

Wrap Your Head Around This...

Wraparound equals success when teens commit to the process. For example, young people in Wraparound:

- Improve school attendance and grades
- Have fewer discipline issues at school
- Are less likely to engage in risky behavior
- Live in less restrictive environments

Bruns J, et al. American Journal of Community Psychology. 2006;38(3-4):201-212.

For more information on Wraparound, check out *A Youth Guide to Wraparound Services: Your Life, Your Future* at www.wraparoundsolutions.com.

This guidebook provides more details and activities that lead you and your team through the Wraparound process.



www.wraparoundsolutions.com

What Happens in Wraparound?

Steps 1-3 take about 1.5 hours and are completed before your Wraparound team meets.

Step 1. A facilitator—someone who makes sure everything runs smoothly during your Wraparound experience—meets with you and your parents or guardian. You share your strengths with the facilitator: what's important to you, what you like to do, and what you want your life to be like now and in the future. Strengths also can include your faith, what inspires you, favorite people, hobbies, special talents, and music you like.

Step 2. With your facilitator and family or guardian, you build your Wraparound team. Your team will include some professionals—for example, a teacher, therapist, and probation officer—and family members, friends, and other people you like and trust. Parents, siblings, grandparents, aunts, uncles, neighbors, coaches, people from where you worship—you choose.

Step 3. The facilitator asks if you or anybody close to you is facing a big change, crisis, or unsafe situation. If these challenges might come up before your first Wraparound team meeting, you need a plan for how to handle them and stay safe. As the last step in your facilitator meeting, you draft a crisis and safety plan.

About 2-4 weeks later, you meet with your Wraparound team for about 1.5 hours to do Steps 4-6.

Step 4. After everyone is introduced, your team hears what the facilitator learned about you and your family in Steps 1-3. Then, you and your team pick areas of your life you want or need to work on—family life, behavior, school, legal challenges, and so on. Together, you think of how these areas of your life can improve. You or a team mate should write down every idea mentioned.



Step 5. Next, think of exactly what needs to change for an area of your life to get better. Be as specific as possible, as you begin to create your Wraparound plan. Your plan should fit your life by using your strengths to meet your challenges and needs.

Step 6. You and your team look at your crisis and safety plan, a key part of your Wraparound plan, and make any changes needed. Maybe some unsafe areas of your life have improved or new challenges have come up. It's important to fine tune this plan as things change in your life.

Step 7. Living your plan, or Step 7, occurs over many weeks. During this time, you and your team meet regularly, usually twice a month.

Together, you continue to adjust your Wraparound plan. As your skills for handling challenges get stronger, you will probably get more choices. Your plan needs to reflect these important changes.

Before long, you realize you don't just *have* a plan, you're *living* your plan. With the support of your team, you have made changes in areas of your life that you wanted or needed to improve. When you reach this point, congratulations—you're ready to graduate from Wraparound!

Your Life, Your Future

An Introduction to Wraparound



Wrap-a-what?



Someone cares about your life and future. That's why you've been recommended for Wraparound. Funny name for a process that has one goal: supporting you in making positive life choices.

Wraparound provides this support through a team created for you and by you. Some team members will be people who provide you and your family support services, such as counselors and therapists. Others will be people you choose because you care about one another, such as family members, a good friend, or a favorite teacher.

Team members support you as you figure out what's working in your life and what isn't. Together, you and your team create a plan of action based on your challenges, your dreams, and your life.

Why Wraparound?

However young people come to Wraparound, they all face challenges—with their emotions, behavior, and sometimes their physical health.

Many young people choose Wraparound because they want something in their lives to get better. Maybe it's their family lives, friendships, or grades. Perhaps it's their feelings about themselves and others. Often, it's many things.

Some young people don't choose Wraparound. It is chosen for them, maybe by a family member, a therapist, or even a judge. They may have had problems with the law, drugs or alcohol, and lots of other stuff—food, sex, cutting, skipping school, running away, and more.

Other times, parents' problems with alcohol or drug use, mental illness, physical disability, or dangerous or criminal behavior have created serious challenges for their children. Some parents may hurt their children, and some children may hurt their parents.

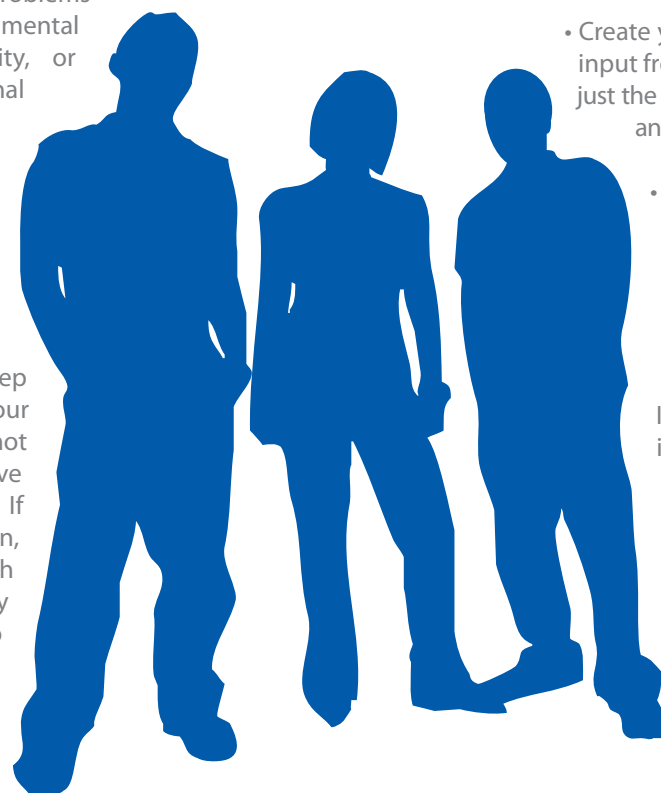
Wraparound can help keep you safe and help your parents, too. Of course, not all young people have parents to care for them. If you are in this situation, Wraparound works with you to find other family members or adults who can serve this important role.

Whether you have chosen Wraparound or it was chosen for you, you'll soon be part of a team that will give you the support and skills you need to make good things happen.

What Choices Do I Have?

There's no getting around the age thing: if you are under 18, adults have legal responsibility for your decisions. That said, the point of Wraparound is to involve you as much as possible in choices that affect your life. For example, in Wraparound you:

- Help pick and guide your support team.
 - Create your Wraparound plan with input from all team members—not just the therapists, doctors, teachers, and other professionals.
 - Include activities and interests in your plan that you like. If you want to strengthen a relationship with someone in your family, your team can help you do that.
- If you have done something illegal or unsafe for you or others, you have fewer choices in Wraparound. As your actions become safer, you'll likely get more choices and make more decisions for yourself.



No Two Wraparound Teams Look The Same

- Peter's team includes his mom, her best friend, his favorite uncle, his probation officer, his choir director, his social worker, and a court counselor.
- Janni's team includes her grandparents, the Vice Principal at her school, her therapist, her best friend, and her grandad's AA sponsor.
- Juan's team includes his dad and his dad's girlfriend, his mom and her boyfriend, his Big Brother, his faith-based youth group leader, his homeroom teacher from 2 years ago, a family specialist, and the youth coordinator from the Wraparound program.
- Leah's team includes her foster parents, her dad and little brother, her Girl Scout leader, her best friend from the troop, her social worker, her brother's therapist, and her guardian ad litem.
- Sam's team includes staff from the group home he was in, a permanency planning specialist, his psychologist, and his older sister.
- Gabriella's team includes her parents, her sisters, her science teacher, the school librarian, and a Child Protective Services worker.