

Overview of the High Fidelity Wraparound Process and Implications for Psychiatrists in the Process

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December 14, 2009

Wraparound or Warparound?

- What has been called wraparound has varied widely across the US and Canada.
- Key early examinations of system of care and wraparound showed inconsistent outcomes (Bickman's work)
- The National Wraparound Initiative was formed and successfully brought standards to the field, which has led to a series with consistently positive outcomes

Wraparound Process

A Process for Supporting Youth and Families that

- Is defined by 10 principles of how the process is implemented;
- Is done in four phases and related activities that describe what is to be done; and
- Fit the four components of the theory of change that explains why it works.
- Works better when done to fidelity standards

Collaboration and Integration Definitions

Collaboration: Agencies are familiar with each other's missions and roles, key staff work with each other at the child/family level, but often retain single system decision making power and planning.

Integration: Agencies are familiar with each other's missions and roles, key staff work with each other at the child/family level, sharing decision making in a team format that includes the family, producing a single plan that meets all system mandates and that is owned by the entire team.

Remember one thing...

- High Fidelity Wraparound is a process of integration for children and families with co-occurring disorders, which is considered an EBP by most states, and is considered a Promising Practice by the Feds. As a process, wraparound can include other EBP such as FFT. This process is specifically designed to lead to positive clinical outcomes.

Wraparound

- Wraparound is a facilitated team based practice model designed to integrate natural and professional supports, with the family/youth in the driver's seat
- A wraparound team is formed to help define and refine family/youth strengths, culture, vision and needs; prioritize needs and create the plan; and then carry out the plan one prioritized need at a time until the formal team is no longer needed because the vision of the family/youth has been achieved.

Principles for Wraparound

- Family Voice and Choice
- Team Based
- Natural Supports
- Collaboration (and Integration -- VVDB)
- Community Based
- Culturally Competent
- Individualized
- Strengths Based
- Persistence
- Outcome Based and Cost Responsible

Phases and Activities of the Wraparound Process

Engagement and Team Preparation

- Orient the family to Wraparound
- Stabilize crises
- Facilitate conversations about strengths, needs, culture, and vision of the family
- Engage other potential team members
- Make needed meeting arrangements

Initial Plan Development

- Develop a plan of care
- Develop a detailed crisis/safety plan

Implementation

- Implement the plan
- Revisit and update the plan
- Maintain team cohesiveness and trust
- Complete documentation and handle logistics

Transition

- Plan for cessation of wrap
- Conduct commencement ceremonies
- Follow-up with the family after graduation

