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Meet Miles

Hi, I'm Miles... Miles the Turtle! A befitting name if I do say so myself. I would like to say thanks to everyone who participated in this endeavor. I know it wasn’t an easy task, but with much thought and consideration, you got the job done. I would especially like to give two turtle thumbs up to the individual whose name was the one chosen for me. Ironically, that person would like to remain nameless but did give a little insight on to how my name was chosen.

If I were to ask "who is considered the grandmother of Wraparound" who would you say?

Yes, you are correct! I was named after Ms. Patricia Miles!! How exciting and honorable to be named after someone who absolutely loves Wraparound as much as I do. So thank you again "anonymous."

Some things about me:
1. Why do I love Wraparound?

In order to answer your question let me explain why it is so great to be turtle… I get to hang out near lakes and streams, I am a really cool shade of green, and people are always stopping to help me cross the street. Although the help is nice, I had to learn from my turtle supports that I could cross the road without having somebody stop to carry me across, all I had to do was stick my neck out and I could move forward. That is why I love to see families, teams and wraparound staff also stick their necks out to try something different and ultimately move forward. The teams stick their necks out, collaborate together, create plans, and discover exciting and new ways to do things. I love wraparound because it works and I love it most of all because it helps families!

2. Of the three primary approaches to engaging people - Cheerleader, Logic Model, Muscle - which approach do I identify with?

That’s a great question! On any given day, you may catch me using all of them depending on the situation. I am often a cheerleader when I want to share that I believe in someone. With turtles that really want to understand the rationale for what I am asking them to do, I catch myself leaning heavily on my logic skills. Times when I want to share the consequences for someone’s actions (or lack of action) can result in me becoming the muscle. All three of them are useful tools that I keep in my shell for different occasions. Something that I have realized though is that when I am talking to a hatchling or a turtle family and things are feeling tough for them, sometimes none of those approaches work. I think that this is because none of those approaches involve listening. In order to engage with turtles that have complicated needs, I have to focus more on listening and less on my own agenda. I’ll have to tell you another time about how I use my OARS (Open Questions, Affirmations, Reflections and Summarizations) to do this!

3. What is my favorite food?

I LOVE hotdogs, chocolate, and of course a good green salad.

If there is a question you would like for me to answer, please submit questions to

Ask Miles

Center of Excellence

The School of Social Work

The Mississippi Wraparound Initiative has officially been established as the Institute for Wraparound Training and Implementation or 'Mississippi Wraparound Institute' under the School of Social Work's Center for Discovery, Integration & Transformation.
High Fidelity Wraparound is not a process that can be done by a single individual or family. The process is predicated on the notion that a group of people working together around common goals, objectives and team norms are likely to produce more effective outcomes. All wraparound inputs (underlying needs, functional strengths, strength based strategies etc.) have to be sorted, synthesized and shared with team members who are acting collectively. Teams don’t just happen to become high functioning. Within High Fidelity Wraparound certain steps are taken to assure the gathered group moves towards a target of working as a high functioning team.

Mary & Aunt Marge
Submitted by
Pine Belt Mental Health Resources

“Mary” is a 10 year old African American female that was referred to the MYPAC program at Pine Belt Mental Healthcare Resources by an inpatient hospital. She was admitted to Inpatient treatment in October of 2014 for suicidal ideations and threats of harm to herself. While in class she became upset at another student for pushing her and stated that she wanted to die and that she was going to kill herself in the classroom. There were also a high number of arguments in the home each day and her aunt was not able to get Mary to complete tasks such as completing her homework, picking up her clothes, or joining the family for dinner. Mary moved to Mississippi to live with her great aunt as a foster home placement after being removed from the custody of her biological mother in another state. After this transition, she was experiencing sadness and depression to the point that she was not interacting with other individuals in the home and typically stayed alone until bedtime when she would come get in the bed with her aunt due to being scared. Mary was allegedly exposed to physical and emotional abuse along with alleged sexual abuse while she was in the
home with her biological mother. Her biological father committed suicide three years before Mary was entered into the program; Mary and her three siblings have been in multiple foster home placement for the past 5 years. The family began Wraparound via the MYPAC program in November of 2014 and immediately identified an extensive list of strengths for the family and team members that would soon help this family achieve a feeling of being safe, secure, and confident in their future.

The foster parent, “Aunt Marge,” is an individual who is highly involved in the community and church. She actively ministers to others and is the president of the housing development organization in her community. She automatically takes a leadership role in her endeavors that she takes on and feels that this sets a good example for the children in her home as well. She has a love for cooking that would bring the family together for dinner time during which they would sit and interact with no video games, computers, or television. The aunt has a light spirit and is able to joke and dance with the children in her home to lighten the mood and helps them feel that they are loved and part of a whole. Her organization is impeccable and has allowed her to account for every visit that she has made to the doctor for all of the children in her home, every visit that has been made to her by service providers and DHS as well. She feels that everyone should be held accountable for their job and task that they are assigned to do, not only in Wraparound but in life as well. Although Mary has struggled with her reading in the past, the aunt has taken time to sit down and assist her in building her reading skills to the point where Mary now enjoys reading and actually uses reading as a way to clear her mind when she begins to feel sad and depressed. “Mary” keeps a journal of her thoughts and feelings as well and will share them with her uncle who is part of her Wraparound team. Although the uncle is in college, he continues to play a big part in the children’s life by spending time with them on weekends. The family feels that the uncle sets a good example for the kids because he is working on his Master’s Degree at a state university and has a 4.0 grade point average. “Mary” also takes part in activities such as karate and has quickly moved up the ranks in regards to her skills. Mary also has a cousin who is on her team that is in the military and trains the JROTC members and is a big support for the family. He helps watch the children and allows the aunt to have a break when she begins to feel overwhelmed or stressed.

