



## Do It Yourself Wraparound

### Families as Facilitators

#### Phases and Steps

<b>Beginnings/Engagement</b>	<b>Goals/Planning</b>	<b>Implementation</b>	<b>Transition</b>
<p><b>Setting Up Your Family's Wraparound Team</b></p>  <p>Think about...and invite immediate family, extended family, friends supportive individuals in schools, agencies and the community</p>	<p><b>Using Goals To meet Needs By using Strengths</b></p>  <p>Life gets better One step at a time</p>	<p><b>The Real Work Begins</b></p>  <p>Practice, Regroup, Adjust</p>	<p><b>Goals become Reality</b></p> 
<p><b>Timing</b></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 &amp; adjust as needed. Don't expect every team member to participate at first, give them time.</p>	<p><b>Prioritize Needs Set Strategies</b></p> <p>List needs &amp; vote on them to create a list of goals. Brainstorm ideas about best ways to achieve goals.</p>	<p><b>Facilitator &amp; Note Taker</b></p> <p>Ask someone to be a facilitator &amp; another to take notes. Take turns.</p>	<p><b>Goals Achieved Or exceeded due to forward movement</b></p>
<p><b>Create Comfort Agreement</b></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><b>Set Goals &amp; Assign Tasks</b></p> <p>Realistic/Reachable Doable Measurable (you know when You are being successful)</p>	<p><b>Success &amp; Accountability</b></p> <p>Meetings begin with Listing successes. Reporting on tasks or activities completed tells the team if goals are being met.</p>	<p><b>Need for Meeting Frequency Decreases...</b></p>
<p><b>Needs &amp; Strengths &amp; Mission</b></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. Create a mission statement based on needs and strengths.</p>	<p><b>Make a Safety Plan If Needed</b></p> <p>Plan for crisis Assign Tasks Backup Plan Practice &amp; Adjust</p>	<p><b>Adjustments</b></p> <p>Strategies are a work In progress. Make changes as needed to move forward.</p>	<p><b>Celebrate Success &amp; Meet as Needed</b></p>

# *Principles of Wraparound*

Family Voice and Choice

Team Based

Natural Supports

Collaboration

Community Based

Culturally Competent

Individualized

Strengths Based

Unconditional/Persistence

Outcome Based