MODULE TWO

WRAPAROUND FOUNDATIONAL TRAINING

INSTRUCTOR

Resource Center for
Family Focused Practice

Birds-Eye View: Module One

Definition High Fidelity Wraparound
Four phases
10 principles
Team Agreements
Culturally Respectful and Linguistically Responsive

Ground View: Module One

Implicit Bias
Team Based

Course Goals

Identify & Understand

- Identify and build competence in using key strategies/methodologies to engage families and youth in the Wraparound process and evaluate the importance of strengths-based engagements which are culturally responsive and linguistically relevant.
- Understand that families have both strengths and needs and that the most successful work with children, youth and families is strengths-based.

Ground View: Module Two

Strengths and Needs Discovery
Crisis and Safety

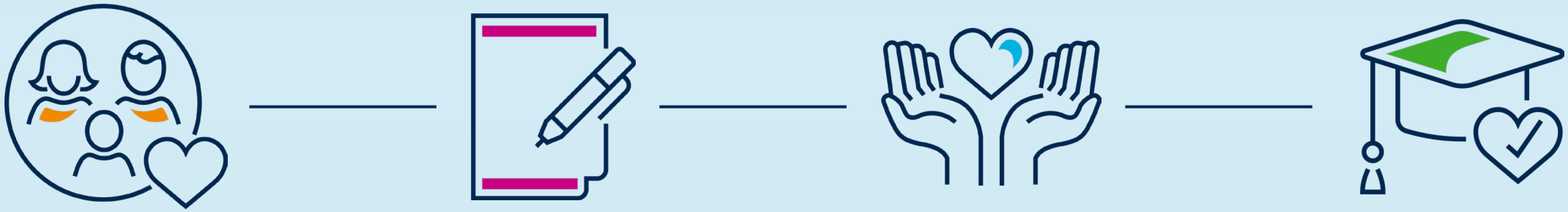
Birds-Eye View: Module Two

Family Voice and Choice
Phase One defined
Natural Supports
Team roles
Vulnerability

Phases of Wraparound

The National Wraparound Initiative 2004

- The Wraparound process is divided into four phases
- Ten Wraparound principles guide **ALL** four phases of the process
- Each of the four phases require specific activities to be completed



PHASE ONE

Engagement and Family Preparation

PHASE TWO

Plan Development

PHASE THREE

Implementation

PHASE FOUR

Transition

Wraparound Process

Phase 1 Activities

Initial meetings with youth & family identified team members

1. Crisis Stabilization
2. Family & Youth Story
3. Family/Youth Vision(s)
4. Strengths & Needs Summary
5. Schedule 1st CFT Meeting
   (Reach out to ID'd participants)

YOUTH & FAMILY ENGAGEMENT

The key characteristic of Wraparound

People are happier, more cooperative and productive, and more likely to make positive changes when those in positions of authority do things <u>with</u> them, rather than <u>to</u> them or <u>for</u> them.

TED WACHTEL

PRINCIPLE ONE
Family Voice and Choice
(Family Driven and Youth Guided)

- Family/youth perspectives are prioritized (by the Team)
- The plan reflects family and youth values, preferences, and strengths
- The needs of the family and youth determine how and when services are rendered, and goals, interventions and outcomes are mutually defined