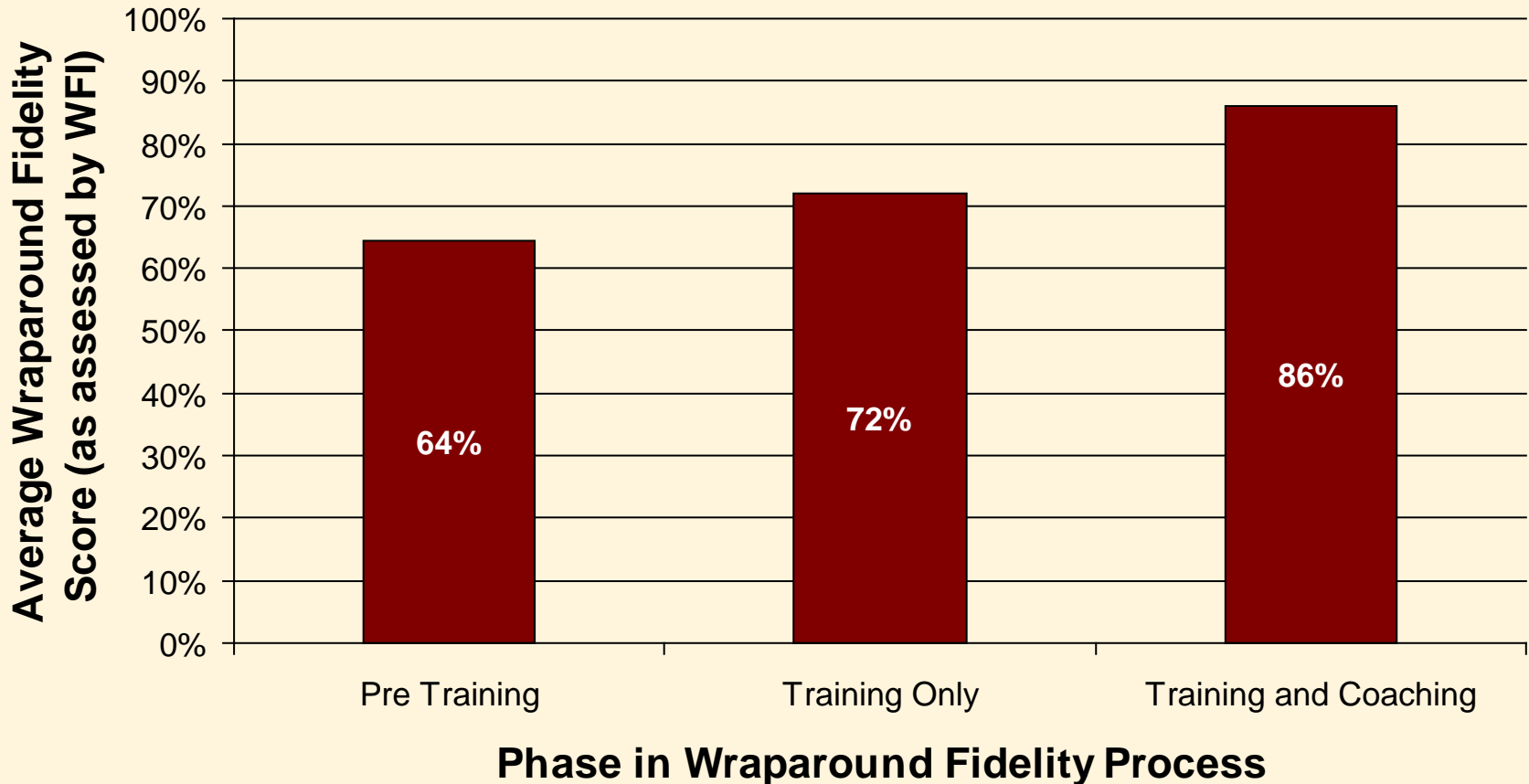
Phases and Activities, and Skill Sets

- Vroon VanDenBerg has developed 90+ specific skill sets for wraparound facilitators, based on the Phases and Activities of High Fidelity Wraparound. The skill sets were based on observation of good wraparound, and were extensively validated in VVDB test sites.
- VVDB has specific training and coaching products which are used to ensure fidelity to both the Phases and Activities (NWI) and the skill sets.
- These training and coaching products have been tested in over 35 sites across North America.
