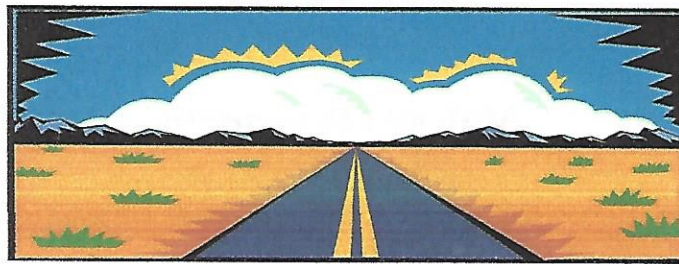


Family Alliance for Mental Health



WRAPAROUND FOR FAMILIES

Family Facilitated Wraparound

Starter Kit

This starter kit was created by Family Alliance in January 2011 to support universal access to wraparound for families. Select the Family Facilitated Wraparound page at www.familyallianceformentalhealth.com to print and download copies of this kit.



Principles of Wraparound

Family Voice and Choice

Team Based

Natural Supports

Collaboration

Community Based

Culturally Competent

Individualized

Strengths Based

Unconditional/Persistence

Outcome Based

FAMH Wraparound for Families

Paste a picture of YOUR family in this space.

Your Family's Needs and Strengths





Needs & Strengths
~The Basis for Wraparound Goals~



Do It Yourself Wraparound

Families as Facilitators

Phases and Steps

Beginnings/Engagement	Goals/Planning	Implementation	Transition
<p>Setting Up Your Family's Wraparound Team</p>  <p>Think about...and invite immediate family, extended family, friends supportive individuals in schools, agencies and the community</p>	<p>Using Goals To meet Needs By using Strengths</p>  <p>Life gets better One step at a time</p>	<p>The Real Work Begins</p>  <p>Practice, Regroup, Adjust</p>	<p>Goals become Reality</p> 
<p>Timing</p> <p>Set up a time/date that most of the team can get together for at least one hour once a week or whatever works best & adjust as needed. Don't expect every team member to participate at first, give them time.</p>	<p>Prioritize Needs Set Strategies</p> <p>List needs & vote on them Brainstorm ideas about best ways to achieve goals.</p>	<p>Facilitator & Note Taker</p> <p>Ask someone to be a facilitator & another to take notes. Take turns.</p>	<p>Goals Achieved Or exceeded due to forward movement</p>
<p>Create Comfort Agreement</p> <p>Ground Rules for meetings that All participants agree upon. Everyone gets to voice their choice. Needs to be in writing. Available for quick reference.</p>	<p>Set Goals & Assign Tasks</p> <p>Realistic/Reachable Doable Measurable (you know when You are being successful)</p>	<p>Success & Accountability</p> <p>Meetings begin with Listing successes. Reporting on tasks or activities completed tells the team if goals are being met.</p>	<p>Need for Meeting Frequency Decreases...</p>
<p>Needs & Strengths</p> <p>List needs and strengths for each family member and needs/strengths for the family as a whole. Take your time- this is liberating</p>	<p>Make a Safety Plan If Needed</p> <p>Plan for crisis Assign Tasks Backup Plan Practice & Adjust</p>	<p>Adjustments</p> <p>Strategies are a work In progress. Make changes as needed to move forward.</p>	<p>Celebrate Success & Meet as Needed</p>

Wraparound Comfort Agreement

Creating ground rules that make it comfortable for everyone on the team during meetings such as: No shaming or blaming; use respectful language; no cursing or yelling; take turns/no interrupting; begin and end meetings on time; silence cell phones/tv/games, etc...

Ideas for my family's comfort agreement:

Strengths

(sample: good at planning, finances, technology, fixing things, humor, arts/crafts, cooking, positive outlook, spiritual, friends, resourceful, self-care/taking breaks, nurturing, teaching, leadership, etc...)

Individual (each family member)

Family (the family as a whole)

Needs

(sample: basics—safety, housing, employment/financial, food, healthcare...others---time for myself, successful family activities, school program that works, child care, spiritual, breaks/vacation, friends, etc...)

Individual (each family member)

Family (the family as a whole)

Prioritize Needs

(List the Needs & vote on them to work on the most important one first)

Safety Plan

(if needed... plan for crisis, assign tasks, back up plan , practice and adjust)

Set Goals...Assign Tasks

(Set realistic and attainable goals that can be measured and seen..)

Assign Tasks

(Who can and will do what)

Successes and Accountability

(begin meeting with successes and team members reporting updates on tasks)

Celebrations