

Integrating Wraparound and Motivational Interviewing

Integration Process

The process of integrating Wraparound with Motivational Interviewing was accomplished over seven years with the help of hundreds of people across North America. The developmental process was completed through four stages beginning by having staff receive separate standalone MI training coupled with onsite group coaching and process evaluation. The next Stage evolved as I partnered with MI expert David Duresky to develop a model that combined the two processes leaving each intact. During this time, we consulted with MI developers William Miller, Teresa Moyer and Denise Ernst, reviewed the updated MI literature and became proficient in MI fidelity tools. We created training and coaching materials and a draft manual. A learning community was formed in the third Stage consisting of over 40 wraparound experts across North America. These individuals reviewed the draft manual, participated in and supported MiiWrap training and coaching in their sites, participated in a series of online learning community meetings and a four-day discussion session at Red Rocks. During Stage Four I reworked and integrated the two models and published the Foundations manual based on the accumulated feedback and experience and began training, coaching and evaluating MiiWrap.

Much was learned and changed throughout the developmental process and is described in detail by Rast (2020). Some of the highlights of each stage are described below. During the process of separate training and coaching in Stage One, most staff increased using Simple Reflections and Open-ended Questions and avoided some of the more egregious roadblocks to communication and conversational traps. Few, however, consistently used the complex Reflections necessary to create and resolve ambivalence and showed little use or improvement in cultivating change talk or true partnering with youth/families. Discussions and focus groups suggested the amount of material between the ten principles and 100 plus steps of wraparound and the MI spirit, relational skills, technical skills, roadblocks and conversational traps were overwhelming and lacked a cohesive focus. In addition, the funding and monitoring requirements for providing and documenting wraparound were barriers to effective service.

During Stage Two we tried to pull these many aspects of both models together while leaving both models intact. The reviews and evaluations of Stage Three revealed that this did not simplify or focus the two models. Learning community members provided feedback and many suggestions for integrating the process. Stage Four required a complete reconceptualization of the process to create true integration. By this time David had other commitments and I moved forward with the support of the learning community. The first step was to integrate and simplify the spirit of MI with the principles and theory of change of wraparound into a unified MiiWrap Mindset. The relational and technical skills of MI were refocused on the wraparound

process and the phases and activities of wraparound were simplified and integrated with the processes of MI.

Components of Integrated Model (MiiWrap®)

VVDB has carefully integrated the components of Wraparound and MI through eight years of consultation with Motivational Interviewing experts, implementation research, field testing with programs across North America and the assistance of a learning community of Wraparound coaches, trainers, supervisors and program managers representing both facilitation and family support. The resulting integrated process retains the identity and researched components of each process, making enhancements to both to create a simplified, focused and integrated process. MiiWrap consists of:

- A Unified Mindset and updated principles that define how we do MiiWrap and put words to the “culture” that has been at the core of Wraparound since the days of Kaleidoscope and the Alaska Youth Initiative
- Relational communication skills that provide research proven strategies to increase engagement and strengthen the working partnership with youth/families while reducing resistance and discord
- Behavior change communication skills that are used in conjunction with the activities to create and resolve ambivalence and evoke and strengthen motivation, self-efficacy and sustained outcomes
- Team-supported behavior change activities that integrate Motivational Interviewing processes with the Wraparound activities

Mindset of MiiWrap

The Mindset is the underlying perspective that guides a MiiWrap way of thinking about providing services for youth/families, and the approach used to work with them. The MiiWrap Mindset has four inter-related components that define the way of being with and guiding the people served. The Mindset defines how the people served are viewed, our relationship with them, the role in guiding them, and the role of the team who supports them. The Principles extend the Mindset to more fully guide the work of MiiWrap staff and teams. Without the Mindset and Principles to guide us, MiiWrap could be just a way to manipulate people into doing what we want them to do.



The MiiWrap Mindset puts words to the culture of serving others that all staff strive to create. The Mindset is an integrated view of service that guides MiiWrap training, practice, coaching

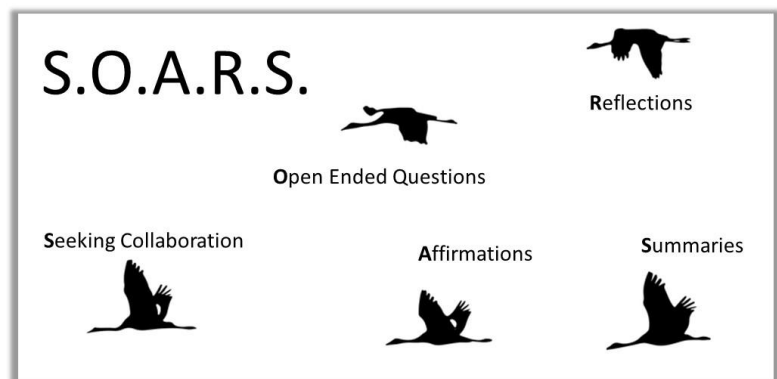
and supervision. The MiiWrap principles enhance current wraparound principles to define how services are provided.