- Sites using these products report greatly improved outcomes and more satisfied families and staff.

Transfer of Information: Training and Coaching

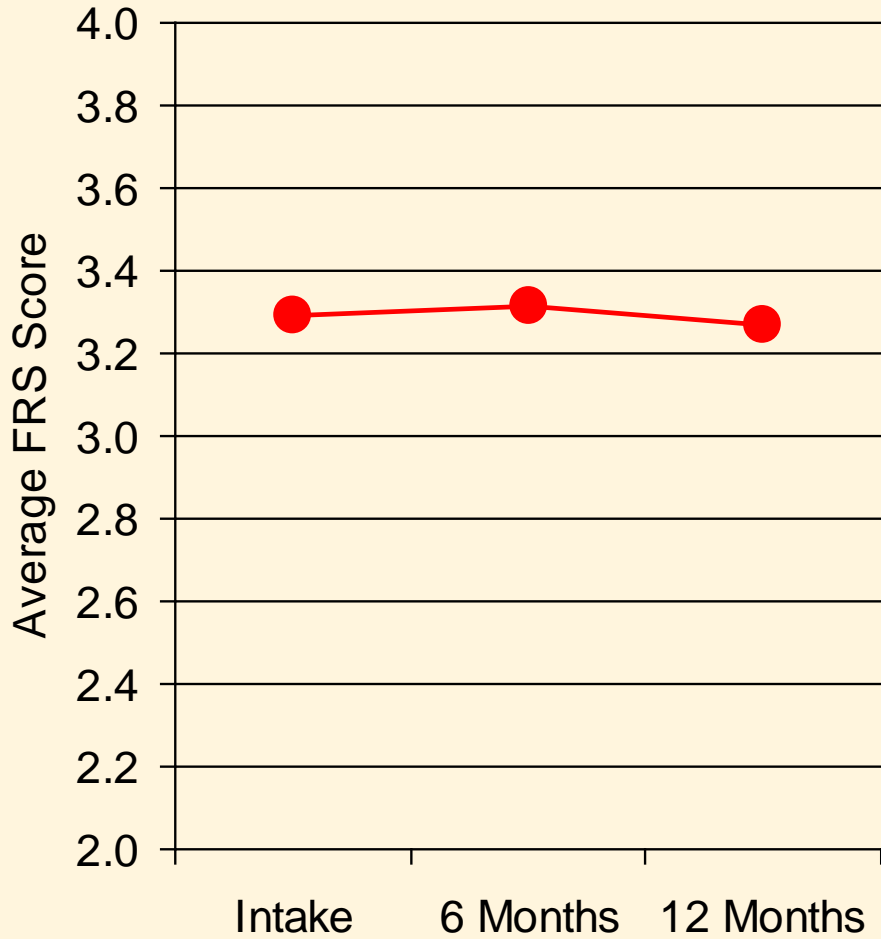
- **Training** is a valuable and efficient technique of transferring information to large numbers of people
- **Coaching** is hands-on instruction done in small group format; one-on-one teaching; and in-vivo or “live” coaching in the presence of the client families.
- Coaching is done by the supervisor/coach or an independent coach who is a very experienced wrap facilitator.

