

# A Theory of Change for Wraparound<sup>1</sup>

## Outline of Rationale

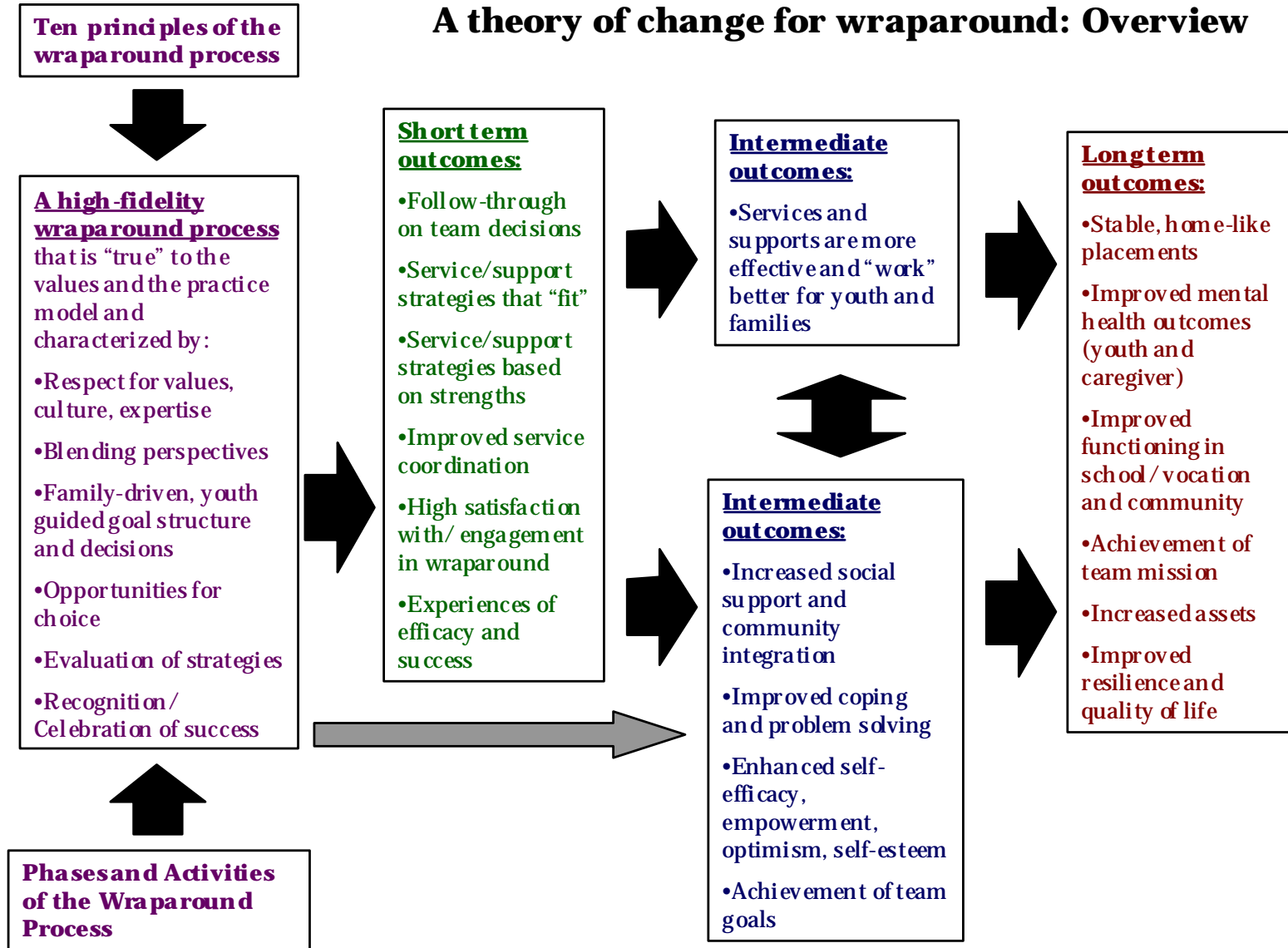
This theory of change proposes that participation in high quality wraparound leads to desired outcomes via two main, though interacting, routes. One route highlights how increasing family and youth/child empowerment, optimism, and efficacy contribute to achieving team goals and mission *and* leads directly to positive outcomes (i.e., independently of therapeutic services provided in the plan) for children and their families. These outcomes include increased resilience and developmental assets, higher quality of life, improved coping, and increased ability initiate and maintain health-promoting behavior change. The other route highlights how building team collaborativeness and promoting family and youth empowerment and engagement in choosing services and supports increases the extent to which services and supports “fit” family and youth needs, goals, preferences, and values. In turn, this leads to increased treatment engagement, retention, and effectiveness.

