



Wrap Principles

Family Voice and Choice – behavior change comes from self-motivation and self-efficacy. Taking the time to non-judgmentally understand the youth and family's perspectives and motivation and letting them decide on the behavior change to be made and the plans to accomplish this change leads to better and more sustainable behavior change.

Family Voice and Choice has always been the foundation of wraparound. It has focused on making sure the family is listened to and has a say in decisions made about them. The Mindset reinforces this and puts it in perspective. Listening to the family is not just something we must do but is central to developing true empathy for the youth and family. We not only listen to what they say but with genuine curiosity and nonjudgmental acceptance when to dig deeper to truly understand and sometimes help them better understand for themselves.

Family Voice and Choice leads to self-motivation and self-efficacy. When the change talk comes from the individual the chances of sustained change increase dramatically.

Team-Supported – people are influenced by the people in their lives and having these people help them through behavior change leads to better and more sustainable behavior change.

Having coordinated support from the important people in their lives offers much greater chances of success. It does this by getting them supports on the same page, offering a wider variety of options and resources.

Natural Supports – people do better when supported by extend families, friends, neighbors and others in their social systems. Strengthening this support and involving it in the behavior change process will improve the future for youth and families.

Natural supports are often the people who interact with the youth and family most frequently and who are most likely to be with them for years. Building a strong natural support system improves support and outcomes during Wrap and leads to more sustainable change.

Collaboration – Wrap is a collaborative partnership between the youth, family, staff and team who are helping them.

Collaboration is the heart of the relationship between Wrap staff and the youth and family. It is also a critical factor of the relationship between the youth and family and team and the Wrap staff and team.

Community-based – the goals of behavior change are for youth and families to be involved, accepted and valued members of their community.

Wrap seeks to normalize the life experience of the youth and family. Allowing them full access to community activities and participation as defined by the culture of the youth and family.

Culturally Competent – non-judgmental empathy creates a genuine curiosity to understand, accept and develop plans that build on each person's culture. Nonjudgmental acceptance and empathy are at the core of the Wrap process. Understanding and building on the culture of the youth and family are key to this approach.

Individualized – each person and family are unique, and this each plan will be unique, taking the time to understand and walk in the shoes of the youth and family guides the process of evoking a vision and goals. Building on their strengths and culture results in a plan developed just for them.

Strength-based – focusing on the strengths and using them to develop plans leads to improved motivation, self-efficacy and outcomes and self-efficacy is critical to sustained behavior change. Identifying, affirming and building on their strengths strengthens self-efficacy and motivation.

Unconditional Care- Wrap staff don't give up on youth or families but try new approaches when initial efforts are not successful. Nonjudgmental empathy builds Engagement and continual efforts to build motivation and self-efficacy.

Outcome based- success is measured by successful and sustained behavior change. Success is measured in terms of outcomes and enhancement of wraparound is based on ongoing implementation research.