Training and Coaching Effects

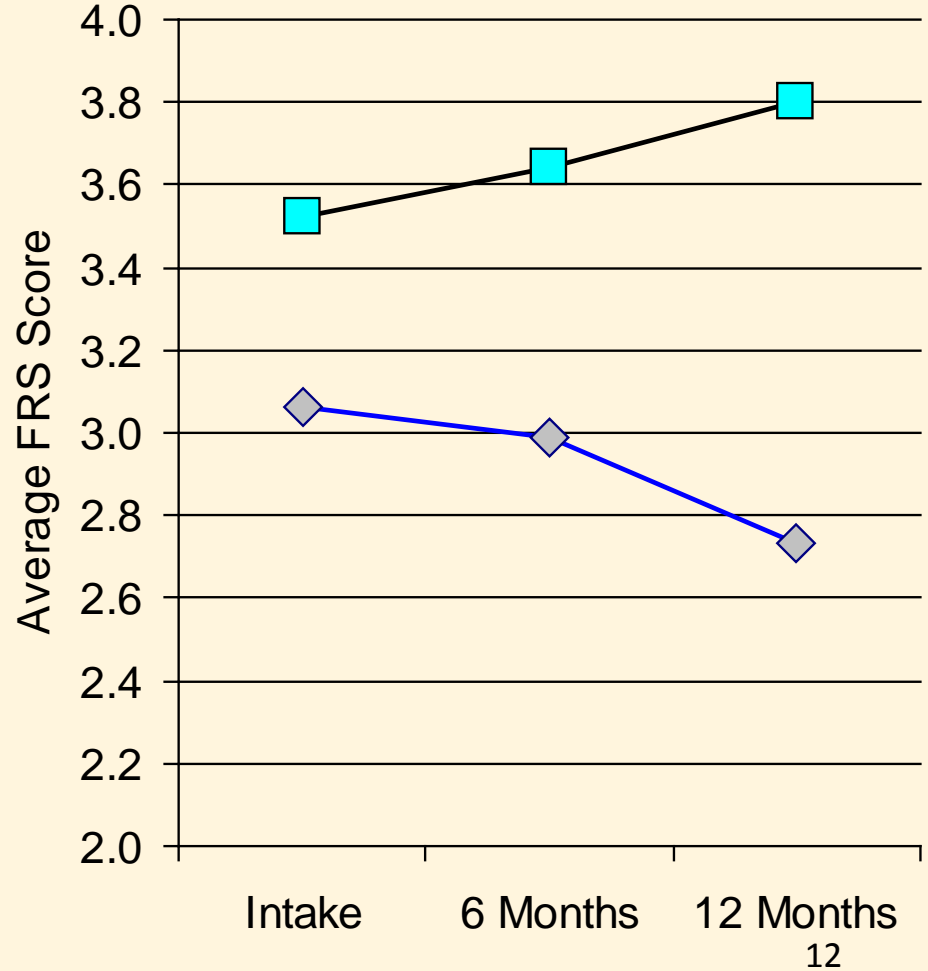


Impact of Fidelity

● Overall



◆ Low Fidelity ■ High Fidelity

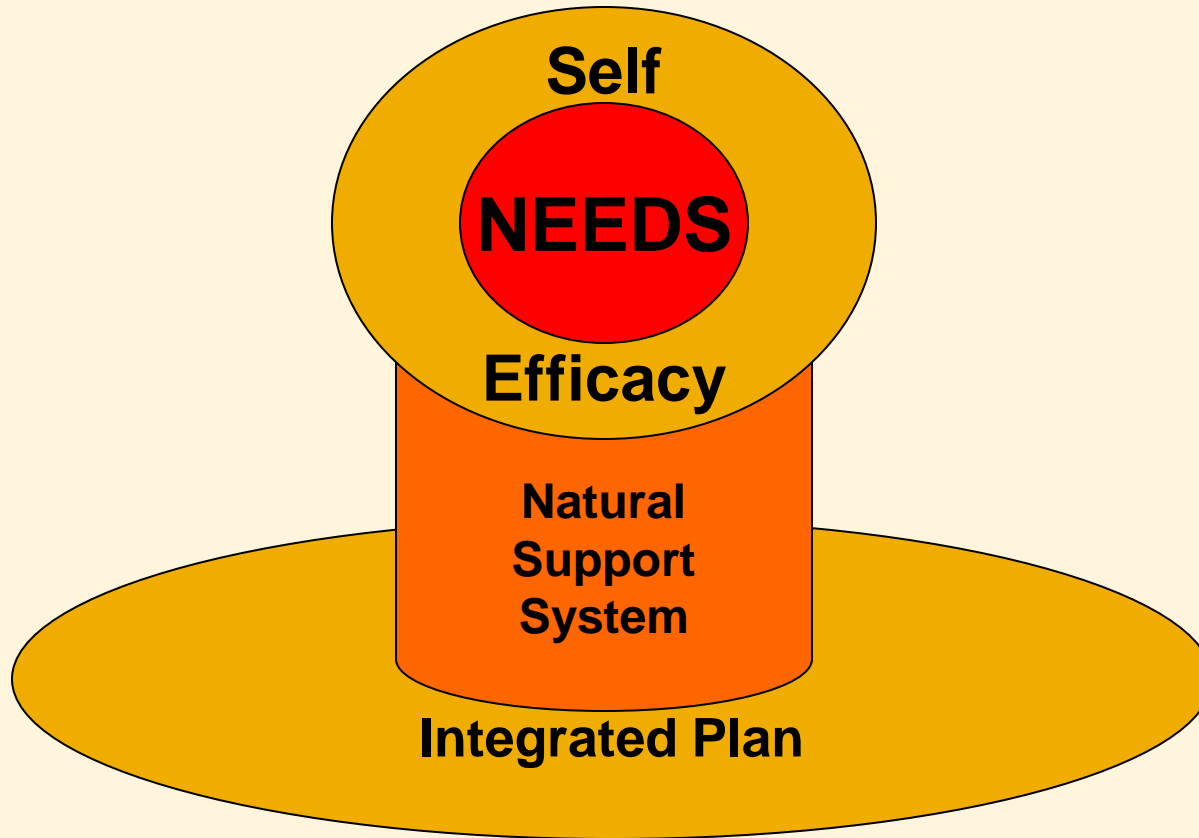


The Theory of Change is

- Is why we do wraparound
- Is what about wraparound that makes it work
- Is what differentiates it from other service coordination processes
- Defines expectations for what we hope to accomplish through wraparound