01

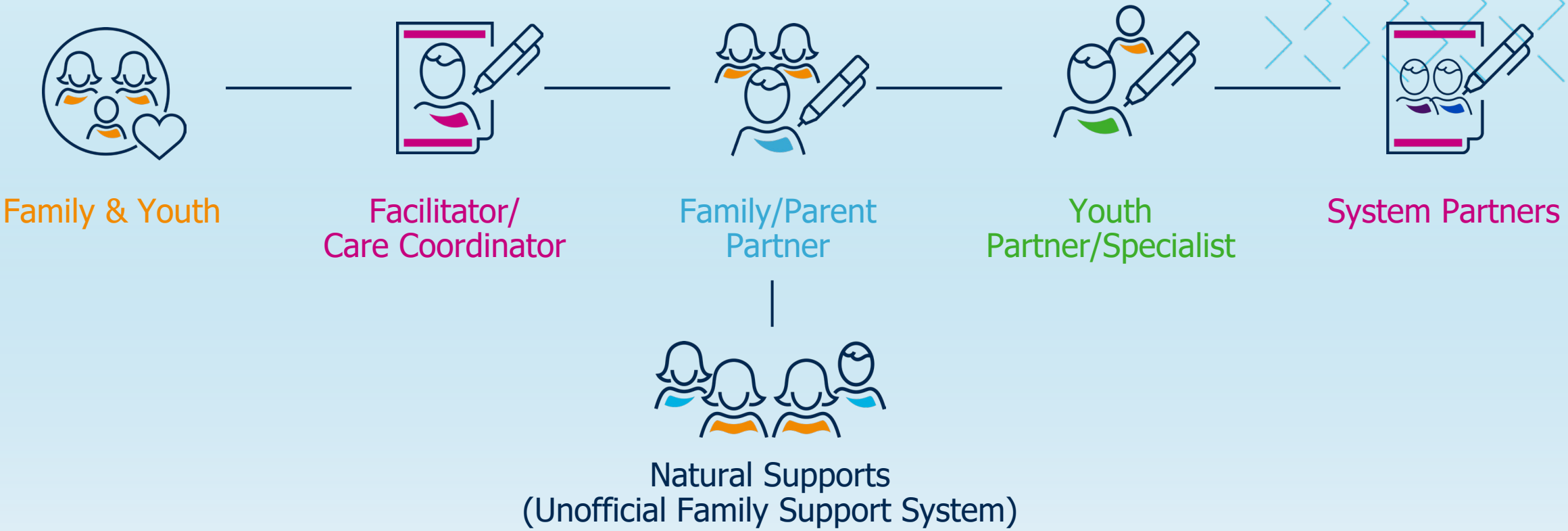
YOUTH GUIDED

Youth to have an equal voice in the care of their OWN lives.

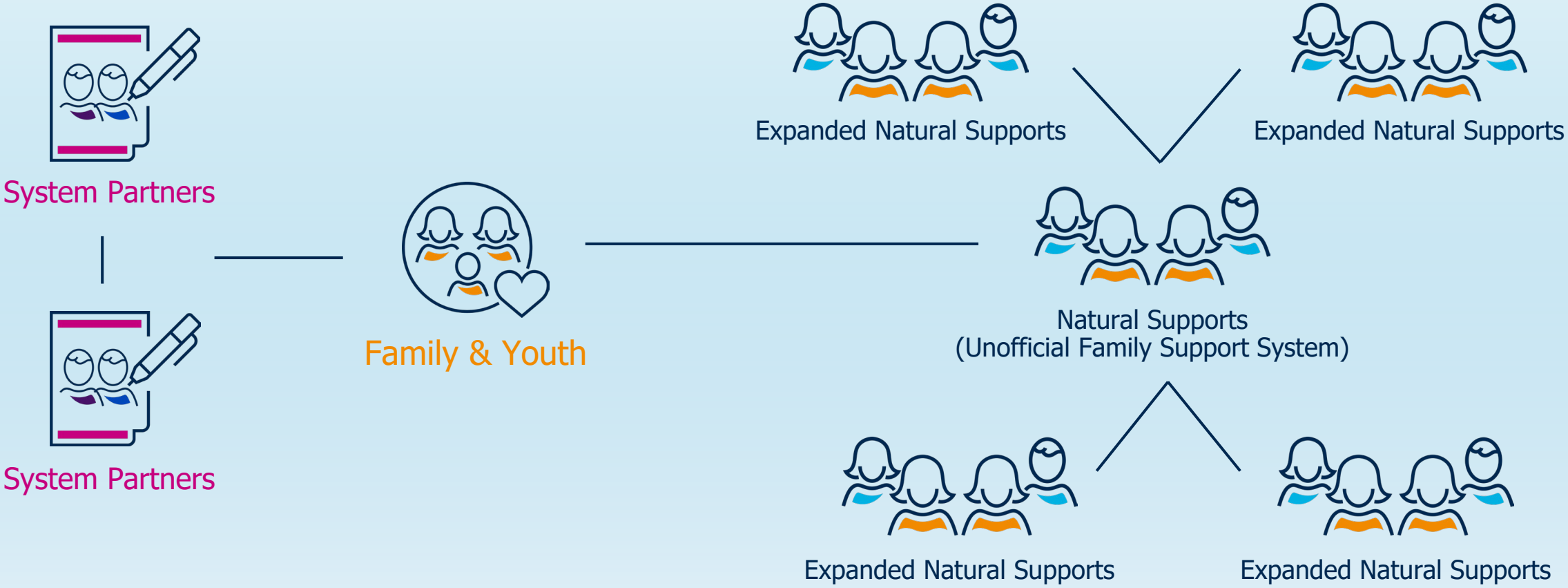
As well as our policies and procedures.