The family has a large number of supports that were able to participate in the Wraparound process and included community resources that would be able to help the aunt feel confident in the decisions she makes as a foster mother. The team worked together to utilize many of the strengths identified above in brainstorming strategies that could be completed each month, along with who was to be held responsible for each aspect as well. In addition to employing informal strategies, "Mary" participated in weekly individual therapy sessions and the family participated in family therapy every other week. Informal strategies that were utilized included the following: 1) the uncle and cousin helped to watch the kids once a week so the aunt could spend time with her friend, Ms. White; 2) Ms. White would also call the aunt every day around 5:00 PM to allow the aunt to discuss the events of her day and gain reassurance of the great job she was doing with the children; 3) the family would have dinner together every night at the table to develop a sense of tradition of being “part of a whole”; and 4) the family also participated in a family night where they made cupcakes and popcorn and played board games together.

The outcomes speak for themselves in regards to how effective the Wraparound process was with this family. Upon entering the program the family was having on average eight (8) arguments a day and upon discharge from the program there were on average two (2) arguments a week, but that they were seen as more of “corrections” than arguments. The aunt also initially reported feeling high levels of stress where she became overwhelmed on almost a daily basis. At discharge, she reported having stressful days maybe 1-2x a week but that they were not feelings of being overwhelmed anymore and were very manageable. Mary initially did not participate with the family in activities or daily events in the home and was seen as being “withdrawn” according to the aunt. Upon discharge, Mary was participating in family events such as dinner and outings each time that they occurred, and had not had any suicidal threats in the past 7 months. Mary had also begun excelling in school due to the tutoring strategies that were included as part of her plan. While in the program, Mary did not have any hospitalizations and had remained in the home for the duration of the program. The
family feels that they are truly part of a whole and Mary reported feeling like she is safe in the home along with her three brothers and sisters. While in the transition phase of the program, "Mary" and the family were facilitating their own Wraparound meetings by taking turns identifying and documenting strengths for all team members and brainstorming new strategies while holding each member of the team accountable for their task for the next month.

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Self-Care is a priority and necessity - not a luxury - in the work that we do.

Who's Caring for You?

According to an article by Cathy Kennedy Paine, professional caregivers play an important and demanding role in assisting youth cope with crises. While it is first nature to tend the needs of children, it is also important to be and stay in tune with the needs and care of oneself in order to continue to take care of others.

Burnout, also know as compassion fatigue, is a factor that all caregivers are at risk of developing. Burnout can be a hindrance to an individual’s ability to provide crisis intervention support or services. It develops gradually and usually occurs through empathetic contact as an emotional reaction to a traumatic event or immediate crisis for those they care for. Recognizing the warning signs and managing stress are effective practices to burnout prevention.

Recognizing Warning Signs of Burnout
Cognitive signs include: inability to stop thinking about the crisis, the victims, and/or the intervention; difficulty concentrating; or personal identification with crisis victims and their families.

Physical signs of burnout include: overwhelming chronic fatigue or sleep disturbances; gastrointestinal problems, headaches, nausea; or eating
problems.

Affective signs are: suicidal thoughts and/or severe depression; irritability, anger, rage; excessive worry about crisis victims; or restlessness after a crisis intervention.

Signs of behavioral problems: alcohol or substance abuse; withdrawal from coworkers, friends, and/or family; impulsivity; having an unnecessary degree of contact/follow-up with crisis victims and their families; or attempting to work independently of the crisis intervention team.

*Burnout Prevention Care*

Managing stress, knowing yourself, your role and taking care of yourself are elements to consider to aid in preventing burnout. It is important to be aware of and know your limitations, level of comfort, and stress triggers; listen to your body and see the early warning signs; and work as a part of a team and understand your role in the crisis intervention.

Various approaches to personal care include maintaining normal daily routines; getting restful sleep, meditation, eating healthy and drinking plenty of water; leaning on your formal and informal support systems; doing activities that reduce stress; finding time for physical exercise; at the end of the day take time to debrief or process the day's events; and take time out for self.

To read the full text article, *Crisis Caregivers: Taking Care of Ourselves*, click on the link below.

Wraparound Training

Introduction to Wraparound is the first training offered to front-line Wraparound practitioners, supervisors, and directors as well as community partners who may participate in a child and family team process. In order to...

February
2/17
Analysis to Wraparound
Team Building
USM Gulfcoast Campus
Long Beach MS

2/24
Analysis to Wraparound
Team Building
Hinds Regional Medicaid Office
5360 I-55 North
Jackson MS

March
3/8-10
Introduction to Wraparound
Hinds Regional Medicaid Office
5360 I-55 North
Jackson MS

April
4/12
Engagement in Wraparound
Hinds Regional Medicaid Office
5360 I-55 North
Jackson MS

For more information or to sign up for Wraparound trainings,

Technical Assistance
Available technical assistance includes but is not limited to: consultation with leadership/directors of organizations, discussion of strategies for implementation, on-site coaching of supervisors and facilitators, support in preparing for Child & Family Team Meetings, observation of Child & Family Team Meetings with customized feedback, and individualized planning for identified learning needs. Please contact us if you have questions or other specialized requests. We look forward to partnering with you!

Newsletter Submission
We invite you to share your Wraparound highlights. If you would like to submit a story, picture, or information of interest for inclusion in the April newsletter, please let us know what you are up to. We would like to hear from you!

Register Here
Send Information

http://mswraparoundinitiative.campayn.com/stakmails/web_version/7e945b9a1630f2cf21df1ffe78b9ce1f059bad78aa7616356ebe13f4d826c49/Stakmail/76492/193...