

WRAP as an Evidence-Based Practice

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Evidence-Based Practice An intervention that has been shown to be effective by causing pre-defined outcomes in people's lives when tested in a randomized controlled trial

Randomized Controlled Trial (RCT) • People randomly assigned to experimental (E) or control (C) group • E group receives intervention, C doesn't • Creates 2 equal groups to compare before & after receiving an intervention • Any changes (outcomes) are due to the intervention

WRAP Intervention Tested in Our Study • Lasted for 8 weeks • Met for 2 and ½ hours every week • Followed a highly standardized curriculum designed by Mary Ellen Copeland and UIC • Facilitator curricular innovations discouraged • Used a detailed Facilitators Manual and Power Point Slides

WRAP Study Design • Targeted sample size was 500 people with severe mental health challenges • Recruited at CMHC & peer programs • Subjects were randomized to receive WRAP right away or 9 months later • Telephone interviews at study entry (baseline), 2 months post-baseline, & 8 months post-baseline by blinded interviewers from UIC Survey Research Laboratory • Participants were paid for their research time

Study Participant Characteristics • 66% female, 34% male • Average age: 46 years, range from 20-71 years old • 63% White, 28% Black, 2.9% American Indian/Alaskan Native

WRAP Outcomes • In a multivariable longitudinal random effects regression analysis, WRAP recipients improved more than controls from T1 to T3 on multiple outcomes:

Reduced psychiatric symptom severity

Lower depression & anxiety Increased hopefulness

Increased quality of life Increased ability to self-advocate

Increased recovery - Increased empowerment - Reduced use of formal services

In 2011 WRAP Selected for Inclusion in NREPP National Registry of Evidence Based Programs and Practices