

YOUR TEAM WRAP

ACT Team Evolution:
Identifying Team Effectiveness

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Developing a Wellness Toolbox

- o "What are the things we do to keep ourselves well?"
- o "What supports and sustains our wellness?"

Daily Maintenance Plan – Part I

- o "What are we like when we're feeling well?"
- o Make a list of the words that describe us when we are feeling well

Daily Maintenance Plan – Part II

- o Create a Daily Maintenance List
- o Make a list of the things we need to do on a daily basis to keep feeling well.

Daily Maintenance Plan – Part III

- o Things to Consider Doing Regularly to Relieve Stress and Maintain Our Wellness/Recovery
- o Make a list of things the team could choose to do

Identifying Triggers/Action Plan

- o "What are some of the triggers we can identify that effect the team?"
- o "What are the external events or circumstances that make us feel like we are doing worse?"
- o "What can we do about the triggers we have identified?"

Early Warning Signs/Action Plan

- o "What are signs of things getting worse or breaking down?"
- o "What can we do when this happens?"

Crisis Planning

- o "What can we do when we are beyond able to resolve things ourselves?"
- o "Who are our administrative and external supports?"

References

- o Copeland, M.E. (June 2010). *About Mental Health Recovery and WRAP*. Retrieved from <https://www.mentalhealthrecovery.com/aboutus.php>.
- o Copeland, M.E., & McKay, M. (2002). *The depression workbook: A guide for living with depression and manic depression, second edition*. Oakland: New Harbinger.
- o Davis, J.L., LSW, & DiCarne, A., LPC, Lenape Valley Foundation, Assertive Community Treatment: Team Functioning Scale (TFS), 2012.