



Recovery Road: Wraparound Perspective and Strategies for Working with Families Struggling with Substance Abuse

2019

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September 9, 2019

Learning Objectives

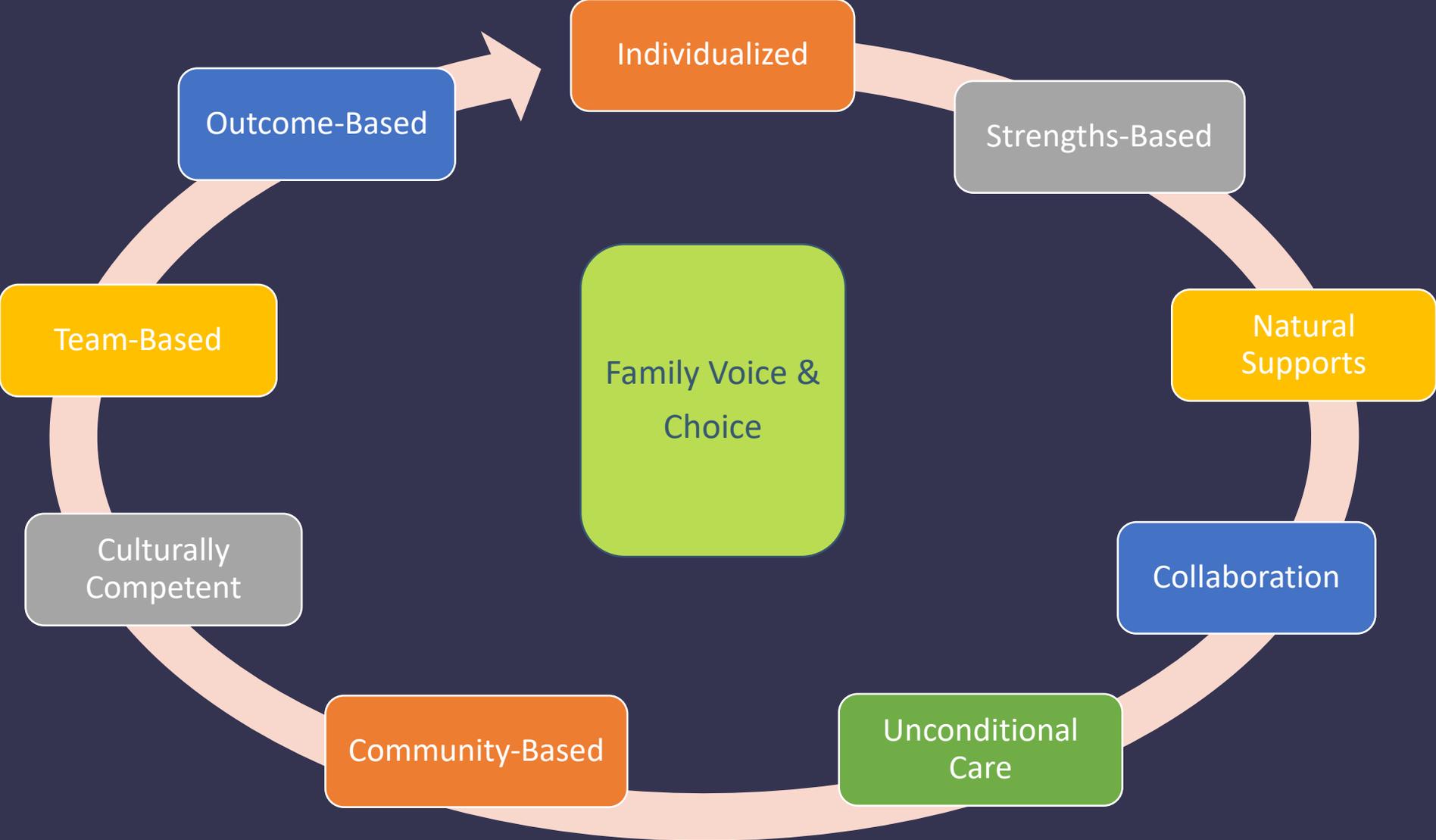


- Understand how the Wraparound framework can support families affected by substance use disorder (SUD).
- Learn more about evidence-based practices for addressing SUD that can align with the Wraparound process.
- Practice skills that will ensure better outcomes for youth and families with complex needs.

