



# New Hampshire's Wraparound Model

## An Overview

### The Need

Every year the state of New Hampshire spends over \$100,000,000 on children's behavioral health services<sup>1</sup>, and nearly 400 of the state's children and youth are hospitalized due to a psychiatric emergency. Many of these children and youth and their families find themselves in a complex web of programs and services, including school, mental health, child protection, substance abuse treatment, and justice systems. These families face complex, stress-filled, and difficult circumstances, and the complexities and demands of the service system can further overwhelm them.

### What Is Wraparound?

Wraparound is an evidence-based, family- and youth-driven planning process for responding when children or youth experience serious emotional and behavioral concerns. The goals of Wraparound are to help families and youth identify their strengths and their needs, then to develop a plan that connects them to supports (some formal, some natural) and services in their communities.

NH's Wraparound model is not designed to replace existing research or evidence-based treatments, services, or therapies. Instead, Wraparound is designed to help families align the available services and supports to accomplish each family's vision, resulting in better and more effective use of the resources that are available to each family and to the child/youth.

### The Process

First, a well-trained facilitator called a Wraparound Coordinator engages the family in a powerful self-discovery process, meeting with the family to understand their history and concerns. Together they develop a list of their strengths, resources, and the deep needs that, when met, will help the family to feel whole and healthy. The family crafts a Family Vision for a happier and more fulfilling life, including their own unique goals and criteria for success.

At this stage the Wraparound Coordinator helps the family form a team that includes individuals from their formal network of helpers (e.g., therapists, teachers), as well as informal supports such as extended family members, friends, employers, neighbors, and others. Each team member has a stated reason for participating, and brings functional strengths to the table. With the Coordinator's guidance, the team works together to help the family move closer to their Vision. The Coordinator helps the family review progress and adjust their plan of care at every team meeting.

Once the family reaches or gets close to its Vision, the Coordinator works with the family to develop a plan for transitioning out of Wraparound. Wraparound typically lasts between 6 and 18 months, depending on the needs and strengths of the family.

### The Role of Peer Support

Families who receive NH's Wraparound service model may have a Family Peer Support worker from NAMI NH, and youth ages 13+ may be connected to a young adult with lived experience from Youth MOVE NH, who acts as a mentor to guide them through the process and towards their goals. These highly-skilled peer supporters can help the family and youth understand that, while the road to health may be challenging, it can be successfully navigated.



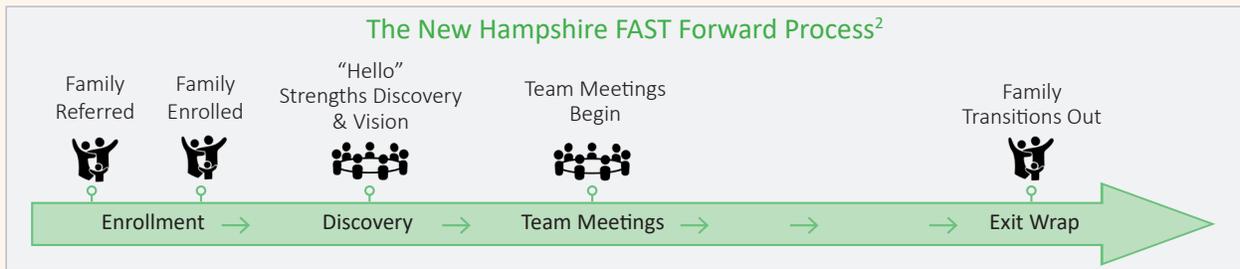
*The four stages of Wraparound:  
Hello, Help, Healing, Hope*

<sup>1</sup> NH DHHS, (2017). An Act to Implement a System of Care for Children's Behavioral Health in New Hampshire: Year 2 Report. Concord, NH.



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### FAST Forward: New Hampshire's System of Care Grant

New Hampshire began developing this particular model of Wraparound in 2014 with three coordinators and funding from a System of Care grant called NH Families and Systems Together (FAST) Forward. Impressive results showed that the Wraparound delivered was high quality, and reduced hospitalizations and improved the wellbeing of youth and families who engaged for at least six months<sup>2,3</sup>. Based on these positive outcomes, the NH Bureau of Children's Behavioral Health has scaled up NH's Wraparound model.

### Eligibility

Wraparound is a Medicaid-reimbursable service, so the child/youth must meet certain eligibility criteria:

- ◆ Medicaid eligible
- ◆ Age 5–21
- ◆ Diagnosis of Serious Emotional Disturbance (SED), according to the NH Department of Health and Human Services and federal rules
  - SED is not to be confused with Department of Education's "Emotional Disturbance" term
  - SED is defined as having symptoms leading to a diagnosis, or an existing diagnosis, that impacts functioning in multiple life domains, such as home, school, and community

### New Hampshire's Wraparound Partners

NH's Wraparound model is also provided in Cheshire County by the Monadnock System of Care project, and by NH's Department of Education in seven school districts through a project called FAST Forward 2020. FAST Forward has been successfully implemented through a collaboration of several stakeholders, each of whom bring specific strengths and skills to the work. We are grateful to the many partners who have brought this collaborative model to families, children, and youth in New Hampshire:



Institute on Disability/UCED



For more information, contact the NH Wraparound Eligibility & Referral Coordinator:  
**Ph: 603.271.5075**

2 Fauth, J., Wilson-White, J., Erdmann, J., Roberts, P. (January, 2017). FAST Forward Wraparound practice final report. Antioch University, Center for Behavioral Health Innovation.

3 Norton, S., Fauth, J. (February, 2017). NH's FAST Forward system of care: A descriptive analysis. New Hampshire Center for Public Policy Studies.