

January Notes From the Healthy Family Healthy Child Project

The Healthy Family Healthy Child Project has just entered the fourth year of its five-year existence with the Tribe. Coinciding with this transition, the Healthy Family Healthy Child Project also entered the final phase of our grant, which is to offer Wraparound Services to Tribal TANF clients.

Wraparound is not a concept, but a process. The wraparound process has been used in social services at the state level for several years as well as by many Tribes. It is, however, new to our Tribal social services department and is being facilitated by the Healthy Family Healthy Child Project.

Perhaps the best way to explain what wraparound is would be to provide an edited, short explanation that was written for prospective clients, titled "Welcome to Wraparound – a Users Guide."

Welcome to Wraparound A Users Guide

Welcome and congratulations on your decision to consider the wraparound process as a way to plan and implement services and supports for your family in a respectful, culturally competent manner. Wraparound is part of a process called Systems of Care.

About the Process

Wraparound is a planning process that follows a series of steps to help the entire family realize their hopes, dreams and goals. It brings people together from different parts of the whole family's life. With the help of a facilitator, people from the family's life work together, coordinate their activities and blend their perspectives of the family's situation.

Wraparound is always driven by the same principles (see below for these 10 principles). In addition, wraparound will always follow the same basic phases and activities.

About this Guide

This user's guide was created to serve as a road map for family members. It's a small part of a bigger 28-page information packet that is available to anyone interested in reading it. Just ask for it. You can use it to help make sure your family is on the right path and the process follows closely to the principles and activities of wraparound.

Before You Get Started: Wraparound Setup

The wraparound process is a team-based activity that helps the group of people involved in your family's life come together and work toward a common goal. For some wraparound teams, the goal is a team mission; for others, it's the family's vision of how things will look in the future.

In wraparound, it's truly all about you. You are an important and equal member of the team. Your wraparound meetings will be facilitated and organized by someone who is trained to facilitate your team meetings.

You and your team will create a plan that includes ways to ensure that your family can experience success in your community, home and schools. Initially,

most of this process will seem foreign to you but as the process continues, you will become very comfortable with it.

What Do I Need to Know?

- You will be asked to help develop a team and make decisions with that team.
- You will be asked to identify your family's strengths and needs.
- You and your team will consider a variety of actions to meet these needs.
- Your wraparound plan will change regularly or as needs are met.
- You and your team will get an opportunity to evaluate whether your plan is getting the results or outcomes you want.

What Can You Expect?

- You can expect a facilitator to contact you to get to know you and your family.
- You can expect regular team meetings.
- You can expect to get copies of all plans and reports, including your wraparound plan and your strengths inventory.
- You can expect your first family team meeting to occur within three weeks of your initial conversation with your facilitator.
- You can expect the wraparound facilitator to ask you to sign papers so this person can talk to other people in preparing for your first team meeting.
- You can expect strict confidentiality from your team.
- You can expect to be treated respectfully and that your voice and opinions will be heard.

What Can I Do to Get Started?

- Make a list of strengths for each member of your family and what they do well, what they like and what their best features are.
- Make a list of who has been supportive and helpful to you or your family as well as who cares about what happens to you.
- Think about your goals and what you would like your family life to be like in the future.

Where Can I Get More Information?

- Ask your team facilitator or your TSS for the 28-page "Users Guide."
- The National Wraparound Initiative – www.rtc.pdx.edu/nwi
- Systems of Care – The U.S. Substance Abuse and Mental Health Services Administration – www.systemsofcare.samhsa.gov

The Wraparound Process Quick Guide

Phase One: Engagement and Team Preparation

A facilitator or program representative will meet with your family to discuss the wraparound process and listen to your family's story. At this meeting, the discussion will be about your family's hopes, dreams and strengths and the family's vision of the future. People who

care about your family will be identified as well as people who have been helpful for each family member. Together, you and your facilitator will decide who will be invited to become a member of your wraparound team.

Phase Two: Initial Plan Development

In this phase, the family will attend its first wraparound team meeting with people who are providing services to your family as well as the people you have chosen who are connected to the family in a supportive role. The team will:

- Come up with a short mission statement about what the team will be working on together.
- Look at needs of your family.
- Come up with several different ways to meet those needs that match up with your strengths.
- Different team members will take on different tasks that we all agree on.

Phase Three: Plan Implementation

Together, you and your team will create a Plan of Care. Team members will commit to specific action steps they will take to assist you, as well as when these steps will be taken. When the team meets next, it will do four things:

- Review the accomplishments (what members have done and what's been going well).
- Assess whether the plan has been working to achieve the goals.
- Adjust things that are not working within the plan.
- Assign new tasks to team members.

Phase Four: Transition

Even though transitions happen throughout the process, there is a point when the team will no longer need to meet regularly. Completion may involve a final meeting of the whole team, a small celebration or simply saying that your family is ready to move on. You and your family will receive a record of what was done and a list of what worked. We also will make a plan for the future, including who we can call on if we need help or if we need to reconvene your team.

10 Principles of the Wraparound Process

1. **Family voice and choice.** Family perspectives are intentionally elicited and prioritized during all phases of the wraparound process. Planning is grounded in family members' perspectives and the team strives to provide options and choices such that the plan reflects family values, preferences and culture.

2. **Team based.** The wraparound team consists of individuals agreed upon by the family and committed to them through informal, formal and community support and service relationships.
3. **Natural supports.** The team actively seeks out and encourages the full participation of team members drawn from family members' networks of interpersonal and community relationships. The wraparound plan reflects activities and interventions that draw on sources of natural support.
4. **Collaboration.** Team members work cooperatively and share responsibility for developing, implementing, monitoring and evaluating a single wraparound plan. The plan reflects a blending of team members' perspectives, mandates and resources. The plan guides and coordinates each team member's work toward meeting the team's goals.
5. **Community-based.** The wraparound team implements service and support strategies that take place in the most respectful, inclusive, responsive, accessible and least restrictive settings possible.
6. **Culturally competent.** The wraparound process demonstrates respect for and builds on the values, preferences, beliefs, culture and identity of the entire family and their community.
7. **Individualized.** To achieve the goals laid out in the wraparound plan, the team develops and implements a customized set of strategies, supports and services.
8. **Strengths-based.** The wraparound process and plan identify, build on and enhance the capabilities, knowledge, skills and assets of the entire family, their community and other team members.
9. **Persistence.** Despite challenges, the team persists in working toward the goals included in the wraparound plan until the team reaches agreement that a formal wraparound process is no longer required.
10. **Outcome based.** The team ties the goals and strategies of the wraparound plan to observable or measurable indicators of success, monitors progress in terms of these indicators and revises the plan accordingly.

If you are a TANF client and would like to try this process or have questions concerning Wraparound, please call the Healthy Family Healthy Child Project and speak to either Bekki Lundy, project manager, at 541-444-8262 or 800-922-1399, ext. 1262; or Mark Kimball, project specialist, at 541-444-8233 or 800-922-1399, ext. 1233. Either of us will be glad to schedule an appointment or answer your questions.

Siletz Veterans Office Open Daily

Tony Molina is available for all Siletz Tribal veterans. He is in the Tribal administration building in Siletz from Monday through Friday to help you get all the information you need for your VA benefits.

Additionally, he needs your help to update our veterans' roster, especially for those who are currently serving. Call Tony at 541-444-8330 or 800-922-1399, ext. 1330.