

Behavioral Health: Developing A Better Understanding

WRAPAROUND 101

The journey to recovery can be difficult for an individual with a mental illness and/or addiction. This can be particularly true for a youth or young adult who is dealing with a mental illness and/or addiction along with the everyday challenges of growing up. However, this journey can be encouraged and supported with the right combination of treatment, wraparound and recovery supports. While treatment services are critical, they are not the only services necessary for an individual to enter into recovery. For the best chance at success, an individual needs a combination of treatment and recovery supports, including wraparound services.

What is wraparound? Wraparound is an intensive, holistic method of engaging with individuals with complex needs (most typically children, youth, and their families) so that they can live in their homes and communities and realize their hopes and dreams. The wraparound process helps to make sure children and youth grow up in their homes and communities. It is a planning process that brings people together from different parts of the family's life. The wraparound process aims to achieve positive outcomes by providing a structured, creative and individualized team planning process that results in plans that are effective and relevant to the child and the family. Wraparound plans are holistic and designed to meet the identified needs of the child, the family and the siblings as well as address a range of life areas. Wraparound plans aim to develop problem-solving and coping skills with an emphasis on integrating the youth and the family into the community while building the social support network.

Wraparound is a strengths-based, highly individualized planning process aimed at helping clients put together a team in order to achieve important outcomes and meet their complex needs (both in and out of formal human services systems). This process strives to help the client remain in his/her home and community, whenever possible.

