



# Youth Orientation Guide



Someone cares about your life and future. That's why you've been recommended for Wraparound. Funny name for a process that has one goal: supporting you in making positive life choices.

# Wrap-a-what?

Wraparound provides this support through a team created for you and by you. Some team members will be people who provide you and your family support services, such as counselors and therapists. Others will be people you choose because you care about one another—for example, family members, a good friend, or a favorite teacher.

Team members support you as you figure out what's working in your life and what isn't. Together, you and your team create a plan of action based on your challenges, your dreams, and your life. Your Wraparound plan is unique to you and your situation.

While no two Wraparound plans look alike, teens in Wraparound seem to want the same thing: to feel loved and safe in their families, friendships, and communities. They want to find ways to express themselves to others. Wraparound can help with all that.





# Your Life, Your Future: A Youth Guide to Wraparound

## Why Wraparound?

Many young people choose Wraparound because they want something in their lives to get better. Maybe it's their family lives, friendships, or grades. Perhaps it's their feelings about themselves and others. Often, it's many things.

Wraparound pulls together services that help youth tackle challenges with their feelings and behavior.

Your team will support you as you think about what you like and don't like in your life and what you want to be better. Your team will give you the support and skills you need to make good things happen.

## So, What Can I Choose?

There's no getting around the age thing: if you are under 18, adults have legal responsibility for your decisions. That said, the point of Wraparound is to involve you as much as possible in choices that affect your life. For example, in Wraparound you will: Help pick and guide your support team. Create your plan with input from all team members—not just the therapists, doctors, teachers, and other professionals. Include activities and interests in your plan that you like—sports, music, you name it. If you want to strengthen a relationship with someone in your family, your Wraparound team will help you do that.

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## What if . . .

### ... I've Heard It All Before?

You have probably heard about other “youth programs” and maybe even have been in one or two. While some people call Wraparound a program, it’s really a process.

That process begins with you—by identifying your strengths and challenges—and ends with you—by making positive choices to improve your life. During this process, a team you’ve helped build works with you to be sure you have a plan that gets you where you want to be in life.

Once you’re in Wraparound, you can expect to:

- *Be part of a team that includes family or other caregivers and others who support you and your goals.*
- *Be listened to and treated with respect.*
- *Be able to tell your story, your way, without being judged.*
- *Be held responsible for what you do or say you’ll do.*
- *Hold others responsible for what they do or say they’ll do.*

Keep in mind that **everything** related to the Wraparound process is confidential which means that none of your information or conversations are shared without permission.

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## Who Might I Meet in Wraparound?

### Care Coordinator (CC)

The Care Coordinator is the person who will facilitate your Wraparound Team Meeting.

This means they will coordinate meetings and help things go smoothly. CCs do the following:

- *Help identify your strengths, goals, and needs*
- *Help you develop an initial safety and crisis plan*
- *Help you build your Wraparound team*
- *Help you create your Wraparound plan*
- *Manage meetings*
- *Participate in your plan*
- *Follow up on your plan*
- *Ensure key documents are where they should be*

### Family Support Partners (FSP)

Family Support Partners will work with you and your family on anything—from helping meet your most basic life needs to making friends, getting jobs, and supporting positive life changes during the Wraparound process.

### Family Navigators (FN)

Family Navigators are parents or caregivers who have successfully helped guide youth through the System of Care. These “Parent Peers” can be very helpful in guiding you to reach your goal.

### Lead Family Contact (LFC) & Youth Engagement Specialist (YES)

The Lead Family Contact and your Youth Engagement Specialist work with you and your family to ensure “Family Voice, Family Choice” and help you gain the skills needed to become stronger advocates for yourself.

They also support families by organizing activities and developing leadership opportunities.

### Evaluators

Evaluators don’t participate in Wraparound but instead measure how well the process is working. Talking to you and your parents is one of the most important ways to evaluate the effectiveness of Wraparound.

# Your Life, Your Future: A Youth Guide to Wraparound

## Your Life, Your Future: Exactly HOW Does Wraparound Work?



### Getting to Know You

A Care Coordinator visits you at home—or wherever you're most comfortable—to get to know you. The Care Coordinator also meets your parents or guardian in this visit. Sometimes one or two other Wraparound people also attend this first visit.

The Care Coordinator tells you more about Wraparound and answers your questions. Of course, if you have questions any time during the Wraparound process, please ask them. Wraparound is about you, and your voice will always be heard. During this visit, the Care Coordinator wants to learn about your strengths—what's important to you, what you like to do, and what you want your life to be like now and in the future.

Your strengths also can include your faith, what inspires you, and your favorite people. And mention any hobbies, special talents, and music you like.

So, share your strengths, even brag a bit. The more your Care Coordinator learns about you, the more effective Wraparound will be for you.

Now picture what your life will look like when things improve. As a next step, make a list of what you need reach your goals.

Dare to dream and ask for what you need—it's your life.



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## Building Your Wraparound Team

Your team will include some professionals, or Formal Supports—for example, a teacher, therapist, and probation officer—as well as Natural Supports, like family members, friends, and other people you like and trust. Parents, siblings, grandparents, aunts, uncles, neighbors, coaches, people from where you worship—you choose.

The point is to build a team with people who make you feel comfortable and who might be helpful in the Wraparound process.

## Drafting a Crisis and Safety Plan

Together, you, your parents or guardian, and your Care Coordinator will create a Crisis and Safety plan. A Crisis and Safety plan is a plan for you and your family to follow if a crisis occurs.

This plan will help keep you and your family safe.

## Your Meeting, Your Action Plan

At your meetings you and your family will talk about exactly what needs to be changed and goals that you have for your life to get better. At your Child and Family Team Meetings you will create/update your plan of action. Your plan of action will fit your life, your strengths and your needs.

Your CFTM will be held at least every 30 days, or as needed to review your plan and progress.





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**For further information:**



[www.systemsofcare.samhsa.gov](http://www.systemsofcare.samhsa.gov)

National Federation of Families: [www.ffcmh.org](http://www.ffcmh.org)