

# Wraparound and It's Principles

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Changing the Experience of Help  
for Families

# What is Wraparound? It Depends On Who You Ask

- *... an intensive, individualized care management process for youth with serious or complex needs.*
  - Wikipedia
- *Wraparound differs from many service delivery strategies, in that it provides a comprehensive, holistic, youth and family driven way of responding when children or youth experiences serious mental health or behavioral challenges*
  - *National Wraparound Initiative*
- *Essentially, we think Wrap is a tool for collaborative problem solving when individuals and families have complex needs, and for integrating multiple for and informal sources of support and assistance in response to those needs.*
  - John Franz, Paperboat.com
- *... it's what to do when we don't know what to do anymore...*
  - Neil Brown and Pat Miles, National Consultants

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# Does anyone really know what it is?

- Well yes and no...
  - It's an ever-evolving process that can be overlayed onto many different systems, services, and family situations
    - Different now than when it began in the 80's with the ***Alaska Youth Initiative***
    - Different than just 10 years ago
  - What has held it together as it's evolved over time are two things:
    - 10 Wraparound Principles (which we'll talk about today)
    - 4 Process Pillars



# The Principles Today

**Outcome  
Based**

**Team**

**Unconditional**

**Natural  
Supports**

**Culturally  
Competent**

**Strengths  
Based**

**Collaboration**

**Community Based**

**Individualized**

**Family Voice and Choice**

# Family Voice and Choice

## It's Not As Simple As:

- Asking families what they need
- Having them list their strengths
- Noting their preferences
- Finding the services the family wants
- Giving them a chance to speak at meetings
- Doing, and getting others to do what the family wants

## The Nuances (Original Wording):

- **Access**
  - **Parents and children to be present and participating when decisions are being made**
- **Voice**
  - **Parents and children having an opportunity to share their opinions and have them accepted**
- **Ownership**
  - **Parents and children work through differences with others in order to create something they can live with**
- Studies have shown that these 3 things are most predictive of a good outcome in behavioral health.

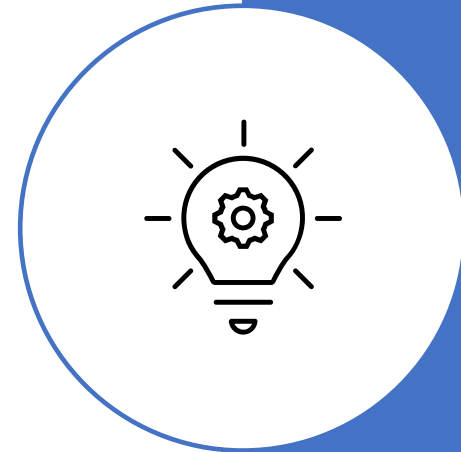


# Natural Supports

- **What is a *natural support*?**
  - A person who cares on some/any level because they can
  - Can be through blood, legal, marriage, or just because
- **What we (as professionals) have to guard against**
  - Judging the natural supports
  - Making the decision on who is truly 'supportive'
  - Excluding family's natural connections because they don't meet our standards

# Strength Based

- Sounds easy; but why can it be so difficult?
  - We (people and systems) tend to be hardwired to focus on problems
  - Get accused of ignoring the 'real problem'
  - It takes commitment, practice, and discipline to be strength based when things get tough
- Why is it important?
  - Lead to sustainable outcomes
  - Engages families in a new way
  - Sets the stage for creative problem solving
  - Uncovers new directions and possibilities





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## Team Based

- Here's a team... there's a team... everywhere there's a team!
- Just because you have people in a room doesn't mean you have a team. At most it means you have a committee.
- ... maybe families are looking for partners and that's what teams are supposed to be about



# Community Based

- When I say “community” what do you think of?
  - Community is more than a geographical location
  - It’s also belonging/connected to a group of people who value you and you can give back to
- Two sides of community-based work:
  1. Helping families get help in their community in which they live
  2. Helping families find community
    - This becomes so important since the biggest unmet need is loneliness



# Individualized

- It's so easy to generalize people
- People are more than their diagnosis, behaviors, ethnicity, gender, disabilities, etc.
  - These descriptors have their place, but they are not everything
- All humans, somewhere within, have the urge to be heroic; to transcend circumstances, to develop one's powers, to overcome adversity, to stand up and be counted.

--Dennis Saleebey



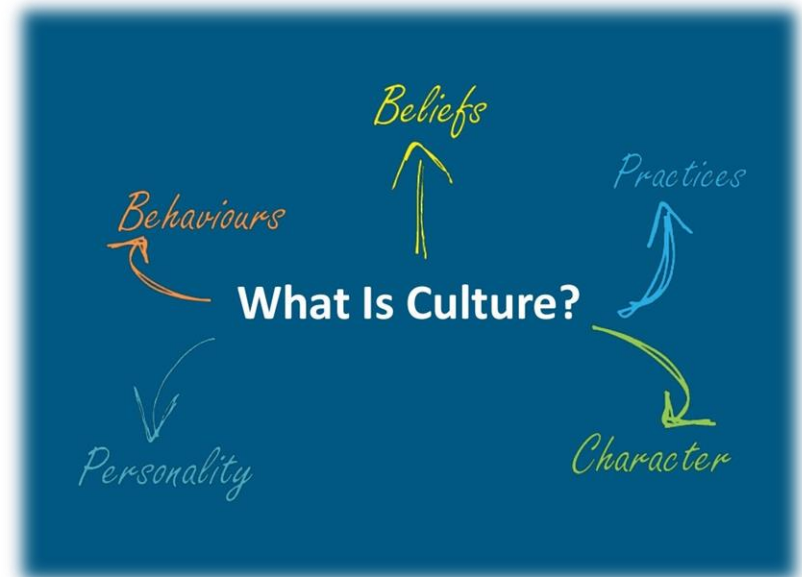


# Outcomes Based

- The trap of becoming overly attached to our ideas and plans many times lead to wasted time and resources
- If things aren't working, then change the strategy!
  - *SUPPORT + INTERVENTION = GOOD OUTCOMES*
- Time is the most precious resource families have
  - Childhood is a fleeting moment... we need to get back to the business of helping kids be kids

# Culturally Competent

- Culture is MACRO and MICRO
  - To the point of each individual family having their own culture
- In honoring families, we do our greatest work
- Are you in the trap of trying to put a square peg in a round hole?
  - We need to stop trying to turn families into the 'ideal' family
  - *Practice how to be accepting; not how to be non-judgmental.*
  - *What's the family's bumper sticker?*



# Collaboration

- Marching Band vs. Jazz Music
  - When working with families are you a jazz musician or a marching band director?
- Collaboration and compromise are different
  - Compromise – someone gives something up for someone else to get what they want or need (someone must bend a knee)
  - Collaboration – everyone gets what they need just maybe not how the expected (no one bends a knee)





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## Perseverance (aka Unconditional)

- Families don't fail, plans do
  - It simply mean we haven't figured out meaningful help yet
  - We must go back to the drawing board and develop the next best efforts
- This is not about measuring 'compliance' or running out of service options... this work is about saying to a family **"I'm here to walk this journey with you"**.

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## How Can You Apply These Principles?

- They are not unique to Wraparound, they are universal
- When implemented they can lead to a different experience for families and set the stage for different, healing help
- Hope happens when healing help is provided

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