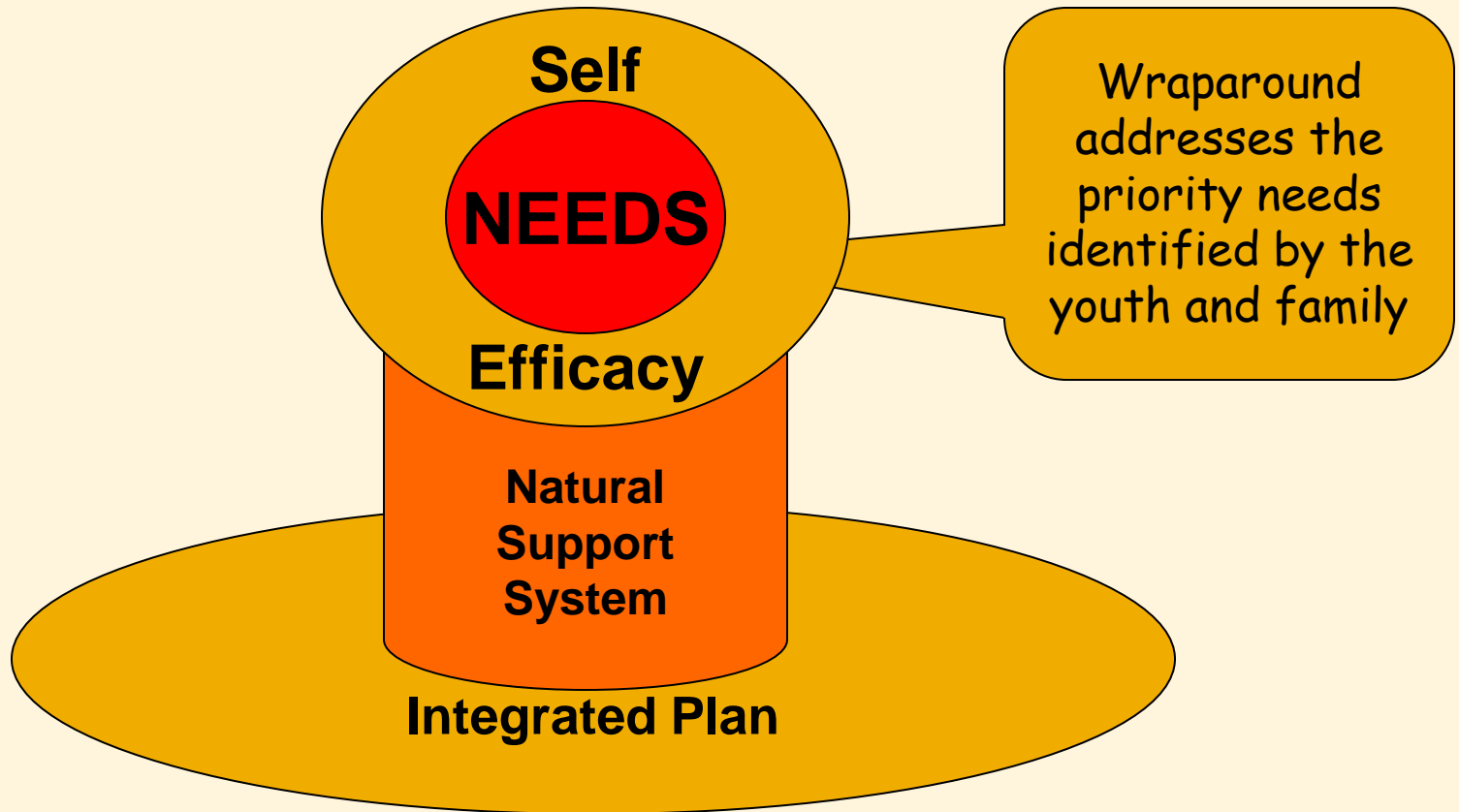
Theory of Change for Wraparound

Why Does Wraparound Work?



Theory of Change for Wraparound

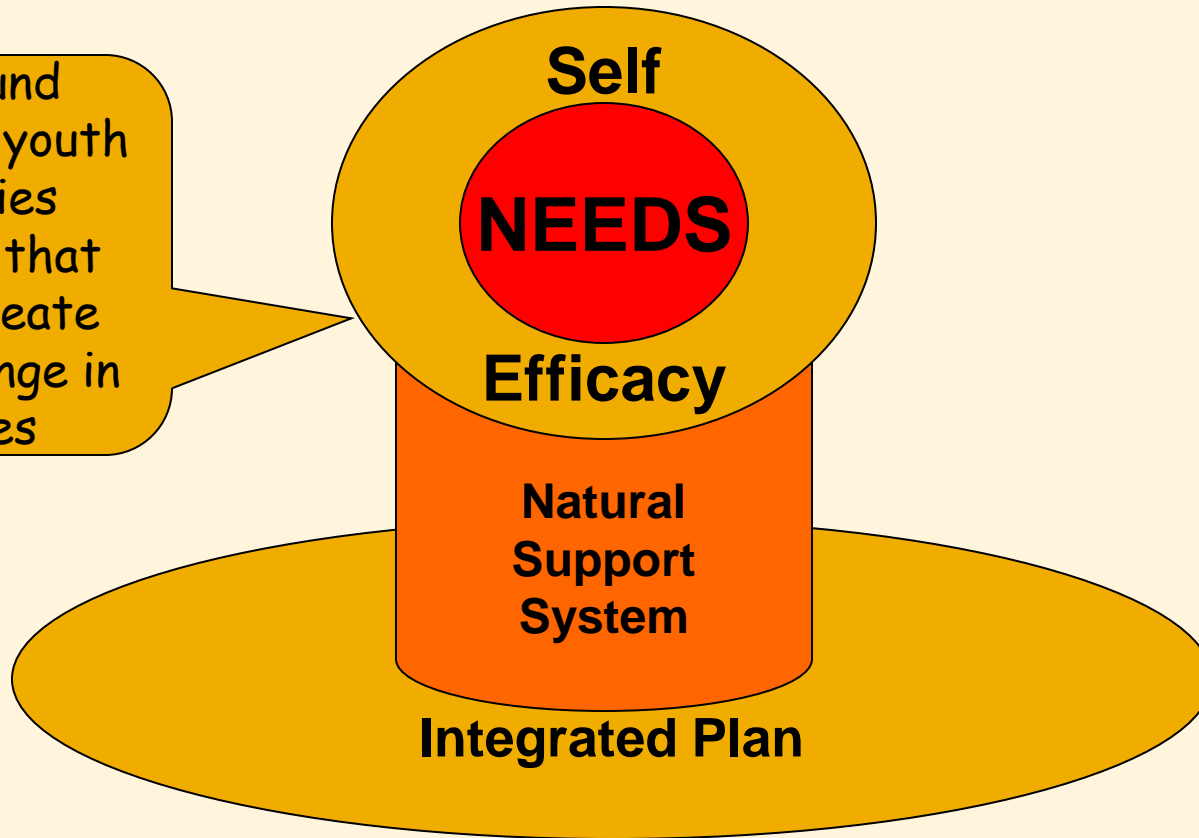
Why Does Wraparound Work?