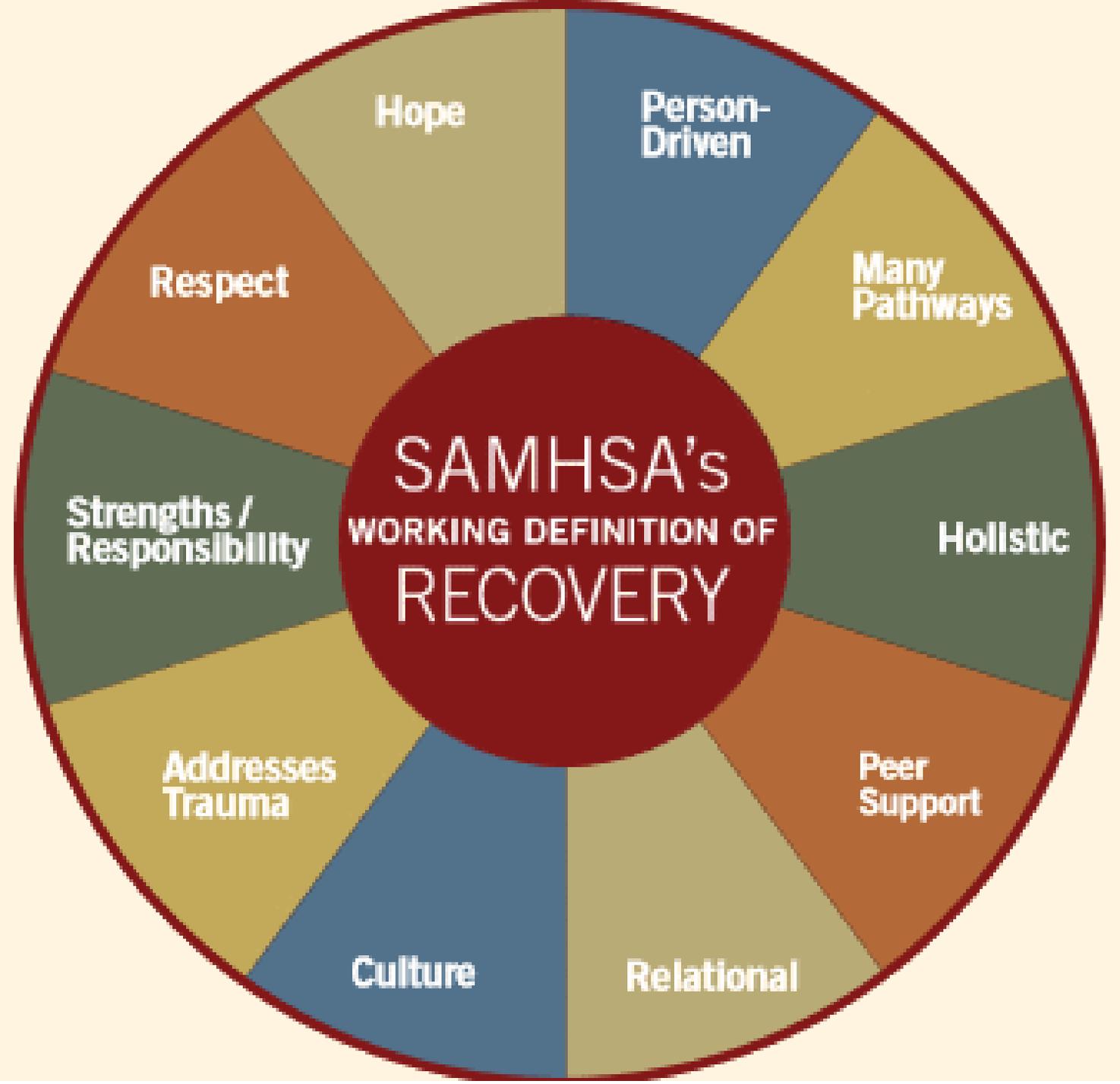
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Principles of Wraparound



Principles of Recovery



Prevalence of SUD and Other Mental Health Disorders

Among those with a substance use disorder:
3 IN 8 (38.3% or 7.4M) struggled with illicit drugs
3 IN 4 (74.5% or 14.4M) struggled with alcohol use
1 IN 8 (12.9% or 2.5M) struggled with illicit drugs and alcohol

Among those with a mental illness:
1 IN 4 (23.9% or 11.4M) had a serious mental illness

7.8%
(19.3 MILLION)
People aged 18 or older had a substance use disorder (SUD)

3.7%
(9.2 MILLION)
People 18+ had BOTH an SUD and a mental illness

19.1%
(47.6 MILLION)
People aged 18 or older had a mental illness

In 2018, **57.8M** Americans had a mental health and/or substance use disorder.



The Impact of SUD on Children and Families

- 50-80% of families involved in Child Welfare are affected by a SUD.
- The number of children who enter foster care due to parental SUD has more than doubled since 2000.
- Children of parents with SUD remain in state custody longer and experience poorer permanency outcomes.
- Child serving agencies struggle to meet the needs of families affected by SUD.
 - Inconsistent assessment practices
 - Barriers to collaborating with SUD treatment services
 - Lack of family-friendly SUD treatment options
 - Misunderstanding medication assisted treatment



Provider Attitudes Toward Caregivers with a SUD

- Child welfare worker perception of caregiver substance misuse is among the strongest predictors of decisions made by the worker.
- Worker attitudes affect engagement and access to SUD services and outcomes for families served.
- Organization level characteristics have a profound impact on family engagement and outcomes in services.

