An Overview of the Canadian High Fidelity Wraparound Model
A Whole Community Approach for Children, Youth and their Families Struggling with Complex and Persistent Mental Health Challenges

Presented by
Andrew Debicki & Cathy Blocki-Radeke

WRAPAROUND TORONTO
An Overview of the Canadian High Fidelity Wraparound Model

A BLUE PRINT FOR A WHOLE COMMUNITY APPROACH

by

Andrew Debicki
National Development Director, Wrap Canada
Wraparound Development Director
Shalem Mental Health Network
The Wraparound Process

• A family driven, team based and holistic planning process that develops one individualized and integrated plan
• Builds on the strengths of the family and their team members
• Develops strategies that the entire team takes on to effectively address the needs of the whole family on a daily basis
• This process blends the family’s formal services and natural supports into one team that then work together to support the implementation of the family’s plan
Who Does Wraparound Help and How Does it Work?

• Wraparound is a process by which to assist families who are dealing with multiple, complex and ongoing problems

• Participation in the Wraparound process has ranged from 3-4 months to 18 to 24 months, although the average is about a year

• A family is engaged into the process by a trained Wraparound Facilitator who begins by determining if there are any immediate safety needs that have to be addressed through the development of proactive and reactive safety plans
How Does The Wraparound Process Work?

• The facilitator assists the family in identifying their:
  - Hopes and Dreams or their Vision of a better life
  - Strengths and Family Culture
  - Long Terms Goals and the Key Needs that must be addressed to achieve them
  - People whom they want to be on their Wraparound Team; they can choose to include their friends, extended family, community support people and professional services providers with whom they are involved
How Does The Wraparound Process Work?

• Key to the success of Wraparound is that the family picks who will be on their Team, what they want to work on and how fast they want to work on it

• The Family’s Team meets on average at least once a month to both develop and then review their Wraparound or Action plan

• It is important to track success with respect to the plan put in place to address the needs that the family has identified
Why Does The Wraparound Process Work?

• One of the primary reasons that the Wraparound process has been so successful is that it makes the necessary shift from collaboration to integration.

• Another reason for its success is that the service system supports the local community and neighbourhood that the family lives in to get involved and take charge of this initiative.
What Are the Eligibility Criteria?

• It is voluntary
• The youth/parents are open to a team based planning process, even if the team is just one or two other people to start
• The children and youth and their parents are dealing with multiple, complex and ongoing problems
• Efforts by services have not been successful in helping the children and youth and their parents to successfully address their needs
Who has the Wraparound Process Been Implemented With?

• The Wraparound process has been successfully implemented with a variety of populations across the age spectrum “from cradle to grave”
A brief review of the research...

• Bruns and Suter published a peer reviewed “Summary of the Wraparound Evidence Base (in the U.S.)” in 2010 on the National Wraparound Initiative website

• Based on “nine controlled studies of Wraparound that have been published in peer reviewed publications (in the U.S.)...the “weight of the evidence” of these studies indicates superior outcomes for youth who received Wraparound compared to similar youth who received alternate services”
A brief review of the research...

• Similar superior outcomes for youth who received Wraparound in four controlled studies in Ontario seem to corroborate the conclusion made by Bruns and Suter

• In a one year study across five child welfare agencies in Ontario in 2005/2006 the project team used Wraparound to successfully repatriate 42 youth back into their home region from high cost out of region OPRs to local placements that included foster or group homes, their own family of origin or to independent living
A brief review of the research...

• Approximately $1.6 million in total savings was realized in the 1st year by the five child welfare agencies

• In Canada bodies such as the National Crime Prevention Centre are recognizing Wraparound as a best practice

• In the U.S. because of the expansion of controlled research Wraparound is currently being reviewed for inclusion in the Substance Abuse and Mental Health Services Administration (SAMSHA) National Registry of Evidence Based Programs and Practices
The Importance of Coaching or Clinical Teaching to Achieve High Fidelity is Key...

- Walker et al (2013) in a peer reviewed article published on the NWI website in the U.S. assert that effective clinical teaching/coaching is central to the success of a new initiative being able to implement Wraparound to a level of high fidelity

- In 2014 Marlene Matarese and Kimberly Estep of the Institute of Innovation and Implementation at the University of Maryland reported that it can take on average 12 to 18 months to train and certify local Wraparound Coaches as having the core skills and competence necessary to teach Facilitators how to implement Wraparound to a level of high fidelity

- The above is congruent with the field of Implementation Science as written about by authors such as Dean Fixsen
Our Vision

• All children, youth, adults and their families will be part of a vibrant supportive community such that their varied challenges and needs will be heard, addressed and met
Our Mission:
“Creating Community for All!”

Wrap Canada will support communities to successfully implement the Wraparound process with all children, youth and adults and their families dealing with varied and complex problems so that they have better lives and can be active participants in their community.
WRAP CANADA
“CREATING COMMUNITY FOR ALL”

Board of Directors

- E-Bulletin Editorial Committee
- Cdn. Wraparound Training Institute Community of Practice
- Wraparound Research and Evaluation Network
  - Faith Based Wraparound
  - First Nations Métis & Inuit Wraparound
  - Francophone Wraparound
The 7 Critical Components of a Canadian High Fidelity Wraparound model

1. Foundation of Core Community Values and Key Practice Principles that are clearly evident in the way that staff and volunteers work with the families served

2. The four phases of the Wraparound process and their component activities

3. A strong system partnership comprised of the necessary community organizations and the human services in that community that agree to work together

