

## WHAT IS SYSTEM OF CARE

A spectrum of effective, community-based services and supports for children and youth with or at risk for mental health or other challenges and their families, that is organized into a coordinated network, builds meaningful partnerships with families and youth, and addresses their cultural and linguistic needs, in order to help them to function better at home, in school, in the community, and throughout life.



## FOR MORE INFORMATION

Visit the National Wraparound Initiative at [www.nwi.pdx.edu](http://www.nwi.pdx.edu). This Quick Guide was developed with excerpts from The Wraparound Process User's Guide, A Handbook for Families.

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## THE PARENT'S QUICK GUIDE TO WRAPAROUND



FOR CHILDREN'S  
MENTAL HEALTH

# HEALTHY FAMILIES

## WHAT IS WRAPAROUND?

Wraparound is an individualized planning process in the System of Care that brings people together from different parts of the whole family's life to help children and their families realize their hopes and dreams. This team-based activity coordinates services and people involved in your family's life to work together toward a common goal.

## THE 10 PRINCIPLES OF WRAPAROUND

1. Family Voice and Choice
2. Team Based
3. Natural supports
4. Collaboration
5. Community-Based
6. Culturally competent
7. Individualized
8. Strengths based
9. Persistence
10. Outcome based



# BUILDING

**THE PEOPLE ON  
YOUR TEAM  
CAN BE:**



- Friends, relatives, neighbors, church members, co-workers, etc.
- Agency staff that you are working with, educators, other professionals
- Wraparound Facilitator
- Family and Youth Peer Support

**THE FIRST WRAPAROUND TEAM MEETING IS WITH PEOPLE WHO ARE PROVIDING SERVICES AND WHO ARE CONNECTED TO YOUR FAMILY IN A SUPPORTIVE ROLE.**

**THE TEAM WILL:**

- Develop a Mission Statement
- Identify strengths and family needs
- Brainstorm strategies to meet those needs that match up with the family's strengths
- Outcomes for each strategy will be developed and used to measure the success of the strategy
- Team members will take on the agreed upon tasks
- The Plan will include both formal and informal services and supports
- At the end of the meeting each member knows what needs to be done and how to contact each other

**ONCE THE PLAN AND ACTION  
STEPS ARE DEVELOPED**

**THE TEAM MEETS TO:**

- Review Accomplishments (what has been done and what is going well)
- Assess if the plan is working, and the progress on the goals
- Adjust things that aren't working
- Assign new tasks to team members

# HEALTHY COMMUNITIES

## WHAT DO I NEED TO KNOW?

- You will be asked to help develop a team and make decisions with that team.
- You will be asked to identify your family's strengths and needs.
- You and your team will consider a variety of actions to meet your needs.
- You and your team will evaluate your plan for the results or outcomes you want.

## WHAT CAN I EXPECT?

- You can expect the facilitator to get to know your family.
- You can expect regular team meetings.
- You can expect to get copies of all plans and reports.
- You can expect your first child and family team meeting to occur in a timely manner.
- You can expect the facilitator to ask you for permission to contact others you want involved in your team.
- Throughout the process, you can expect to be respected and your voice to be heard.