The Impact of Stigmatizing Language and Practice

- SUD is among the most stigmatized health conditions.
- Words matter! Language perpetuates stigma.
- Stigma discourages and marginalizes people with an SUD resulting in:
 - Poor mental and physical health
 - Barriers to accessing health care and treatment services
 - Non-completion of treatment
 - Delayed recovery and reintegration
 - Increased involvement in high risk behavior



What can I do
about it?



We don't
see things
as they are,
we see them
as we are.

-Anais Nin

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How We Typically Think About Needs

As something strongly desired

- Example: The family needs to find stable housing in a safe neighborhood.

As an obligation

- Example: Tim needs to follow all court ordered mandates.

As necessary steps toward accomplishing something

- Example: Susan needs to participate in respite so Ms. Watkins can have a break.

As something missing or lacking that is important to health

- Example: Ms. Roberts needs to be connected to the food bank in order to provide food for her family.

Let's start at the very beginning



A very good place to start



The Comprehensive Family Story

- Starts with the caregiver's birth and creates a picture of the youth's early care-taking environment, important events and patterns.
- Offers a deeper understanding of the initial conditions that brought the family to where they are today.
- Highlights coping skills, resources, supports and aspects of family culture used to get through tough times in the past as well as exceptions and times when things have gone well for the family
- Includes the perspective of all family members and relevant supports.
- Considers the various environmental systems/ecology of a family and the impact of those relationships.



“It is the ability of humans to analyze and reason that can help us unfold ever more deeply the reality beyond appearance.”

Trauma and Substance Use

- Trauma is associated with lifetime use & misuse of substances.
- Child maltreatment, family violence, and SUD are linked across multiple generations and are often compounded by poverty, social isolation, criminal involvement and other risks.
- Caregivers’ traumatic experiences, SUD, and other mental health disorders affect parenting and place families at risk of systems involvement.

How does this help us to understand needs?

Wraparound is a process that is driven by underlying needs.





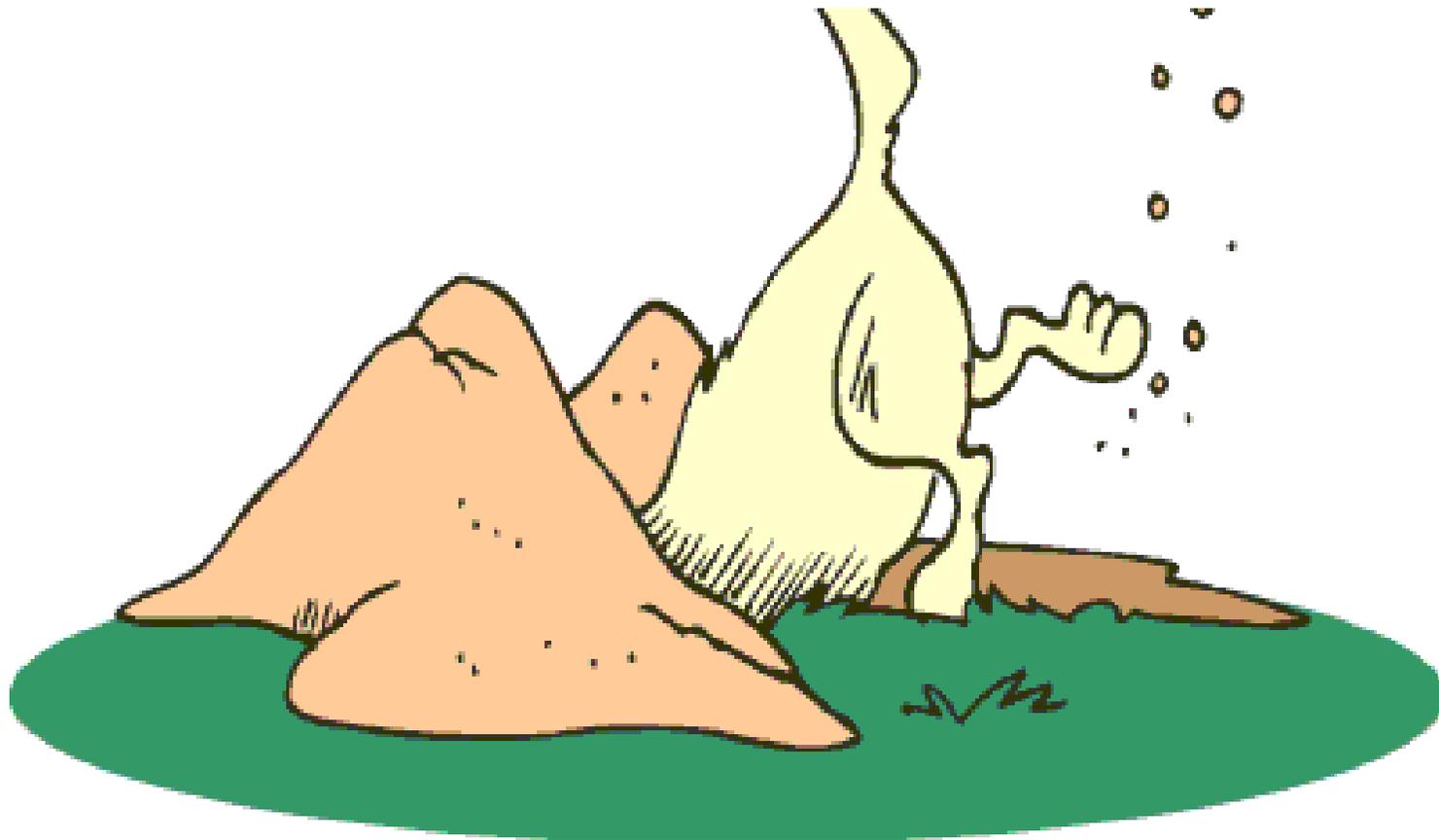
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Needs in Wraparound