4. A strong commitment to delivering High Fidelity Wraparound which includes providing a certified Wraparound Coach who is highly trained and experienced in implementing the Wraparound process to a high degree of fidelity
The 7 Critical Components of a Canadian High Fidelity Wraparound model

5. A Community Mobilization (or Resource) Team or an alternative process that effectively connects the families served to community groups to help them reconnect with positive social networks

6. The staff and volunteers who implement a High Fidelity Wraparound process must see their role as both Facilitator and Educator; they should use every opportunity possible to educate the participants in how to do their own Wraparound planning

7. A comprehensive program evaluation framework needs to be put in place and ready to be implemented within 6 months of the project being launched
Other Critical Components for At Risk Youth

8. The provision of dedicated human resources to support the youth so that they can successfully participate at school full time and graduate from high school

9. The provision of a 24/7 mobile crisis response

10. The provision of resources that support the children, youth and adults and their families to have a meaningful and mutually supportive ongoing connection to and involvement with positive social networks and activities in their local community
The Key Roles or Groups Necessary to Ensure a Successful Wraparound initiative

- A comprehensive and strong system partnership
- Certified High Fidelity Wraparound Facilitators
- A certified Wraparound Coach
- A Community Mobilization Team (or process) made up of people who are effective “community connectors”
The 8 Core Community Values of an Effective Wraparound Project

1. Be Respectful and to be respected
2. The right to be listened to, truly heard and understood
3. No Blame, no shame
4. Know that each person has dignity and recognize that each of us have a purpose in life
5. Youth or family directed
6. Each and every person has the right to care and support
7. The right to be part of and contribute to their community
8. Truth and honesty
The Key Practice Principles

1. Family access, voice and choice
2. Team based
3. Natural supports
4. Collaboration and INTEGRATION
5. Community ownership, community based and community connectedness
6. Culturally competent
7. Individualized
8. Needs based
The Key Practice Principles

9. Strength based
10. Safety first
11. Persistence – never give up
12. Outcome based – do what works
13. Communication and planning – Staying ahead of the needs and crises
14. Agency/Organization support and system partnerships
15. Partner with funders and government at any level and whenever possible
The Four Phases of the Canadian High Fidelity Wraparound Model

• Phase 1: Engagement

• Phase 2: The Team Based Planning Process

• Phase 3: Implementation of the Wraparound Plan

• Phase 4: Transition out of Wraparound
Strengths/Deficits Introduction

• Find a partner sitting close to you that you don’t know well
• Introduce yourself to each other for a few minutes according to your deficits
• Then re-introduce yourself to each other according to your strengths
• Which one felt better?
• Which one would you want your Facilitator to use to introduce you at the start of a team meeting?
Who Do You Turn To...

• In times of a major crisis in your life...death of a loved one, loss of a job; you will not be asked to share your crisis

• Who did you turn to first for help and what was their role in your life?
A Polarity Example...
Oolagen Youth Mental Health
The Wraparound Process

Presentation to the Child and Youth Mental Health Coalition Summit
April 2014
WRAPAROUND PROCESS FOR YOUTH & FAMILIES

The Wrapound Child Welfare-Youth Justice Diverson program & Keeping Families Together is a partnership between Olagen Community Services, Yorktown Child and Family Centre and Youthlink. Wraparound Facilitators work collaboratively with Metro Children’s Aid Society, Catholic Children’s Aid Society, Native Child and Family Services and Jewish Family and Child Services to provide Wraparound Services to youth age 12 to 16 who reside in the city of Toronto and are at risk of out of home placement.

PRESENTING CONCERNS

PARENT TEEN CONFLICT / SCHOOL ATTENDANCE / SUBSTANCE ABUSE /
(MENTAL HEALTH) ANXIETY / DEPRESSION / SOCIAL / EMOTIONAL /
AT RISK BEHAVIOURS / CRIMINAL JUSTICE / VIOLENCE
Oolagen Pre and Post Ratings of Wraparound Life Domain Areas
n=48 (pre), n=21 (post)
2010-2012

1 = lowest need
4 = highest need
Child Welfare Youth Justice Project (Wraparound Toronto)

Quantitative Stats Highlighting Overview of:
* Number of Youth & Families served annually
* Number of Youth & Children who received Service 2007 - 2014
Review of Number of Cultural Diversity
Youth and Families who participated in Wraparound
Oolagen Wraparound Toronto

**Past Projects**
- Quick Wrap for Youth and Families
- School Based Wraparound
- Medically Fragile
- Street Involved Youth
- Young Mom’s Committee
- Community Resource Teams
- Young Mothers at Risk

**Current Projects**
- Young Parents at Risk of Homelessness
- Child Welfare Youth Diversion
- Youth Who are in Conflict with Law
- Wraparound Training
COMMUNITY ENGAGEMENT MAKE A WORLD OF DIFFERENCE

“IT TAKES A VILLAGE TO RAISE A CHILD”

Get to know your Community by asking what they can do to help make a difference in “Their Community” – this is the essence for building your Community Resource Team to support a Wraparound initiative in your community.
Developing a Localized Community Resource Team

Developing a local Community Resource Team to steer, support and “champion” the Wraparound process in your area follows a number of “common sense” principles of community development. Each step along the way is designed to build a Community Resource Team with enough resources to sustain community-based Wraparound. Each local area development is unique.
### Wraparound CRT Action Plan 2014 - 2015

<table>
<thead>
<tr>
<th>Task</th>
<th>Action Step</th>
<th>Participants Names</th>
<th>Desired outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Partner and integrate at the local level</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Mobilize the community and its resources to take care of their own</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Support the work of the Facilitators</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Educate the local community about this initiative</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Work with other Wraparound Initiatives across the city and across the province</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Video presentation