEDBACK

## WHAT WERE SOME OF THE BEST ASPECTS OF THE EXPERIENCE?

"Building a sense of connection and community; talking and sharing struggles and issues brain injury members currently face during this housing crisis in a Pandemic, and how to cope, what changes are needed political and financially, and learning tools and resources / supports available."

"Sharing with other brain injured people. Getting validation from host. Organized content to be discussed helps us all to connect in positive ways and feel supported with each other in an honest free safe place. Sensitive ... host helps us feel heard."

"The WRAP is a great take away tool [to] have with you especially when things break down time to time or in chaotic situations."

"I absolutely love it! I feel it is an excellent tool and I want to not only let everyone know how beneficial it is but this is able to give some peace in life which can be chaotic at times."

## IS THERE ANYTHING YOU THINK SHOULD BE IMPROVED IN THE FUTURE? IF SO, WHAT?

"No it is awesome I would love to attend all WRAPS if possible!"

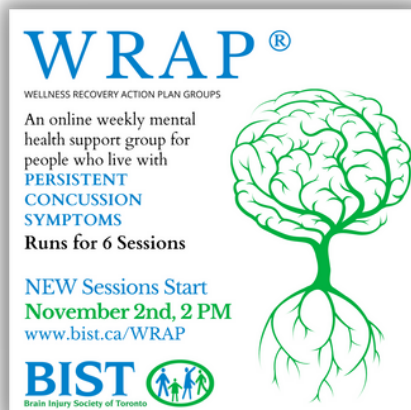
"Offering the sessions at different times throughout the week."

"This program is well put together. It keeps us on track. We don't have the feeling of racing through. We have time to think and feel comfortable speaking out. Host helpful in understanding what we're saying."

"Perhaps getting the participants to read and fill out the section of WRAP work book / assigning the WRAP work book section after meeting and then discussing what each person wrote at the beginning of the following week's session- incorporating both passive and active participation."

"Sending materials ahead of time and having the option to bring those prepared materials into meetings."

"Giving the worksheet handouts in the beginning for people like myself who find it easier to read off a page while listening to the sessions."



## WHICH TOPICS WERE THE MOST HELPFUL?

*"The topics covered were helpful in knowing that we are not going through our experience alone & sharing them was OK. "*

*"The "crisis plan" is a new idea to me, and is giving me a lot to think about. Also discussing boundaries in caregiving was helpful.."*

*"The Daily wellness tools ... things breaking down and crisis and post crisis... often things we don't realize that we are in a crisis and don't even know it ..."*

*"The daily maintenance when things are breaking down crisis and post crisis."*

*"Preventative and housing crisis (and how BIST can be of help) and knowing you're not alone facing this housing insecurity."*

*"Every topic helped us allowed all of us to express our unique situation under a unified umbrella."*

*"Medical Forms, Crisis Forms and Information, Bill of Rights."*



**WRAP**<sup>®</sup>  
WELLNESS RECOVERY ACTION PLAN GROUPS.

**NEW Sessions Start**  
**November 2nd, 10 AM.**

An online weekly mental health support **TRAUMA INFORMED** group for people who live with the effects of brain injury.  
Runs for 6 Sessions

[www.bist.ca/WRAP](http://www.bist.ca/WRAP)



## COMMENTS AND SUGGESTIONS

*"I love it please don't change anything but please continue. I have so many people i know that could benefit from this!"*

*"I LOVE it I wish that a lot more of the healthcare community knew about this, but I am so grateful to know of this information, and be able to pass information for others to apply this tool to their lives."*

*"I like the class & the way it was conducted - especially as there was no pressure to participate constantly."*

### TORONTO ABI NETWORK CONFERENCE - NOV 3 & 4TH

BIST WRAP Groups Facilitators Isabelle Rivaletto & Fozia Murtaza presented at the ABI Network Conference on Nov 3rd, 2022. Here are selections from the evaluation of their talk, 'WRAP Groups for People with Brain Injury'

*"[I] found this breakout the most relevant to me at this time - and [I'm] looking forward to connecting and sharing program with clients. Presenters were excellent."*

#### Rating Scale:

1 - Strongly Disagree 2 - Disagree 3 - Neutral  
4 - Agree 5 - Strongly Agree

THE PRESENTATION MET THE LEARNING OBJECTIVES AS OUTLINED ... **4.5**

THE INFORMATION WAS PRESENTED IN A CLEAR MANNER ... **4.58**

THE INFORMATION WAS RELEVANT TO MY PRACTICE ... **4.54**



# 2021 - 2022 WRAP SESSIONS

ALL SESSIONS TOOK PLACE ONLINE AND WERE GEARED TOWARDS ADULTS LIVING WITH BRAIN INJURY / PERSISTENT CONCUSSION SYMPTOMS

## WRAP for Adults with Brain Injury / Persistent Concussion

January 26th - March 5th, 2021  
February 2nd - March 9th, 2022  
March 23rd - April 27th, 2022  
May 4th - June 8th, 2022  
July 6th - Aug 10th, 2022 (Morning and Afternoon Sessions)  
September 7th - October 12th 2022  
November 2nd - December 7th, 2022

## Trauma Informed WRAP

January 27th - March 6th, 2021  
September 13th - October 18th, 2021  
February 2nd - March 9th, 2022  
March 23rd - April 27th, 2022  
November 2nd - December 7th, 2022

## LGBTQ2S+ WRAP

April 12th - May 17th, 2021  
September 10th - October 15th, 2021  
September 7th - October 12th 2022

## Housing Advocacy WRAP

September 15th - October 20th, 2021

## Caregiver WRAP

May 4th - June 8th, 2022

## WRAP for People living with Persistent Concussion Symptoms

November 2nd - December 7th, 2022

## CONTACT INFORMATION

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