The set of conditions causing a behavior or situation to occur or not occur and explain the underlying reasons why behaviors or situations happen.

Examples:

- *Ms. Jones needs to feel strong in the decisions she makes as the mother and provider for her family.*
- *Darrin needs to know he can make positive decisions about his life.*



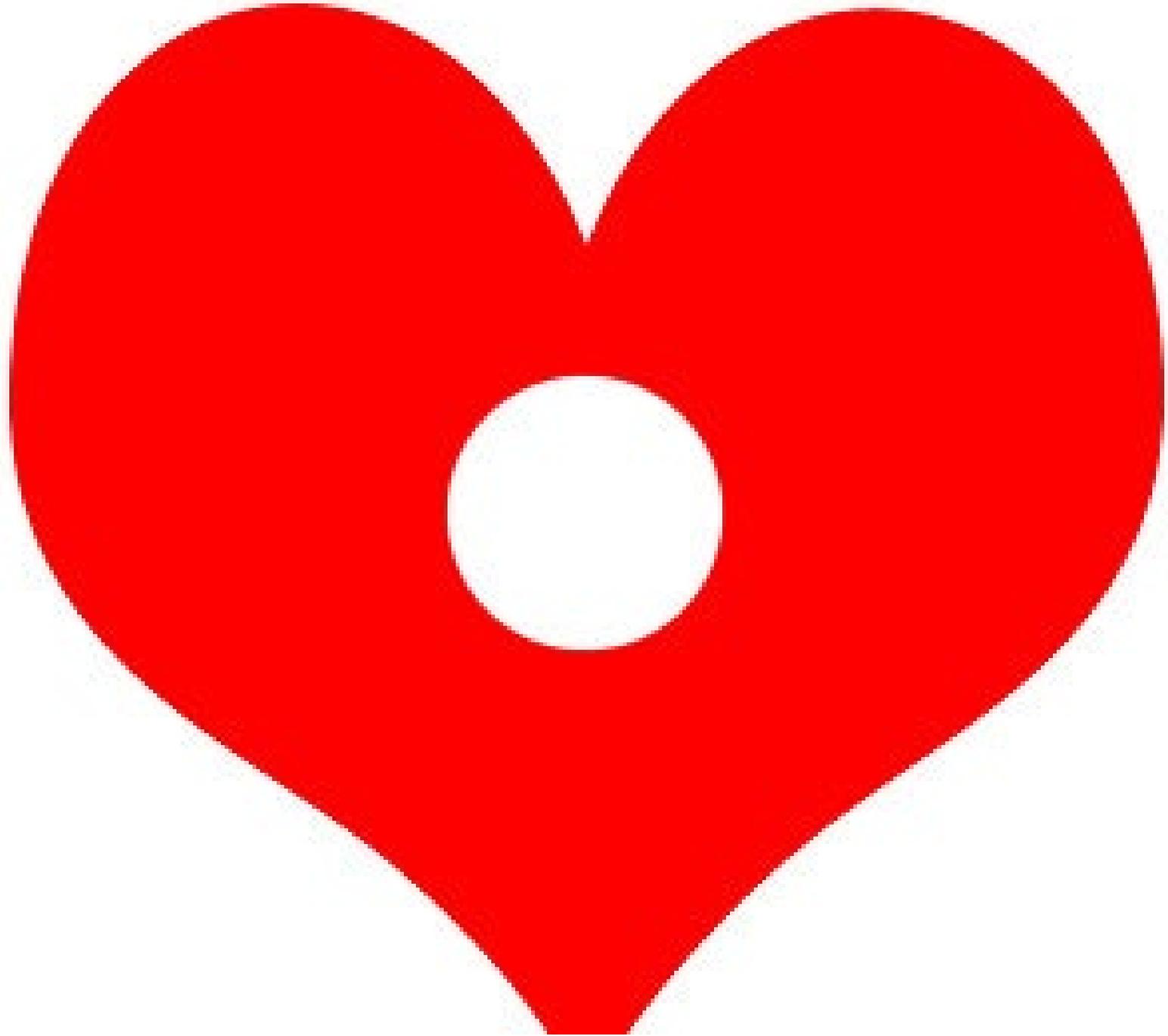
Values Around Needs

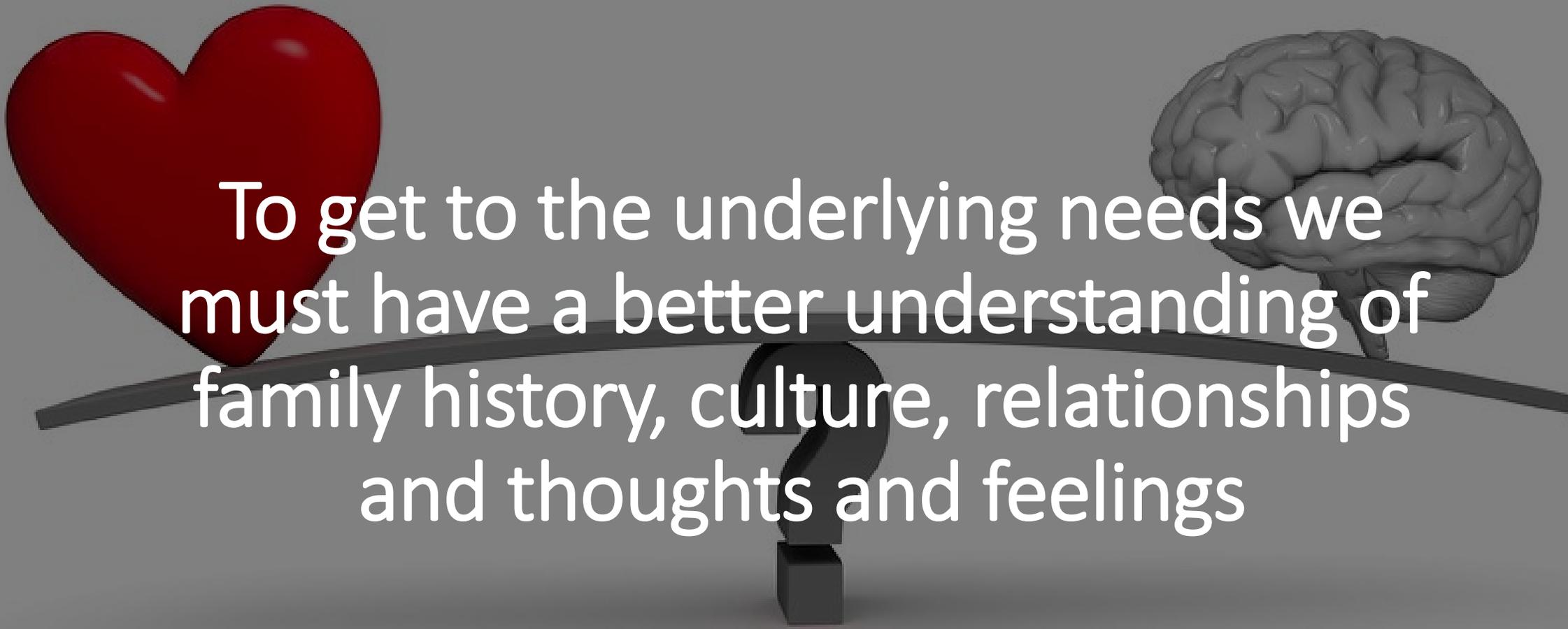
- Challenging behaviors are the result of unmet needs.
- Needs are not services or goals.
- All behavior is communicative.
- We are responsible for finding the unmet need.