HOW WRAPAROUND ENGAGES THE TEAM

Meet the Wraparound Team



What the Wraparound Team Becomes



BREAKOUTS
10 Minute Breakout Sessions

In small breakouts talk about these items:

Talk about your role in Wraparound and what you learned from the interviews with Parent and Youth Partners

Were there any surprises?

If you are a parent or youth partner, how can others on the wraparound team better utilize your strengths?

LET'S CHAT

TIME TO TALK

TELL US WHAT YOU LEARNED

Family & Youth

Their Role

- Share their story and vision
- Participate in meetings and provide feedback
- Identify individuals and support
- Accountable to other team members for commitments

Family & Youth

Parent Partner

Their Role

- Partners with the parent/resource parent
- Instills hope
- Decreases bias about parents (within the team)
- Promotes self-advocacy
- Addresses immediate needs
- Helps connect with resources

Family/Parent Partner

Youth Partner

Their Role

- Designated peer support
- Mentors/advocates
- Provides hope and builds resilience
- Ally

Youth Partner/Specialist

Family Specialist

Their Role

- Provides support
- Enhances connections in the community and school environments
- Builds on or develops strengths
- Develops skills to replace non-productive behaviors

Family Specialist

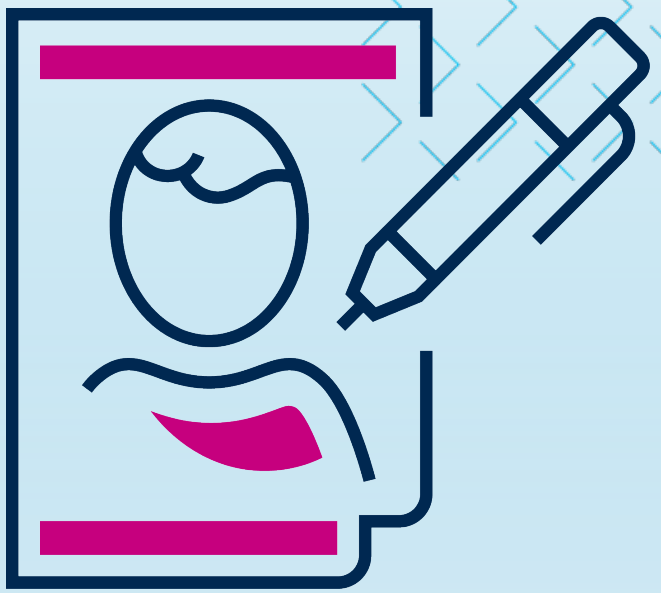
Facilitator

Their Main Responsibilities

- Work to support the Wraparound CFT
- Guide Wraparound planning in all phases
- Organize, facilitate, write up, and disseminate meeting results

Their Role

- Meets with the family and youth
- Reviews consent and release forms, answers questions, explains options
- Gathers individual perspectives on strengths, needs and long-term goals
- Helps ID other possible team members
- Arranges and facilitates CFT meetings
- Prepares documents/plans to be used by the CFT



Facilitator

PRINCIPLE THREE
Supports

- Natural Supports
- Informal Supports
- Formal Supports

03

TRACK YOUR INSIGHTS

Vulnerability and Shame

The Neuroscience of Wraparound

- Shame is “I am bad” Guilt is “I did something bad”.
- Shame is correlated with addiction, depression, violence, aggression, bullying, suicide, eating disorders.
- Fear of not being worthy of connections

Phase One

- Remember we are asking youth and families to be deeply vulnerable when they just met us
- Be mindful of how we might trigger feelings of shame in our questions, tone and body language

Shame corrodes the very part of us that believes we are capable of changes.

