

The School of **SocialWork**
Southern Miss

**Mississippi
Wraparound
Initiative**
1975 SCHOOL OF SOCIAL WORK

Wraparound: Building Partnerships
that Transform the Trauma Identity

Mississippi Wraparound Institute

- Developed in partnership with DOM, USM & DMH to serve as the training, coaching and quality assurance hub for Wraparound in Mississippi.
- Part of the Center for Discovery, Integration and Transformation, our Center of Excellence at The University of Southern Mississippi
- Currently providing technical assistance to 12 registered providers, through which Wraparound is available to families in every county across the state.
- Total number of individuals receiving Wraparound in FY 2016: 2960, with 2335 of those youth having been diverted from out of home placement.
- Since July 2014, 1000 individuals have been trained in Wraparound facilitation skills.

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What leads to good outcomes for families?

- To find out the answer to this question, Dr. John Whitbeck, director of research for Washington State's Mental Health Division along with partners from Washington State University, began with a large sample of individuals receiving services from a variety of human service disciplines which were identified as having positive outcomes. They then analyzed these interventions to look for patterns and common elements.
- What the Washington State team discovered was that positive service situations nearly always had three key clusters of attributes. These qualities seemed essential to positive outcomes, regardless of the type of service being offered, the technique being used or even the specific presenting problems of the individual or family receiving help.

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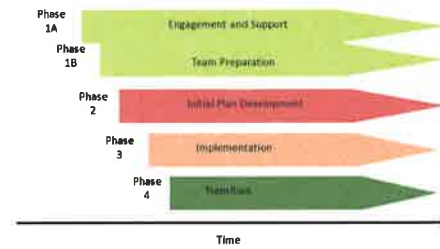
These common factors leading to positive outcomes are...

ACCESS VOICE OWNERSHIP

What is Wraparound?

Wraparound is a way that communities can work together to support and empower families. It builds on the teamwork of a committed group of family, friends, community, professional, and cross-system supports by getting EVERYONE on board to do what they do best. Wraparound results in the creation of a plan of care that incorporates the families' talents, hopes, and dreams; the team's input; and individualized, future-focused strategies.

The Phases of Wraparound



Wraparound serves as an umbrella under which all needs supports and services can fit

- Teams find or create the varied range of supports that will benefit this individual family, rather than expecting the family to fit existing system supports.
- Evidence Based Practices such as TF-CBT can be provided as part of the Wraparound process if the team decides that the approach is the best fit.
- Common misconception that Wraparound and clinical EBP's cannot be provided at the same time. This is incorrect. Wraparound is not a clinical process...it is a family process.
- Clinical services are only one part of the spectrum of supports that play a role in family transformation and the outcomes that they want for themselves.

The National
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We are all a part of our system of care...



Families that are referred to Wraparound often experience a lack of connectedness, problems recognizing the coping skills they possess, and limited optimism about their situations.

- Families that are referred to Wraparound are at high risk for having experienced trauma and crisis
- An event becoming a crisis is often influenced by three factors:
 - 1) Network of responsive support: Does the family have people in their lives who are willing and able to step up and help them react to the event/potential crisis?
 - 2) Coping skills: Are the people at the center of the crisis aware of the functional strengths and skills they have that will be useful in the event/potential crisis?
 - 3) Perceptions: Do the people at the center of the crisis think they are in crisis? If they do, then they are. Having an effective plan in place can change a family's views on what they can handle.
- Participation in Wraparound directly impacts family risk factors in these three areas over the course of the process.

Adapted from www.wraparound.com

Principles of Wraparound



Wraparound is a TRANSFORMATIONAL process. It is a shift from traditional processes that are transactional in nature.



Personality Characteristics that help in Managing Trauma



- How do we build partnerships with individuals that result in increased presence of personality characteristics that lead to improved management of past, present and future traumas?
- The activities and principles of Wraparound provide tools and values that answer that question.

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Locus of Control

Definition: The extent to which we believe or expect we can have control over the outcomes of events that affect our lives.

IF ANYTHING BAD HAPPENS,
IT'S NOT MY FAULT. IT'S FATE.



External vs Internal Locus of Control



Outcomes outside your control – determined by "fate" and independent of your hard work or decisions.

Outcomes within your control – determined by your hard work, attributes, or decisions.

Why do we need balance?



How to promote a balanced Locus of Control?

- Help families gain experience in taking control and seeing their actions have an Impact.
- Provide a platform for looking at challenges from multiple perspectives.
- Provide safe planning environments. No blame or shame!
- Provide practice at giving and receiving help.



SELF-EFFICACY



• Definition: Our belief about how capable we are of handling situations.

The Pygmalion Effect



• The name for the phenomenon called the "Pygmalion Effect" comes from a story told by the Roman poet Ovid. In the story, Pygmalion is a sculptor who falls in love with a statue he has created. Through his commitment to his creation, the statue comes to life.

Without self-efficacy, self-defeating thoughts can become a self-fulfilling prophecy.



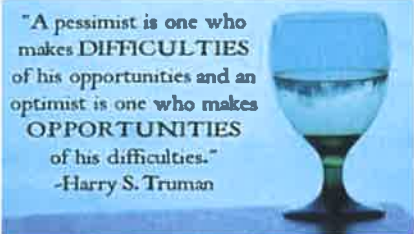
How to promote Self-Efficacy

- Celebrate successes of all sizes.
- Help families build their new narratives



Optimism

Definition: Holding hope and expecting that good things will happen.



How to promote Optimism

- Develop and work towards a positive family vision
- Track and review progress with families
- Prioritize building hope



Hardiness

The capacity for enduring or sustaining hardship. The capability of surviving under unfavorable conditions. Courage, boldness, audacity.

People that possess hardiness are often curious, actively involved, believe that they can influence outcomes, expect that life will present challenges, and tend to believe that challenges are opportunities for growth.



How to promote Hardiness

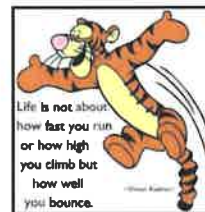
- Work with families to discover their strengths and coping skills
- Prioritize learning about past challenges and how they made it through
- Provide an environment for families to practice facing current challenges with all needed support.
- Develop and use realistic effective crisis plans.
- Recognize and celebrate all triumphs over challenges.



Resilience

The ability to recover readily from adversity. Buoyancy (can't keep them down)

In this context, refers to those who are at risk early on in life, but nonetheless overcome challenges.



How to promote Resilience

- Provide Unconditional Care
- Involve peer support professionals
- Promote practice at problem solving
- Assist in reframing difficult experiences with families. Support individuals in seeing themselves as SURVIVORS, not victims.



Sense of Coherence

Having a sense of coherence means we seek to find meaning in situations.

It means that we understand that stress is an inevitable part of life and recognize that dealing with it successfully can be beneficial.



How to promote a Sense of Coherence

- Facilitate a robust crisis planning process. Learn from crises so that next time it goes better.
- Work with families to deeply understand and share their family's story
- Foster new perceptions of self and their abilities



Creativity

Flexibility in dealing with one's environment.

The ability to creatively cope refers to one's ability to let go of the usual ways of solving problems. People who can produce creative solutions are better able to cope with traumatic events in which there are limited traditional opportunities to exert control.



How to promote Creativity

- Approach partnerships with a willingness to think and encourage others to think outside the box
- Model creativity for others
- Be willing to try new things in your partnerships
- Never expect families to fit existing systems. Always be prepared to work with families to create what they need...even if it does not exist yet!

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MS Wraparound Training Initiative website
<http://cutlass.usm.edu/MSWRAP>



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