- If behavior doesn't change it is a signal you should change what you are doing.
- Well-written need statements will modify the context of the family's current situation.

Needs Can Be Described...

“As the holes in our hearts that drive us to do things we shouldn’t and keep us from doing things we should.”

-Pat Miles





To get to the underlying needs we
must have a better understanding of
family history, culture, relationships
and thoughts and feelings

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By Using Underlying Needs...

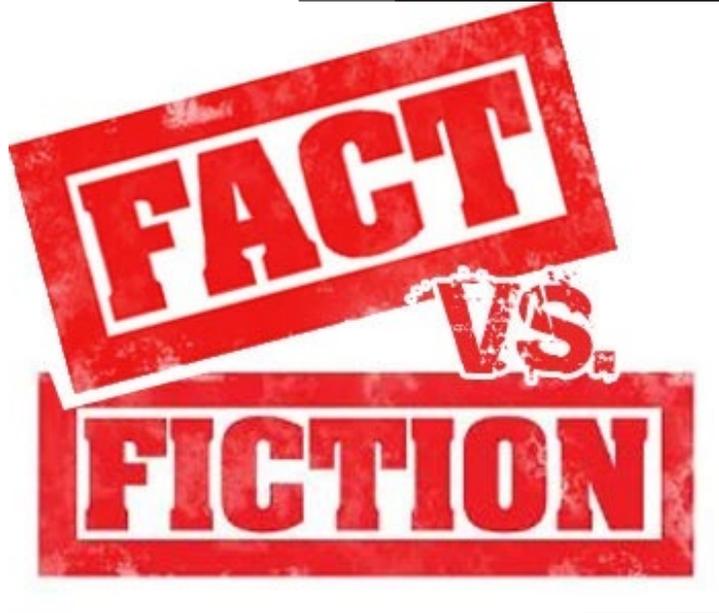
We are able to understand what is driving the behavior rather than try to attempt to manage the behavior.

