

# Maryland School Mental Health Alliance\*

## *Wraparound Services Information for Clinicians*

### **Definition**

Wraparound is a structured team-based approach for the development of individualized plans that are family driven and youth guided, community-oriented, strengths-based and culturally and linguistically competent. Wraparound relies on a balance of formal and informal or natural supports to help children and families achieve important outcomes while they remain, whenever possible, in their neighborhoods, schools and homes. “Wraparound is more than a technology for improving clinical and functional outcomes: it is also an expression of a philosophical commitment to protecting certain fundamental rights of children with mental health needs and their families” (RTC, 2004, p.4).

### **Some things to know:**

The term “Wraparound” was coined in the early 1980’s by Dr. Lenor Behar of North Carolina. Dr. Behar used the term to describe an array of community-based services that support the capacity to maintain children in their families. Since then the term “Wraparound” has become widely interpreted.

In Maryland, 2-3% of the youth population are “deep-end”. High fidelity wraparound is designed to provide services to these youth in need of intensive services. Maryland is not just implementing a Wraparound approach to service planning, but is also changing the structure of how youth with special needs and their families access and use services. The System of Care initiative within the state of Maryland is providing funding to local jurisdictions to help support this reform. The Wraparound intervention incorporates two components: family centered decision making that allows for services and supports to meet the families needs, and an actual array of services and supports that are implemented (RTC, 2002, p.5)

The principles of Wraparound are utilized throughout four phases of the process. The ten principles of high fidelity Wraparound are as follows:

1. Family Voice and choice
2. Team based
3. Natural Supports
4. Collaboration
5. Community-based.
6. Culturally Competent
7. Individualized
8. Strengths Based
9. Persistence
10. Outcome Based

Wraparound is about:

- Leadership at all levels
- Involvement of all members
- Maintenance of individual self-esteem
- Open communication
- Power within the group to make decisions
- Attention to both process and content
- Mutual trust and support
- Respect for differences
- Constructive conflict resolution
- Focus on benefit of working as a team
- Mission and value driven
- Use the team as your primary communication device

### **What can we do:**

- Become aware of the Systems of Care Initiative in your county.

- Learn about the Wraparound process so that you have a strong knowledge base
- Understand how care coordination works
- You may be responsible for providing direct service to the child
- You may have involvement with clinical supervision
- Learn to work with other team members (ie. teachers, families)

As the clinical liaison your involvement may include:

- clinical assessment and service formulation
- consultation with the child/family team
- consultation with other service providers
- being a member of the child/family team
- being the child/family team facilitator

### **Websites & Helpful Links:**

<http://medschool.umaryland.edu/innovations>

<http://deployment15.omniupdate.com/innovations/default.asp> -The Maryland Child and Adolescent Community Innovations Institute (Innovations) within the Department of Child and Adolescent Psychiatry has two primary goals of ensuring that children with the most intensive needs receive Wraparound services and ensuring families and children in each of Maryland's jurisdictions have means of obtaining necessary services. This website also has links to each local management board within Maryland counties that are responsible for improving service planning at the local level.

<http://www.ffcmh.org/> -The Federation of Families for Children's Mental Health (FFCMH), a national family-run organization, serves to provide advocacy at the national level for the rights of children and youth with emotional, behavioral and mental health challenges and their families.

<http://www.rtc.pdx.edu/nwi/> - The National Wraparound Initiative (NWI) is part of the Portland Research and Training Center. The Center's activities focus on improving services to families whose children have mental, emotional or behavioral disorders through a set of related research and training programs.

<http://www.aasa.org/> -American Association of School Administrators website provides information to support and develop effective school system leaders who are dedicated to the highest quality public education for all children.

<http://www.goc.state.md.us> – Describes the goals and intentions of Wraparound in the state of Maryland.

<http://www.rtc.pdx.edu/nwi/tools/pgTool.php?activity=21> – Provides blank templates to help develop a plan for the child.

Walker, J., Burns, E. (2006). Building on Practice Based Evidence: Using Expert Perspectives to Define the Wraparound Process. *Psychiatric Services*, 57

<http://psychservices.psychiatryonline.org/cgi/content/full/57/11/1579>

\*Developed by the Center for School Mental Health (<http://csmh.umaryland.edu>) in collaboration with the Maryland School Mental Health Alliance.