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Wraparound is a process. . .
that improves the lives of children and families who have multiple needs.

Wraparound is a process. . .
that helps to make a plan of care based on the strengths and needs of your child and family.

Wraparound is a process. . .
that is child focused and family centered.

Wraparound is a process. . .
that looks to the services and supports in your community and helps you to make connections.

Wraparound is a process. . .
that respects who you are. Your culture and values are important to us and how we support your family.
Wraparound is a process... that **Connects** the Family

To connect the family, the Nashville Connection assigns a Family Service Coordinator (FSC) to work with your family to:

**Find out what you think** you really need to make life better for your family.

**Build a Child and Family Team (CFT)** that can provide support to your family.

**Work with your Child and Family Team (CFT)** to create a “Service Plan” based on the strengths, needs, and goals your family has identified.
Wraparound is a process... about **Your Strengths**

To know your strengths, you and your family will have several conversations with your Family Service Coordinator (FSC). These discussions help us learn about your family, and give us a chance to know you better. This process gives us a look at how your life is when things are going good.

From the information that your family gives, we help you to recognize and discover your strengths. Your strengths will be recorded along with the resources that your family already has in place. It is important that we learn about whatever or whoever has helped your family in the past.

Using all of this information, together with your Child and Family Team (CFT), we will be able to make a “Service Plan” that works for your family.

* Remember all information shared is confidential and cannot be given or shared with anyone without your written permission, unless the information has to be shared to ensure someone’s safety.
Here are some of the questions you will be asked during your “Strengths Based Assessment.” Take a moment and think about how you would answer them.

- If life were better for you, how would it look?

- What are your likes and dislikes?

- What are you interested in?

- What are some of the things you are good at doing?

- What are some of the things that your family does together?

- How do you celebrate holidays?

- What kind of family traditions do you have?

- Do you have a monthly budget? Are you able to stick with it?

- Who has helped your family in the past?
Wraparound is a process . . .

that Builds Child and Family Teams

The Child and Family Team (CFT) that YOU BUILD will help you work through the many systems, services and supports you may have or need to have to help your child get the care he or she may need. This is YOUR team, the people you choose are there so you are not all by yourself trying to get the help you need. The people you choose to be on your team may include close friends, neighbors, church members and even people from where you work. The people on your team should be people who know you and may have helped you out before. If other agencies are working with your child, make sure you invite them to be on your child’s Child and Family Team (CFT).

Your Family Service Coordinator (FSC) will support you by:

- Helping you get everyone together at a time and place that is comfortable for you.
- Making sure your voice is heard, and that you are happy with the decisions made.
- Creating a “Service Plan” from the information that your Child and Family Team (CFT) has agreed upon to meet your family’s needs.
- Helping you put your “Service Plan” in action.

Because this is YOUR Child and Family Team (CFT):

- You can add members as you need their support.
- No meeting can take place if the family is not there.
My Child and Family Team Worksheet

You:_________________________________________________

Your Child:_________________________________________________

Your Significant Other:_____________________________________

Your FSC:_______________________________________________

Neighbor(s):_____________________________________________

Relative(s):_____________________________________________

Friend(s):_______________________________________________

School:_________________________________________________

Church/Spiritual:_________________________________________

Juvenile Justice:_________________________________________

Health:_________________________________________________

Agencies:
_____________________________________________________
_____________________________________________________
_____________________________________________________

Other:___________________________________________________
_____________________________________________________

Families, Communities & Professionals In Partnership
Wraparound is a process. . .

about Your Goals

For your “Service Plan” to work well for your family, it is important to have goals that support life getting better and what you want to happen.

Sometimes your goals may be affected by court mandates. Begin thinking about goals that are important to you and your family.

Goals I’ve Been Thinking About

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Goals My Child Has Been Thinking About

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Goals My Family Has Been Thinking About

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

The goals that you and your family set are like a map that tell your Child and Family Team (CFT) where you want to go. If these goals are accomplished, you know that the “Service Plan” was useful. If not, your Team will create new ways to meet your family’s needs and look at what is keeping your family from reaching their goals.
Wraparound is a process... about Your Needs

Your Child and Family Team (CFT) will look at the goals that your family would like to achieve. Together you will decide what you need from each other to reach the goals. If there are goals that you are unable to reach because you do not have the supports or resources (such as transportation, child care, money), your team is there to help you solve those concerns.