We are able to build empathy for team members by modifying the context of the situation.

We are better able to partner with the family.

We can build strategies that are unique, reflect family culture, and ensure each member of the family is active in planning.

Wraparound Fact Not Fiction



- Wraparound is a facilitated planning process not treatment.
- Wraparound responds to the whole family not just the youth.
- Wraparound requires all relevant team members to work together (collaboration).
- Wraparound supports and plans for mandates that are in place for the youth/family.
- Wraparound encourages the use of evidence-based practices.
- Wraparound works to create a creative, collaborative team process that develops strategies that are formal, informal, community based, individualized and culturally competent.



How do we meet underlying needs?

- Brainstorming
- Evidence Based Practices for SUD
- Selecting Strategies
- Actions & Barriers
- Including everyone in the plan!

Brainstorming Strategies

- Brainstorming occurs around each identified need statement
- Brainstormed ideas address the root cause of behavior versus trying to solely contain behaviors.
- All brainstormed ideas are documented and should include:
 - Mandates
 - Evidenced base practices
 - Creative unique ideas
 - Community-based resources

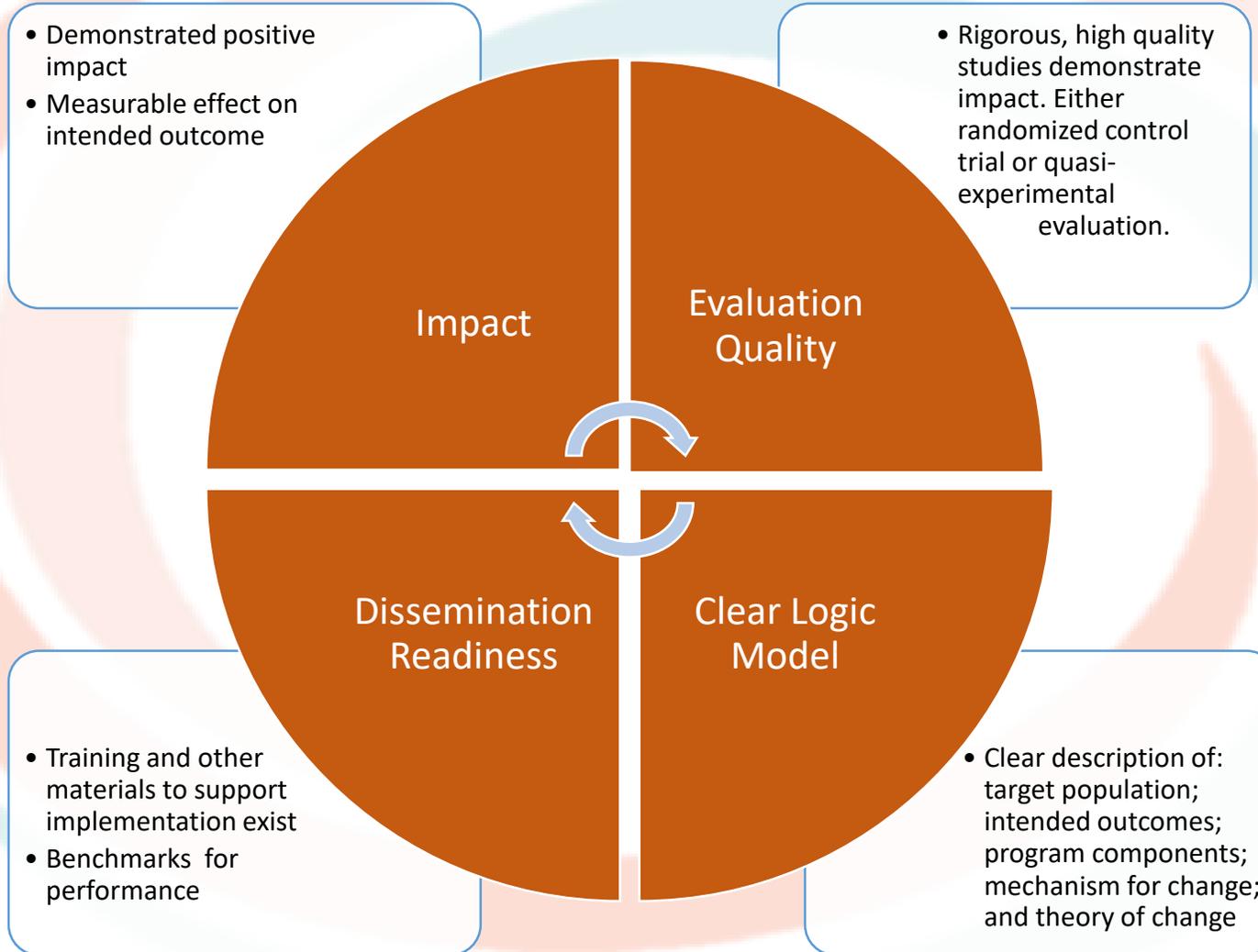
It is the responsibility of the Care Coordinator to ensure all of the above are discussed during planning!