Theory of Change for Wraparound

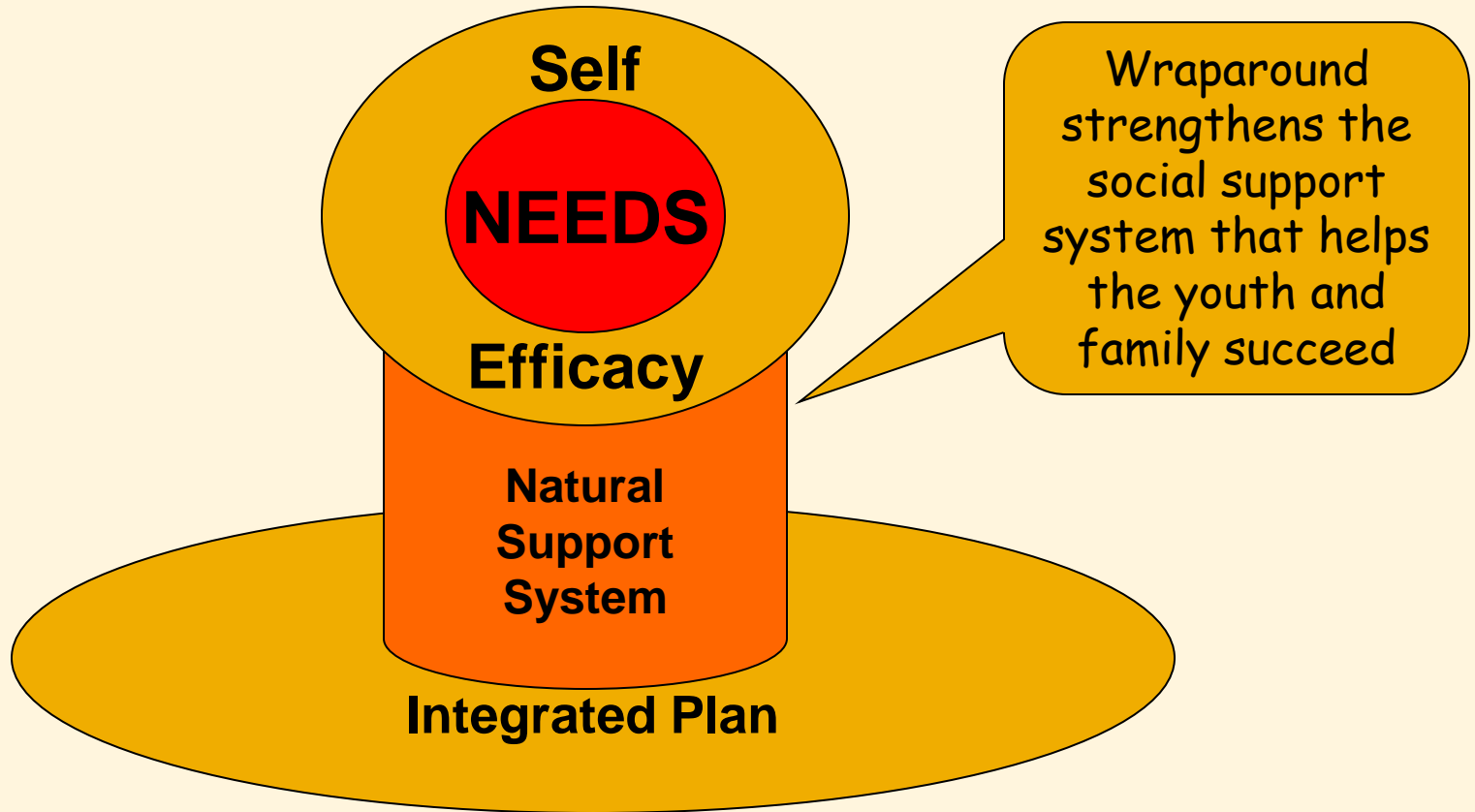
Why Does Wraparound Work?

