

## MiiWrap Principles

**Family Voice and Choice** – Behavior change comes from Self-Motivation and Self-Efficacy. Taking the time to nonjudgmentally understand the perspectives and Motivation of the youth and family, letting them decide on the behavior change to be made, as well as plans to accomplish this change, will lead to better and more sustainable behavior change.

Family Voice and Choice has always been the foundation of Wraparound. It has focused on making sure the family is listened to and has a say in decisions made about them. The Mindset reinforces this and puts it in perspective. Listening to the family is not just something that must be done, it's central to developing true empathy for the youth and family. Listening to what people say with genuine curiosity and nonjudgmental acceptance, provides the opportunity to dig deeper, truly understand the issues and sometimes help them better understand for themselves. This Principle is also key to why MiiWrap works. Family Voice and Choice leads to Self-Motivation and Self-Efficacy. When the Change Talk comes from the youth and family, the chances of sustained change increase dramatically.

**Team-Supported** – Everyone is influenced by the people in their lives and having these people help them through behavior change leads to better and more sustainable change. Having coordinated support from the important people in their lives offers a much greater chance of success. It does this by offering a wider variety of options and resources. At the same time Voice and Choice can define how the team is used and team support in MiiWrap is provided from the perspective of the MiiWrap Mindset.

**Natural Supports** – People do better when supported by extended family, friends, neighbors and others in their social systems. Strengthening this support and involving the support team in the behavior change process will improve the future for youth and families. Natural supports are often the people who interact with the youth and family most frequently and who are most likely to be with them for years. Building a strong natural support system improves support and outcomes during MiiWrap and leads to more sustainable change.

**Collaboration** – MiiWrap is a Collaborative Partnership among the youth, family, staff and team who are helping them. Collaboration is the heart of the relationship between MiiWrap staff and the youth and family. It's the fuel that drives the car. It's also a critical factor of the relationship between the youth and family and their team.

**Community-based** – The goals of behavior change are for youth and families to be involved, accepted and valued members of their community. MiiWrap seeks to normalize the life experiences of the youth and family, allowing them full access to community activities and participation as defined by the culture of the youth and family.

**Culturally Competent** – Nonjudgmental empathy creates a genuine curiosity to understand, accept and develop plans that build on each person's culture. Nonjudgmental acceptance and empathy are at the core of the MiiWrap process. Understanding and building on the culture of the youth and family are key to this approach.

**Individualized** – Each person and family are unique, and so each plan will be unique. Taking the time to understand and walk in the shoes of the youth and family guides the process of evoking a vision and goals. Building on their strengths and culture results in a plan developed just for them.

**Strength-based** – Focusing on the strengths and using them to develop plans leads to improved Motivation, Self-Efficacy and outcomes. Self-Efficacy is critical to sustained behavior change. Identifying, affirming and building on their strengths increases Self-Efficacy and Motivation.

**Unconditional Care** – MiiWrap staff don't give up on youth or families but try new approaches when initial efforts are not successful. Nonjudgmental empathy builds Engagement and continual efforts to build Motivation and Self-Efficacy.

**Outcome-based** – Success is measured by positive and sustained behavior change. Success is measured in terms of outcomes, and enhancement of MiiWrap is based on ongoing implementation research.