Principles of Effective SUD Treatment

- Addiction is a complex but treatable disease that affects brain function and behavior.
- No single treatment is right for everyone.
- People need to have quick access to treatment.
- Effective treatment addresses all of the patient's needs, not just his or her drug use.
- Staying in treatment long enough is critical.
- Medically assisted detoxification is only the first stage of treatment.
- Treatment doesn't need to be voluntary to be effective.
- Drug use during treatment must be monitored continuously.

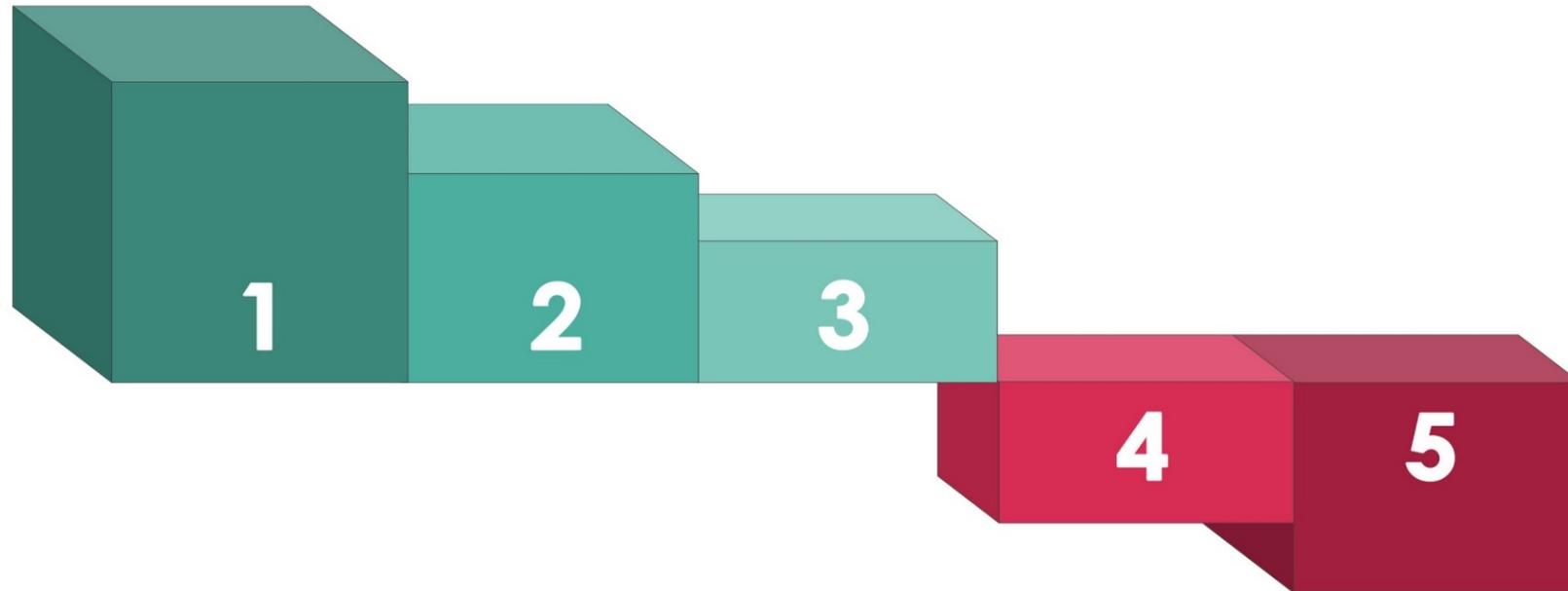
Evidence-Based Practices



California Evidence-Based Clearinghouse (CEBC) Scientific Rating Scale

A lower score indicates a greater level of research support.

WELL-SUPPORTED ← → **CONCERNING**



EBPs for Youth	EBPs for Families
Adolescent Community Reinforcement Approach (A-CRA)	Brief Strategic Family Therapy (BSFT)
Cognitive-Behavioral Therapy (CBT)	Family Behavior Therapy (FBT)
Contingency Management (CM)	Multidimensional Family Therapy (MDFT)
Motivational Enhancement Therapy (MET)	Functional Family Therapy (FFT)
Twelve-Step Facilitation Therapy	Multisystemic Therapy (MST)

