



FAMILY OVERVIEW

MAINE CENTER OF EXCELLENCE FOR BEHAVIORAL HEALTH AND WELL-BEING



What does High Fidelity Wrap-around mean for my family?

High Fidelity Wraparound (HFW) is a collaborative process for youth and their families to identify their needs and access services. HFW is tailored to meet your family's needs, which means it is not "one size fits all." Youth and caregivers have a seat at the table and a say about who is on their team and their care planning. HFW presents a new way to engage when what was being done before has not worked.

What is Peer Parent Support?

A Family Support Specialist (FSS) will be offered to be a part of your team. A FSS is a parent with similar lived experiences who is trained to offer support to other parents and help families navigate complex systems. A FSS will never speak for you but can offer you hope and guidance through the High Fidelity Wraparound process.

Who can be on my Team?

- Youth
- Parent/ caregiver
- Family Support Specialist
- Youth Support Specialist
- Informal Supports
 - Who do you call when you need help? Or when you are feeling stressed? Your HFW Care Coordinator and Family Support Specialist can help you identify who will be part of your team. Some examples are friends, family members, spiritual advisors, or coaches.
- Formal Supports
 - What services are already in place? Some examples are therapist, DHHS worker, probation officer, or behavioral health professional.

What is the benefit for my family?

- Increase your sense of collaboration among your team
- Increase your sense of self-efficacy
- Increase your sense of empowerment to take action
- Increase your family voice and take ownership of your family's vision
- Decrease your sense of internal blame
- Decrease your sense of family isolation
- Recognize the power and importance of self-care



What happens next?

Within 7 days

- Meet with HFW Care Coordinator to develop initial crisis plan
- Discuss family history and determine team members

Within 30 days

- Develop your family vision and mission
- Identify family strengths
- Identify goals
- Identify appropriate assessments that work for your family

Team meetings will be held monthly

- To review the crisis plan and the plan of care and alter as needed
- Review history of crises in the home, school, and community
- Identify potential triggers
- Identify successful past strategies for de-escalation
- Determine action steps
- Identify supports and the team member responsible for each support
- Plan for any significant transitions in your child's life
- Coordinate with school and other providers to include IEP, 504, individualized plan for employment, and positive behavioral support plan

Family Voice

- Meetings are scheduled around your schedule & where you are comfortable
- You partner with your coordinator to set the agenda for the meeting
- You decide what is going to work for your family
- Your voice will be heard and listened to

Ownership

- You are an active partner with your team
- You will take a lead role in the team
- Your family's plan of care will be developed based on your family's strengths and needs



The youth and family identify their goals. The team makes a plan together, reviews it regularly, and makes adjustments as needed.

For more information on the Maine High Fidelity Wraparound
visit: **mainecoe.org** email: **mainecoe@pcgus.com**