BRENÉ BROWN

Vulnerability Means…

- We have the courage to be imperfect
- We have the compassion to be kind to ourselves and then to others
- We grow connections with others when we are authentic

How to lean into vulnerability

- Ask for help
- Don’t numb emotions
- Invest in relationships – knowing that some may not work
- Practice gratitude and joy

BREAKOUTS
15 Minute Breakout Sessions

In small breakouts talk about these items:

Reflect on times when you have felt shame. What does it feel like? Where do you feel it in you body?

What have other people done that has triggered their feelings of shame (words/body language)?

How can the concept of Vulnerability help you in role in your role in Wraparound Team Meetings?

LET'S CHAT

TIME TO TALK

TELL US WHAT YOU LEARNED

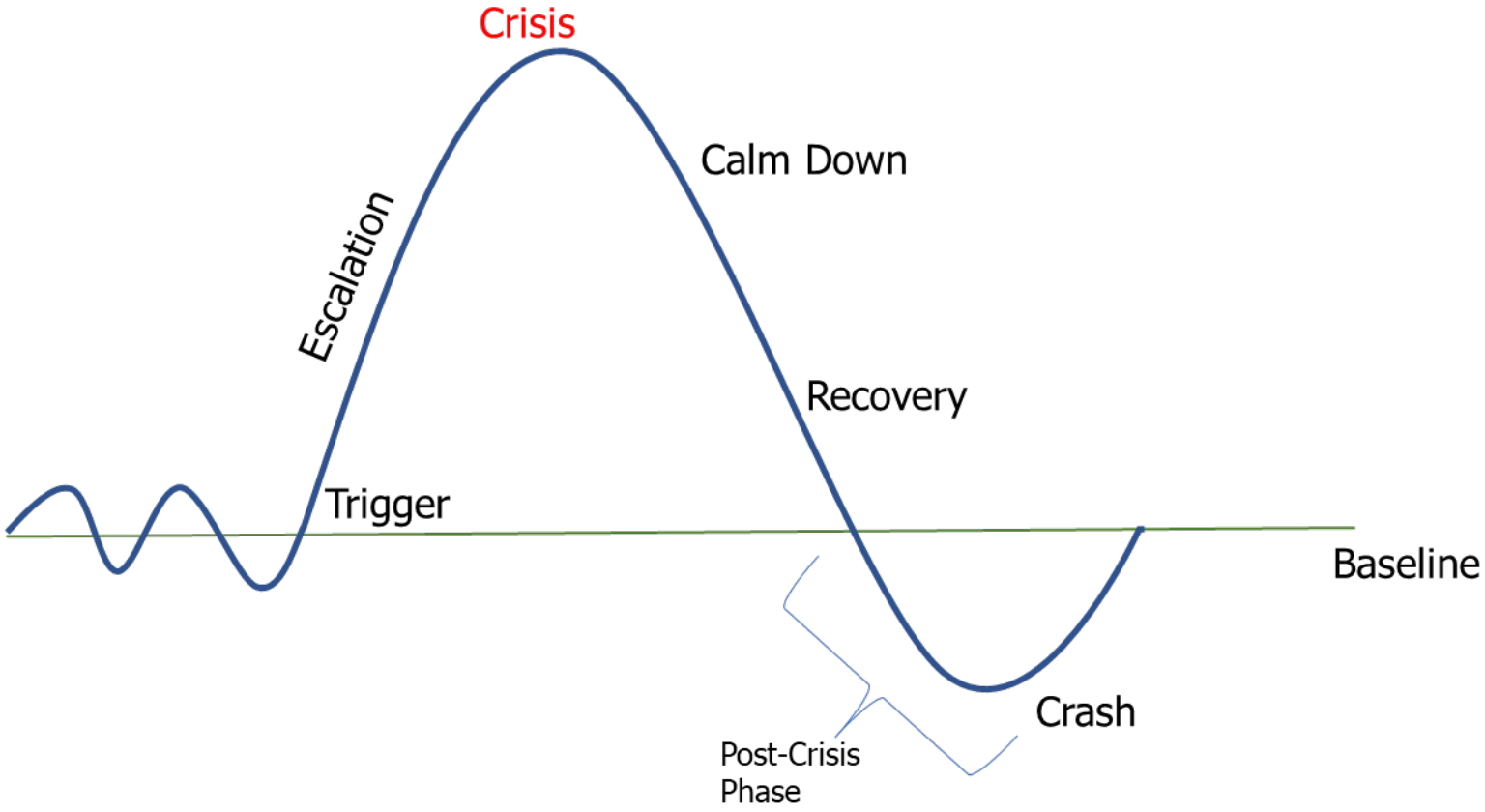
RSA
Shorts

TRACK YOUR INSIGHTS

COFFEE
BREAK

Crisis and Safety

The Crisis Cycle



TYPES OF CRISIS & SAFETY PLANS

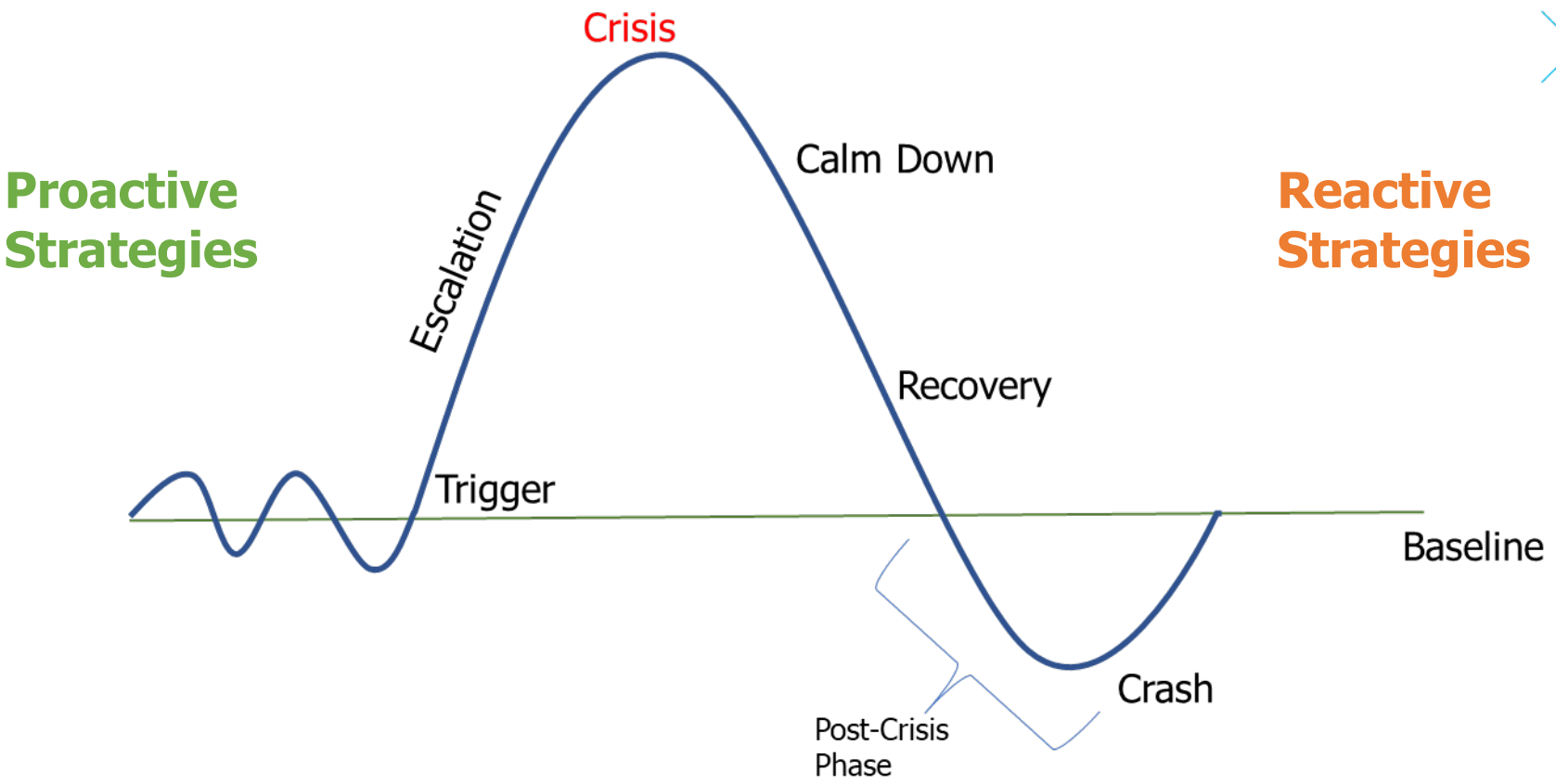
PROACTIVE	=	**PREVENTION**
REACTIVE	=	**INTERVENTION**