It is important to note that the changes that emerge as a result of wraparound do not come about in a linear fashion but rather through a looping, iterative process. This is most obvious in the planning process itself, with the child/youth and family, together with the rest of the team, participating in an iterative process of creating, implementing, evaluating, and adjusting successive versions of the wraparound plan. The looping nature of change plays out in other ways as well, for example, as improved coping and problem solving contribute to increased self-efficacy, which in turn leads to more opportunities to experience success within the wraparound process. In another example, initial team efforts can lead to increased social support, which can feed back in to the planning process by allowing support strategies that had not been available before the new sources of social support were developed.

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<sup>1</sup> This DRAFT document prepared by Janet Walker for the National Wraparound Initiative, Portland State University, Portland Oregon.

## A theory of change for wraparound: Overview



## A Theory of Change for Wraparound: Detail

| High Quality Wraparound <b>Process</b>   | <b>Short-term Outcomes</b>  | <b>Intermediate Outcomes</b>  | <b>Long-term outcomes</b>   |
|--|---|---|---|
| <p><u>Characterized by</u></p> <p>P1. Recognition of and respect for family/youth culture, values, expertise, strengths, and assets</p> <p>P2. Sharing and blending of team members' expertise and perspectives (equity, mutual respect)</p> <p>P3. Family-driven, youth –guided, collaboratively defined mission and goals</p> <p>P4. High quality decision-making process that enhances creativity and promotes consideration of service/ support options that are</p> <ul style="list-style-type: none"> <li>a. Community based</li> <li>b. Strengths based</li> <li>c. Individualized</li> </ul> <p>P5. Opportunities for family and youth to make informed choices between options for service/support strategies.</p> <p>P6. Incorporation of members of the youth/family's natural and community support networks into the process</p> <p>P7. Strategies continually evaluated using team-defined indicators of success</p> <p>P8. Recognition and celebration of success</p> | <p>S1. Commitment to/follow-through on team decisions</p> <ul style="list-style-type: none"> <li>a. Team members</li> <li>b. Family/youth</li> </ul> <p>S2. Service/support strategies and <i>mix</i> of strategies that fit family needs and preferences</p> <ul style="list-style-type: none"> <li>a. Consistent with youth and family culture and values</li> <li>b. Consistent with youth and family realities</li> <li>c. Informed by combined expertise of team members</li> <li>d. Strategies and strategy <i>mix</i> are adjusted if necessary to improve fit</li> <li>e. Target priority family needs and personally meaningful goals</li> </ul> <p>S3. Service/support strategies that build on and help develop strengths and assets</p> <p>S4. Improved service coordination</p> <p>S5. Family/youth satisfaction with and engagement in wraparound</p> <p>S6. Youth/Caregiver experience of efficacy and success</p> | <p>I1. Services/supports “work” better for families</p> <ul style="list-style-type: none"> <li>a. Services/supports that are likely effective for child/family are identified and accessed</li> <li>b. Youth/families engaged and retained in services/ supports</li> <li>c. Consistency in perspectives family/youth/provider</li> </ul> <p>I2. Increased social support (caregiver, youth) and community integration</p> <p>I3. Improved coping and problem solving</p> <p>I4. Enhanced self-efficacy/empowerment and self-esteem</p> <p>I5. Increased caregiver/youth optimism</p> <p>I6. Attainment of team goals</p> | <p>L1. Child/youth improved placement stability</p> <p>L2. More community-based, home-like settings</p> <p>L3. Improved child/youth mental health outcomes</p> <p>L4. Improved caregiver mental health outcomes</p> <p>L5. Improved youth functional outcomes</p> <ul style="list-style-type: none"> <li>a. Educational/ Vocational</li> <li>b. Civic/Community</li> </ul> <p>L6. Attainment of team mission</p> <p>L7. Increased family/youth assets</p> <p>L8. Improved resiliency and quality of life family/youth</p> |