Take a look at these areas of your life, and think about the needs of your family. We call these areas “life domains.” These are a just a few to get you started.

by Devin Ricker, 4th Grade
Wraparound is a process. . .
about Your **Needs**

These examples might help get you started to list the needs you and your family have:

- A way to get to the doctor
- Getting up in the morning
- Someone to talk to when upset
- Issues at your child’s school
- Your child’s mental health
- Help with homework
- Taking the right medicine at the right time
- Someone to watch the baby one night a week
- Making friends
- Riding the bus

There are many ways to meet your needs. List exactly what the need is and when it is. Please give your needs a lot of thought. Remember, we all have “life domain” needs, but we don’t have all of the needs at the same time.
Our Needs Worksheet

LIFE DOMAINS:

Emotional/Psychological

Family

Social

Safety

Spiritual

Medical

Legal

Residential

Educational

Financial

Cultural

Behavioral

Now that you have listed the needs of your family decide the importance of each need. You and your Child and Family Team (CFT) will think about how these needs relate to achieving the goals you decided upon. Then the team will take a close look at the needs that were chosen and pick three to five of the top needs to work on first.
Wraparound is a process... about Your Options

For each of the “life domains” that you and your Child and Family Team (CFT) identified to work on, as a team you will list all of the possible options that might help you reach your goals. As ideas are suggested, your Family Service Coordinator will write down all of the suggestions so the entire team can see the list. This is called “Brainstorming”. The team can get as creative and inventive as possible; no options are too far out. For example, if a top need was “help with handling anger”, some options might be:

- Take an anger management class
- Tape record thoughts to discuss later with an adult
- Master karate
- Take up jogging
- Start an anger journal
- Work out at a health club

The Team will look at the list of brainstormed options and decide which options to use to meet the need. From the list of all possible options, choose only those that you can match with a strength.

*Remember, when an option matches the strengths of your family members, it is much more likely that it will work and meet your needs.*
Wraparound is a process... that Looks For Services in Your Community to Support Your Needs

Take a moment and write down the services and supports that are located in your community that wraparound your child and family. For example: Mental Health- list your providers.

The Nashville Connection

Child & Family

Mental Health Services
Social Services
Educational Services
Health Services
Family Advocates
Substance Abuse Services
Vocational Services
Operational Services
Wraparound is a process... that Plans For Safety

Keeping your family safe is a VERY important part of wraparound planning. Your Child and Family Team (CFT) will work with your family to help solve crises that may be happening, as well as predict what emergencies could happen, help you try to prevent them from happening, and together plan what to do if something does happen.

Your Child and Family Team (CFT) will make a “Safety Plan” that will give a clear plan of action so your family will know how to prevent emergencies or get the help you may need any time of the day or night, any day of the week.

The key to a good “Safety Plan” is preventing things from building into an emergency stage. Then if it does you know who to call and how to reach all of the supports your family has identified to help you get through the emergency. Your “Safety Plan” clearly organizes what has to be done before, during, and after a situation, and where and when your support systems are available.

To get ready for your Child and Family Team (CFT) meeting, go ahead and begin writing down the names and numbers of people or services that you now have or that have been there for you in the past.
Our “Safety Plan”

The “Safety Plan” is developed to help families prepare to address specific situations within the family that frequently lead to stressful and/or escalating interactions.

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<thead>
<tr>
<th>ROLE NAME</th>
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<th>ALT. NUMBER</th>
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<td>Doctor:</td>
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<td>Natural Support Person:</td>
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<td>Mobile Crisis Team:</td>
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<td>Other:</td>
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CONCERN (Specific behaviors, precipitating events, risks, etc):

What has helped the family in the past and now:

SAFETY PLAN:
Step 1

Step 2

Step 3

The following questions must be completed for all children with significant risk for harm to self or others.

In the past five years has the client been suicidal or homicidal?

Is the child currently at risk for a suicidal attempt or homicidal action?
Questions I Need To Ask

Some examples may include:

- How do I get copies of reports written on behalf of my child?
- How is my child’s and family’s privacy protected and who has access to confidential records?
- How can I file a complaint if something is wrong?
- How do I get organized to better help my child?
- What do I need to know and do to help my child?

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by Tiffany Lomax, 10th Grade
## Child and Family Team Meetings

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