~ Eastern Michigan University

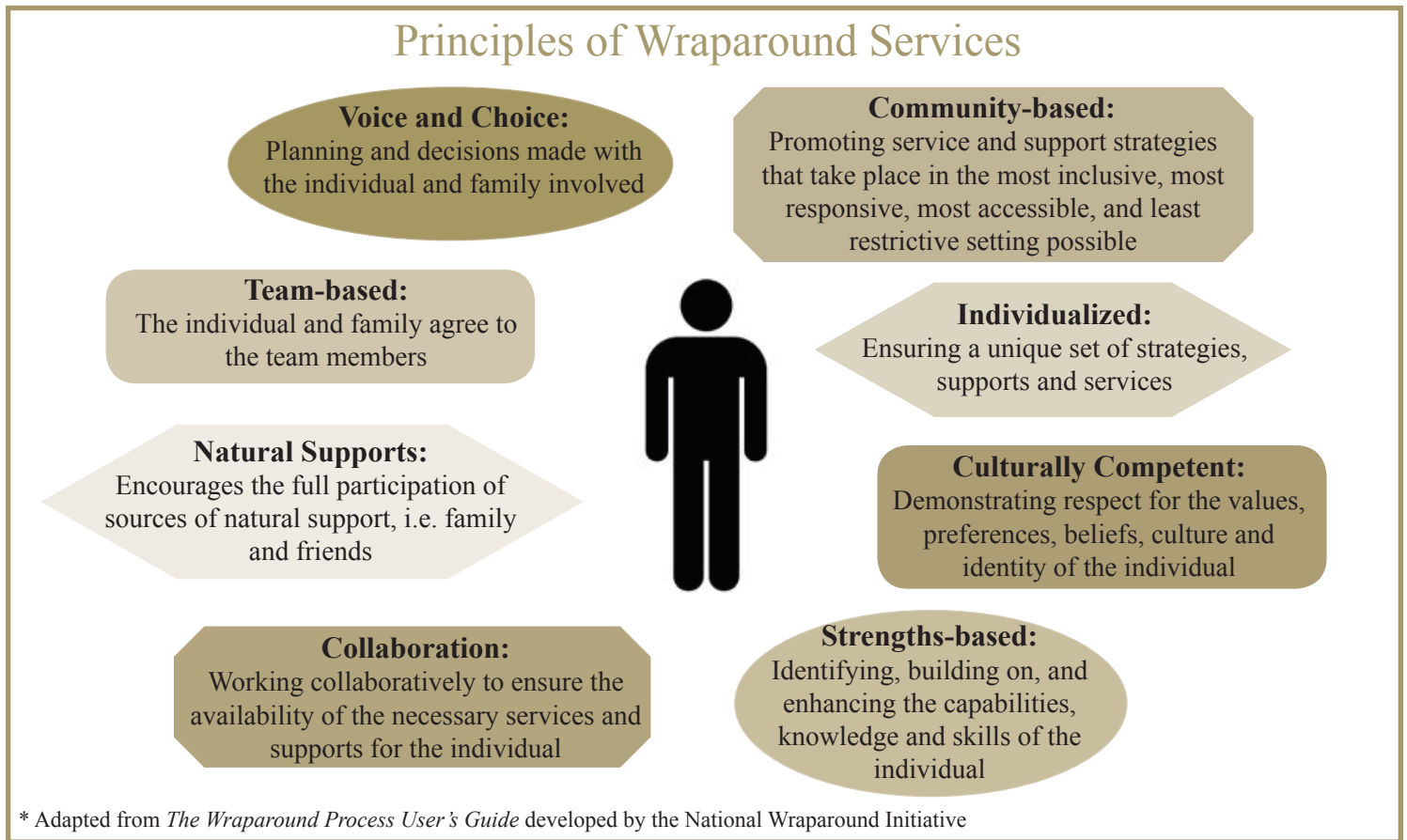
Seth's Story

In Stark County, Ohio in 2001 there was a child named Seth who had noticeable behavioral issues different from his two sisters. Seth did not like to listen to his mother, and could not be taken out into the public without some sort of harness starting before the age of three, because he would run away. After numerous attempts to help correct Seth's behavior through medication, therapy, and part-time hospitalization where Seth was diagnosed with mental illnesses, including ADHD, Oppositional Defiant Disorder, as well as a bipolar disorder, Seth's mother could not seem to find a way to change her son's behavior. After Seth turned seven and had begun to burn her bedroom curtains and light teddy bears on fire, his mother knew that an alternative approach had to be taken. It was at this time that the wraparound process began for Seth and his family. Seth's wraparound team consisted of his family members, service providers for Seth, as well as administrators such as his principal. The wraparound team worked together to figure out what worked best for Seth, and what triggered him to become upset. Ultimately after much hard work and creative alternatives, Seth was properly diagnosed with Tourette's syndrome after he went through puberty. The Tourette's medication that Seth was prescribed significantly diminished his behavioral symptoms, leaving Seth and his family the opportunity to grow and prosper. The wraparound team continues to be a part of Seth's life and his family, but from a more distant standpoint, always ready if he or his family need any help allowing the family to independently grow and achieve a better quality of life.

What are the implementation requirements for wraparound?

According to the National Wraparound Initiative, providing comprehensive care through the wraparound process requires a high degree of coordination and collaboration among the child- and family-serving agencies and organizations in the community. These community partners must work together to provide access to flexible resources and a well-developed array of services and supports in the community. Six essential themes for community and system supports for wraparound have been identified:

- **Community Partnership:** Representatives of key stakeholder groups, including families, young people, agencies, providers, and community representatives have joined together to plan, implement, and oversee wraparound as a community process.
- **Collaborative Action:** Stakeholders involved in the wraparound effort work together to take steps to cement the philosophy in policies and practices that work across systems.
- **Fiscal Policies and Sustainability:** Partners work together to develop fiscal strategies that leverage community resources to support and sustain wraparound services.
- **Access to Needed Supports and Services:** The community has developed mechanisms for ensuring access to wraparound processes, services and supports.
- **Human Resource Development and Support:** The system supports wraparound staff and partner staff to fully implement the wraparound services and supports.
- **Accountability:** The community implements mechanisms to monitor wraparound service quality and system outcomes as well as the overall wraparound effort.



Ohio's community behavioral health system supports the health of Ohio families by providing a full continuum of care, including recovery supports and wraparound services. For some individuals, Medicaid will cover the cost of the treatment and medications and local Alcohol, Drug Addiction and Mental Health (ADAMH) Boards provide the non-Medicaid services and supports, including wraparound, necessary for an individual to recover. Through the investment in these non-Medicaid supports that complement the Medicaid services, the State and communities can be assured that individuals are receiving the help they need in order to achieve recovery.