Wraparound strengthens youth and families confidence that they can create positive change in their lives



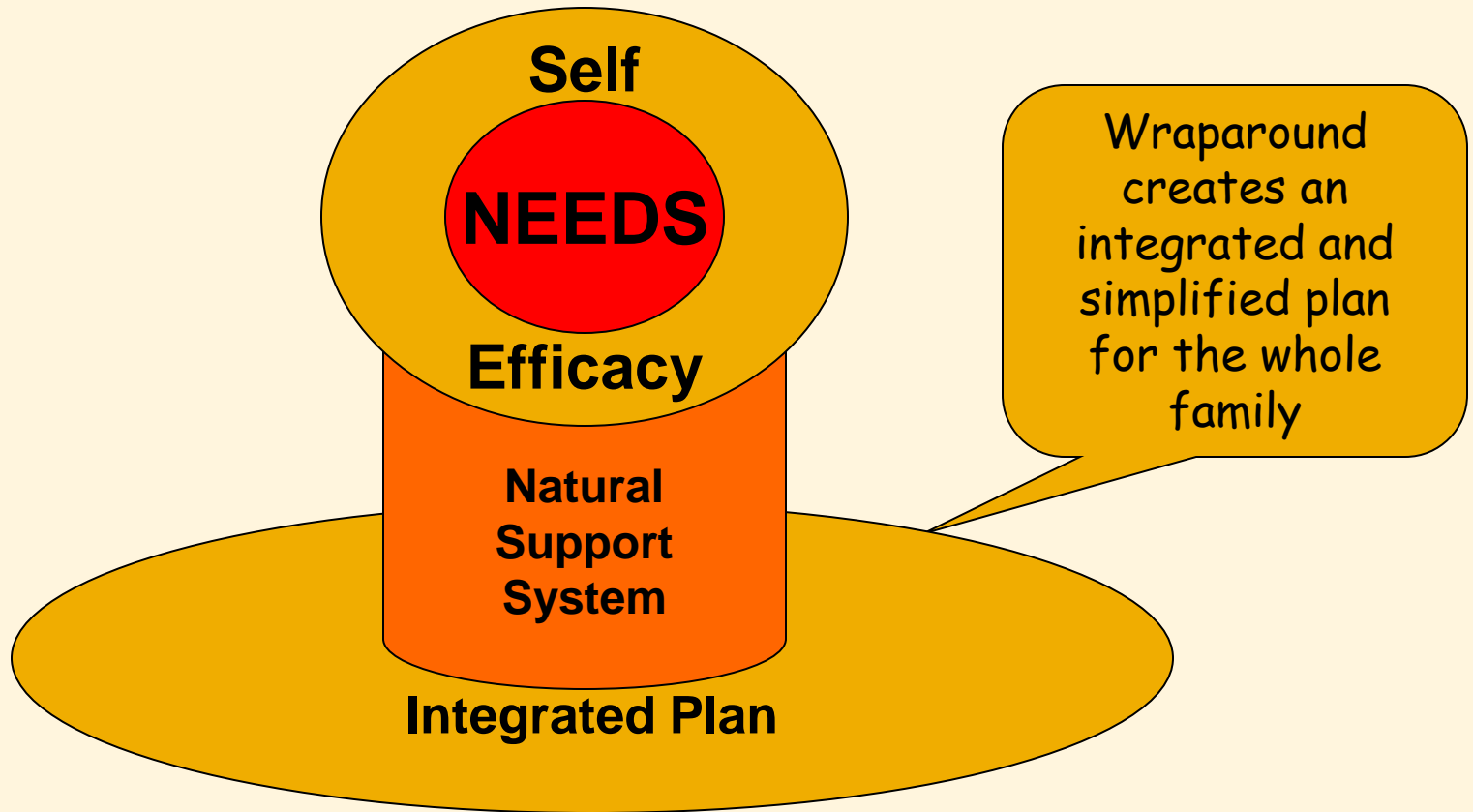
Theory of Change for Wraparound

Why Does Wraparound Work?



Theory of Change for Wraparound

Why Does Wraparound Work?



Family Driven, Youth Guided

- Families/Youth drive the planning and implementation
- The move from professionally driven to family driven is a difficult transition for most sites.
- When families/youth do not “know what they need”, this signals the need for more engagement and discussion about needs rather than switching back to a professionally driven process.