Behavioral EBPs for Youth & Families With a SUD

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The Role of Peer Mentors

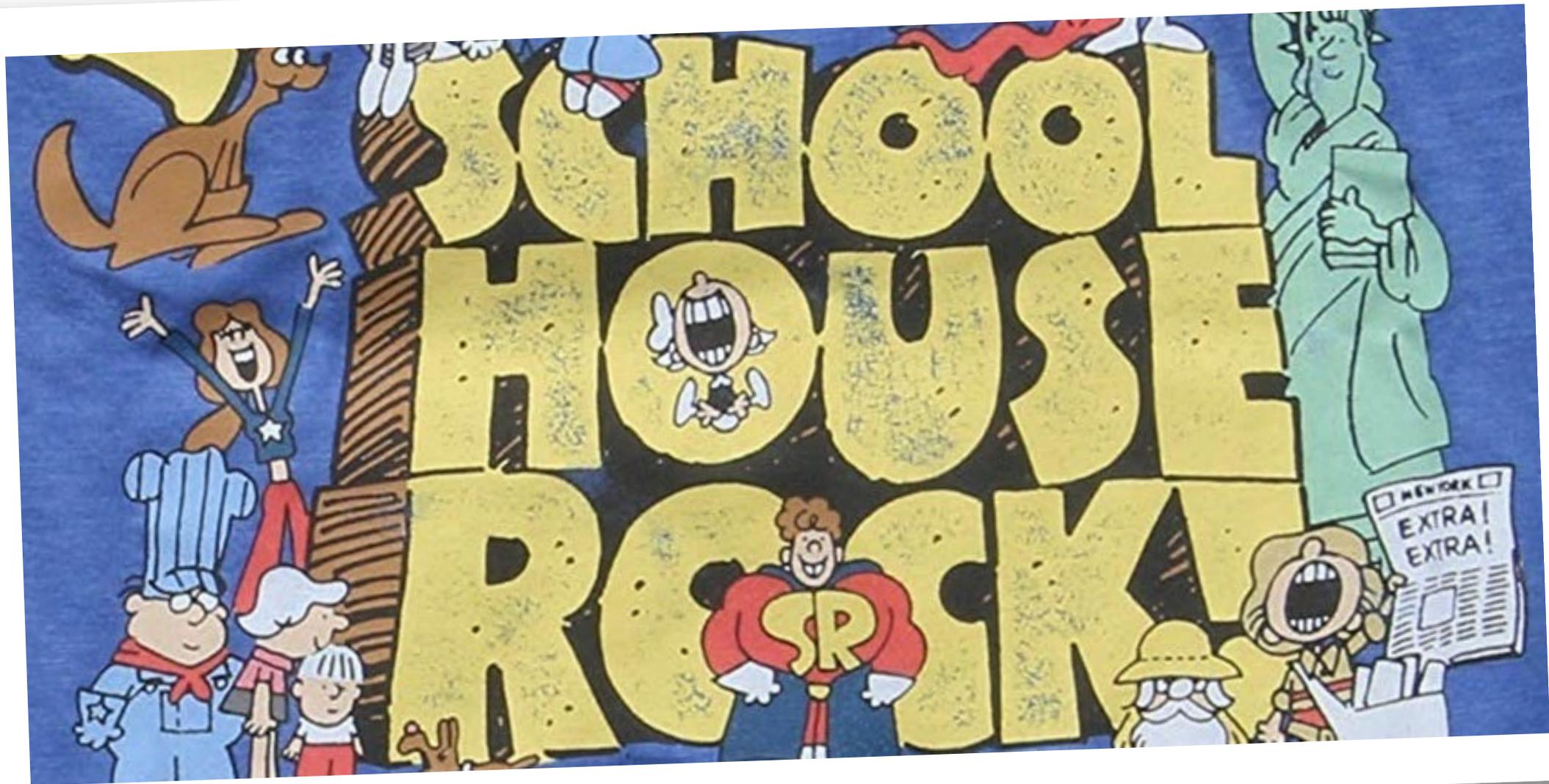
Peer support is associated with improvements in recovery outcomes.

Examples of Peer Supports and Outcomes

- Digital storytelling workshops bring peer mentors to mentees together through mentor's past experiences of substance use into a life of recovery
 - **Improved connections and hope among participants**
- Peer mentors engage with CW-involved parents in family-centered systems of care by building relationships and empowering mentees.
 - **Improved likelihood of parent/child reunification at case closure**
 - **Career advancement opportunities among peers**

The Role of Medication Assisted Treatment (MAT)

- World Health Organization has identified MAT as the most effective treatment for opioid use disorders.
 - MAT significantly reduces risk of overdose and death
- Barriers to MAT implementation
 - Lack of availability + prescribing physician
 - Stigma
 - Exclusive commitment to 12-step model of treatment
- Child Welfare System Outcomes
 - Mothers who receive MAT may be more likely to retain custody of their children.
 - Results-focused education may be helpful for child welfare workforce to improve collaboration between CWS, court personnel, and treatment providers.



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Selecting Strategies

A ACTION

C CHANGES

T THINGS



After brainstorming:

- The family chooses the strategies that best fit for them.
- Mandates are reviewed, options explored and once agreed upon documented in the plan.
- Concrete action steps are outlined and assigned based on strengths of team members.
- Barriers are discussed and busted.
- Plan is reviewed to ensure everyone knows what they are responsible for.

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- **What are your top 3 takeaways from today's session?**
- **How will you apply this information when you return to your office?**
- **What steps will you take to do that?**

“You must let go of the illusion of control...”



~ The Turtle ~



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