Crisis Happens!

In Wraparound we are prepared for Crisis

- Remember the Phases
- Crisis Planning is **EVERY** phase

Proactive and Reactive Strategies



Things to Remember

- **TRUST** and **CONNECTION** are built over time
- Youth and families must be **ACTIVELY INVOLVED** in creating the plan
- Good plans are **STRENGTHS-BASED** and built from things that are known to work for the youth and family
- Be **CULTURALLY RELEVANT**

Some Common Situations That Can Spark Crisis

MEDICATION ISSUES

STRESSED RELATIONSHIPS

NEW SITUATION/LOSS

CHANGE IN ROUTINE

HEALTH AND PYSCHIATRIC ISSUES

NEED FOR STRUCTURE

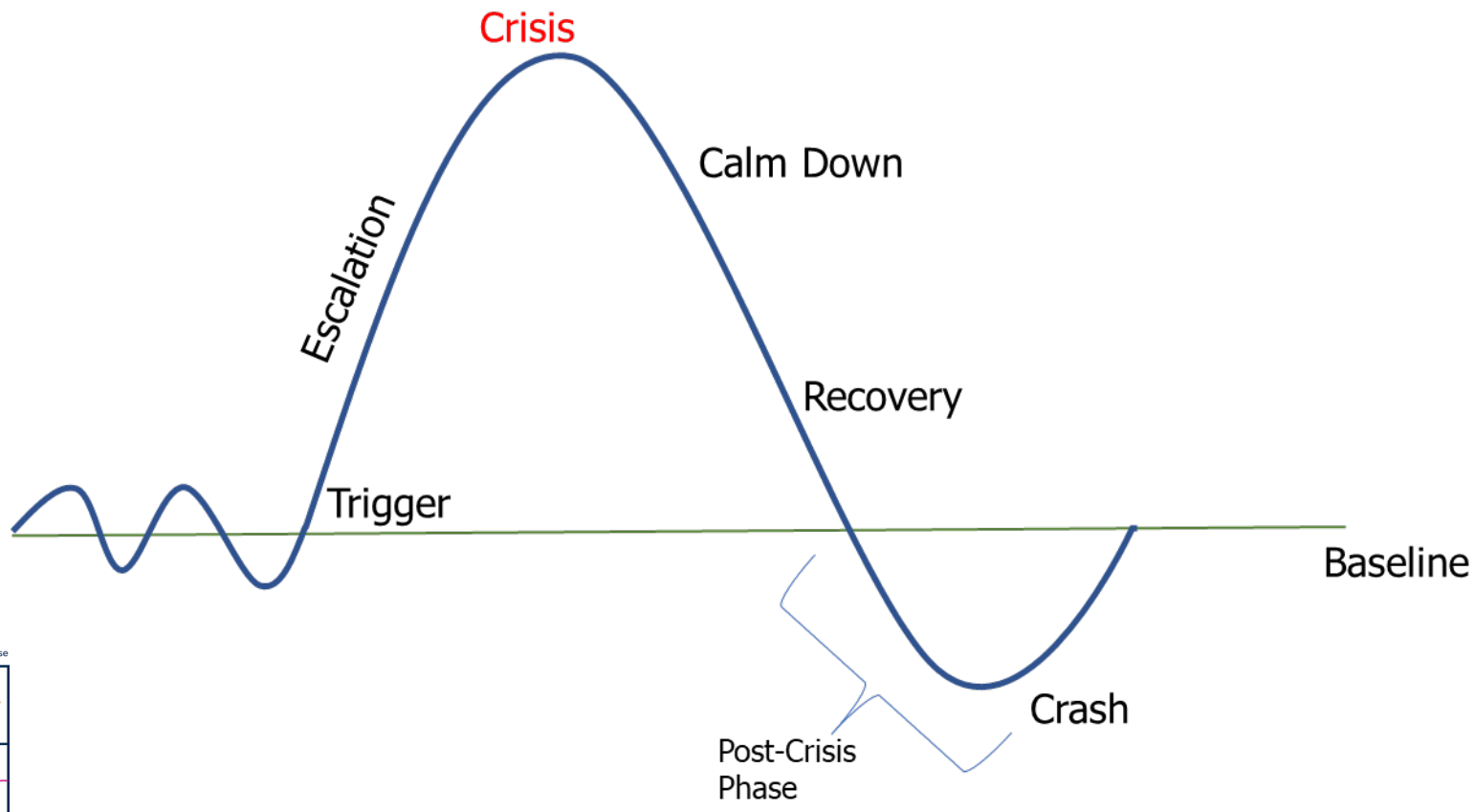
STRESS AND EMOTIONS

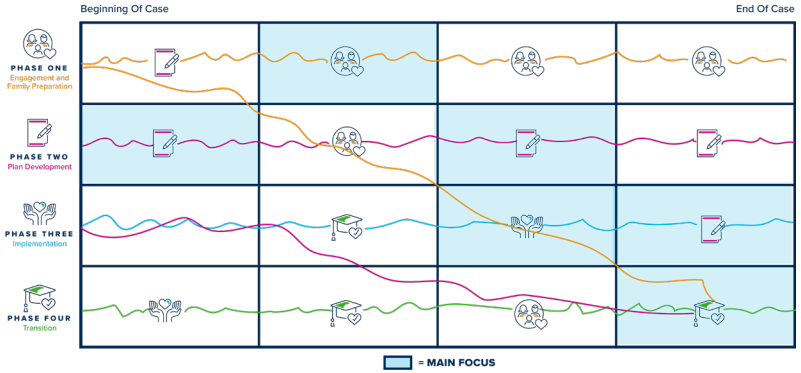
LET'S CHAT

TIME TO TALK

TELL US WHAT YOU LEARNED

Crisis and Safety Planning





A Effective Plan is:

One the family and youth will use

- Anticipates a crisis based on past behavior and known triggers
- Plans for the worst-case scenario – ***without judgement***
- Meets the needs of the youth and family
- Addresses the needs of involved systems and the community
- Has each response planned with a beginning, middle, and end to manage the crisis process

Elements of Wraparound Crisis and Safety Plan

- History & Background Information
- Narrative Summary: Strengths & Needs across all life domains
- Anticipated Problems/Crisis or Safety Events
- Medical Information
- Warning Signs/Triggers
- Recommended Interventions
- Interventions to Avoid
- Youth & Family treatment Preferences
- Contact List

SUPER
SOUL
SUNDAY

TRACK YOUR INSIGHTS

The stronger the team, the better the dream.

WRAPAROUND FAMILY

HOMEWORK
Module 3

Assignments

- Read and reflect: The Needs Guide: A resource for families, facilitators and team members working with the Wraparound process
- "I Am From" poem and family Story
- Review "Putting Outcomes-Based Principle into Action: Guide for Wraparound Care Coordinators
- Life Domains review

MODULE TWO

THANK YOU!

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