

# Child Mental Health **WRAPAROUND**

A guide for youth and families.



**CHILD MENTAL  
HEALTH WRAPAROUND**



**Division of Mental  
Health and Addiction**

**WELCOME** to the Indiana Child Mental Health Wraparound Program (CMHW). CMHW participants have a variety of service providers available to help build hope for your family. Every family will partner with a Wraparound Facilitator. Other services may be added to your unique plan of care based on your family's needs and availability in your county.



## Let's meet your team!



Hi, I'm a  
Wraparound Facilitator!

- I am your first point of contact for Wraparound. I drive the process, from the beginning when we assemble a team and you share your family story, to the end when we celebrate your youth and family's growth and success.
- I help set and maintain ground rules for team meetings, explore and engage team member strengths, and manage your family's plan of care.
- At our first visit, we'll create a crisis plan for safety for your family.
- I make sure your family's voice is heard and utilized throughout Wraparound.
- I communicate with you and other team members weekly to check in around tasks from our plan of care and to prepare for our monthly team meetings.



Hi, I'm your  
Informal/Natural Support!

- I am your neighbor, best friend, grandparent, coach, faith leader, or any other individual connected to your family who wants to see you succeed.
- Wraparound works best when there are informal supports on the team, and your Wraparound Facilitator will help you find these people in your life who you can lean on for support.
- I attend all team meetings, and when Wraparound is over, I'll still be here for you.



Hi, I'm a Training and  
Support for the Unpaid  
Caregiver Provider!

- Often referred to as "FST."
- I educate and support the caregiver(s) to increase confidence and empowerment.
- I attend all team meetings and typically see the caregiver a few times a week. We may work together in your home or in community spaces. I can help you develop skills like home management, parenting, crisis de-escalation, and coping with difficult situations.
- Most of our sessions will be in person, but we can use phone sessions a few times a month.



Hi, I'm a  
Respite Provider!

- I give the caregiver a break. Maybe you need weekly scheduled time to grocery shop without your youth, or go to the gym, or spend 1-1 time with a younger sibling. Schedule respite for those planned breaks you need that help increase your well-being.
- You can also use respite for unexpected emergencies, such as the need to care for a loved one out of town, when you have no other caregivers available for the youth.
- I attend all team meetings, and I can care for the youth for a few hours at a time or for overnight stays. I cannot provide childcare for when you are attending work or school.
- There are two location-types for respite:
  - Facility-based Respite (FBR) — this kind of respite happens in a DMHA-authorized facility.
  - Home- and community-based Respite (HCBR) — this kind of respite happens in your home and/ or community.



Hi, I'm a  
Habilitation Provider!

- Often referred to as "Hab."
- I help the youth develop and improve social, emotional, and decision-making skills.
- I attend all team meetings and typically see the youth a few times a week. We'll have sessions in your home to go to community spaces like parks and libraries to work on the youth's goals and need from the plan of care.
- We'll role play, use games and scenarios, and engage in real-life practice to develop the youth's skills.



# FAQ

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## How long does Wraparound last?

Wraparound typically lasts around one year. Our team will help your family increase community connections, decrease risk behaviors, and feel more confident managing crises.

## What happens when we're done with Wraparound?

In your monthly team meetings, you will rate progress toward your family's goals and vision for the future. When you see you are getting close to meeting your family's goals, you and your team will enter the "transition phase," where you will plan and prepare for life after Wraparound. Many families continue community engagement and non-Wraparound services like therapy and skills development after Wraparound.

## I don't get along with my child's other parent/caregiver, but we both want to be involved in Wraparound. Can we separate teams?

It's best to have one team. You and your team can make individualized and creative decisions to accommodate parents/caregivers who may not see eye-to-eye.

## What if I need an interpreter?

The Wraparound Facilitator can assist you in finding an interpreter. Any Medicaid provider is responsible for providing access to an interpreter when requested. Community resources include Luna Language Services or Indiana 211.

## What do I do if I'm having issues with a provider or problems with the program?

You can communicate any concerns with your Wraparound Facilitator, who is trained to address issues throughout Wraparound. You can also contact the DMHA directly by emailing [DMHAYouthServices@fssa.in.gov](mailto:DMHAYouthServices@fssa.in.gov). DMHA reviews concerns/complaints within 72 hours of receipt.

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We hope that the time you spend in Wraparound will be exceptional. When services end you may be asked to participate in a satisfaction survey. Your participation is voluntary and anonymous but would greatly help us improve our program for other youth and families.

## What is your role as the caregiver?

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- First, read through the National Wraparound Initiative Wraparound Process User's Guide — where you will find more detailed information about what to expect from the Wraparound process.
- Share your family's story, needs, and vision for your future with the team.
- Attend and participate in monthly team meetings.
- Collaborate with your team regularly to communicate challenges and successes.
- Use the crisis plan that is developed with the team if/when your youth has a crisis event.
- CMHW is a voluntary program that works best with your full engagement.