What or Who are Natural Supports

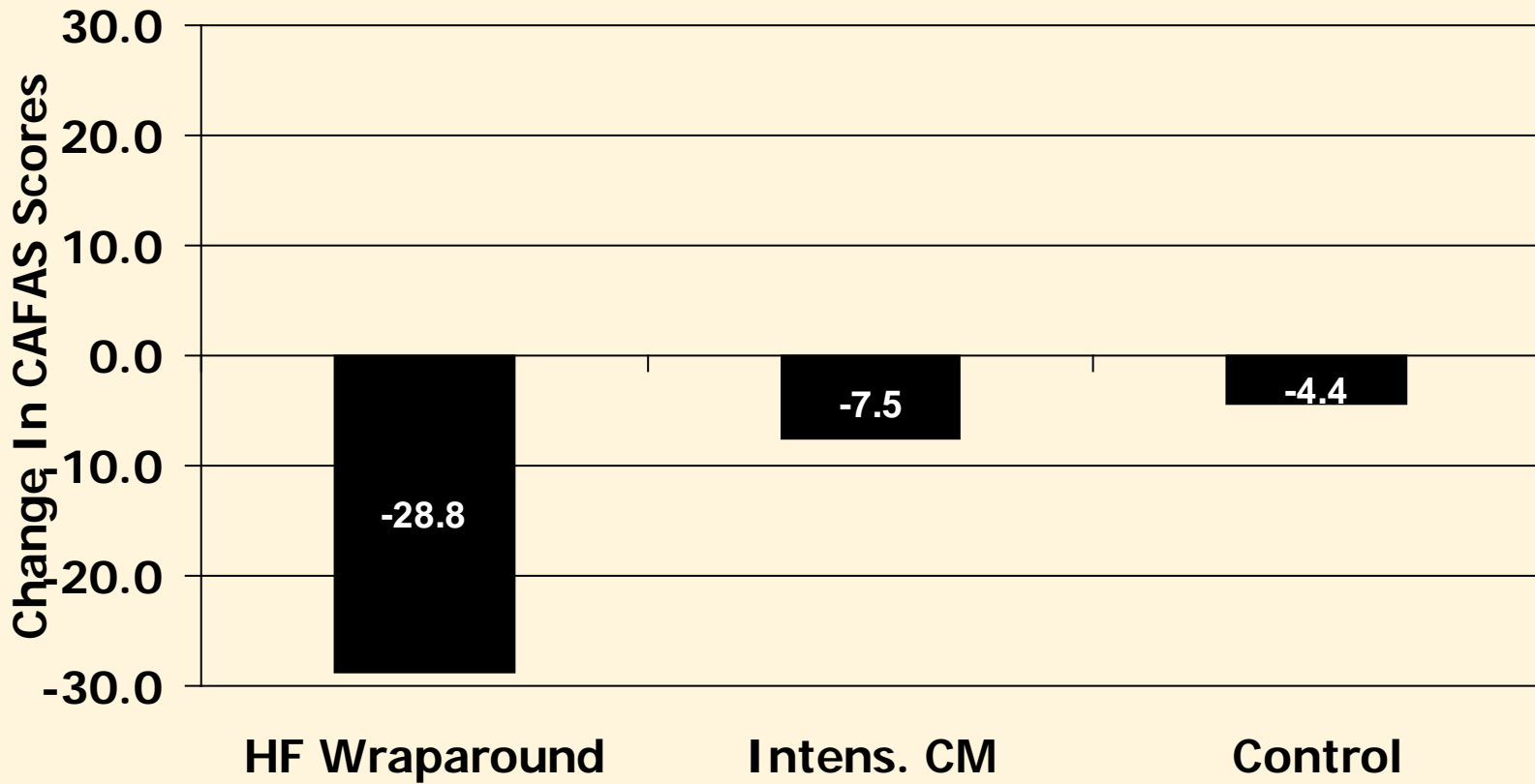
- Natural supports are community resources available for use by youth and families within which are consistent with their cultural beliefs and practices.
- Natural supports may involve individuals outside the immediate family and a variety of informal supports found in the neighborhood or larger community.
- Natural resources are external to the child and family and, once accessed through active affiliation, become part of the child's and family's strengths.

Research on Impact of Natural Supports

Natural Supports

- positively impact chronic disease related health behaviors
- increase compliance to routine medical care
- improved health for older people with chronic conditions
- decrease postnatal depression for new mothers
- decrease depression in older women
- positive natural supports decrease drug use
- positive natural supports decrease HIV risk behaviors
- decrease punitive punishment from parents
- increase coping, resilience and sustainability for caregivers

New Nevada Pilot Study



Implications for Psychiatrists

- With the national crisis level shortage of Psychiatrists, wraparound can provide additional information, support, and resources for Psychiatrists to extend their reach with a family/youth

Implications for Psychiatrists

- Wrap can stabilize a family/youth enough for the Psychiatrist to do their work – “It is hard to medicate a rapidly moving object”

Implications for Psychiatrists

- Wraparound, when used as part of short term stabilization focused residential care of psychiatric hospitalization, can improve effectiveness of residential treatment

Challenges for Advanced Degree Behavioral Health Professionals

- Not being the “Team Leader”
- What to do when the family/youth disagree with professional recommendations
- Family cultural practices which exclude traditional clinical interventions
- Lack of system integration and presence of multiple (sometimes competing) planning processes can lead to family/youth alienation with all helping professionals – and at times, blaming of families.