- We view the people we work with nonjudgmental empathy and acceptance. We believe that change comes from self-motivation and self-efficacy and thus self-determined change is most effective and enduring. We believe that all people despite history and level of challenge are capable of positive behavior change.
- Behavior change is best accomplished when staff and youth and families work in a collaborative partnership. A collaborative partnership recognizes that sustainable change comes from the individual's self-motivation and self-efficacy. This means goals and strategies are selected by the individual. A Collaborative Partnership between MiiWrap Staff and the person is based on the point of view and life of the individual or family. Collaboration helps build the relationship, facilitates trust in the helping relationship and enables effective planning and implementation.
- The MiiWrap staff actively guide youth and families through the process using their relational and change skills to support the youth and family to successfully complete the MiiWrap process without imposing their own values, goals and solutions.
- The fourth component of the MiiWrap Mindset is that a team-supported process will result in improved and sustained outcomes. Properly selecting and engaging those people chosen by the individual (the team) in the MiiWrap process can lead to increased support and improved outcomes.

Relational Skills of MiiWrap

MiiWrap Relational Skills (SOARS) are the communication strategies to build, strengthen and sustain Engagement and the Collaborative Partnership with youth/families. To demonstrate the nature of the partnership, you Seek Collaboration by sharing control of the conversation and process. You use Open-Ended Questions to get the youth and families talking so that they share control of the

conversational content and direction, use Affirmations to acknowledge strengths and accomplishments in order to strengthen Self-Efficacy, Reflections to show general interest and understanding and guide the conversation indirectly, and Summaries to ensure understanding and allow transition to new topics.



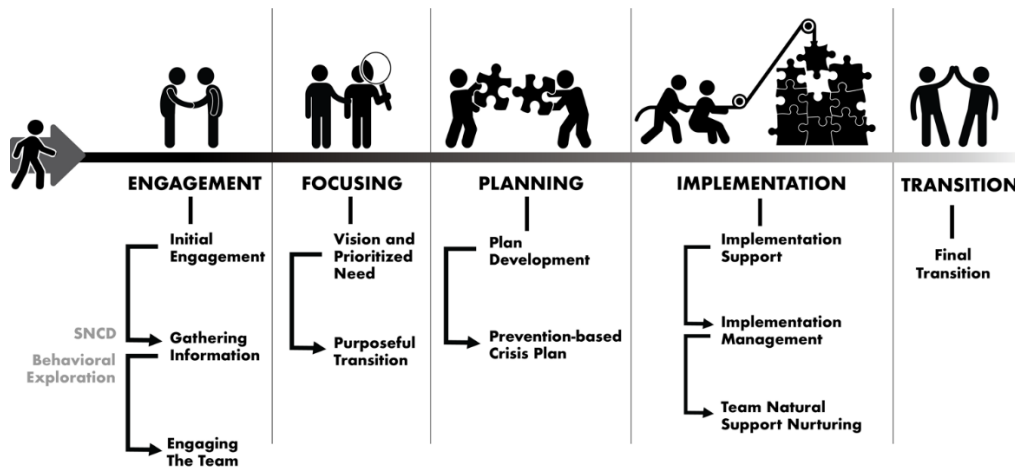
Behavior Change Skills of MiiWrap

Behavior Change skills are communication strategies that elicit thoughts and talk from youth and families to consider and move toward behavior change. To operationalize this process of guiding the person through the stages of Readiness to change and strengthen their motivation and self-efficacy to make the change.



Phases and Processes of MiiWrap

The phases and activities of wraparound provide the specific structure of wraparound and are heavily weighted toward the action stage of change. The processes of MI provide the general structure of MI and focus on earlier stages of change. Youth/families referred to wraparound are often at earlier stages of change and benefit from the addition of the MI processes focus. The resulting phases and processes of MiiWrap add focusing and evoking and simplify the overall activities.



Materials to Support MiiWrap Implementation

Materials to support the MiiWrap integrated model which include:

- The Foundations of MiiWrap textbooks
- A three-day training for current wraparound staff and a four-day Introduction to MiiWrap
- A four-day coach/supervisor training for teaching and supporting MiiWrap
- Coaching worksheets and group coaching activities for all components of MiiWrap
- A certification system for staff and coaches
- A fidelity tool to measure MiiWrap fidelity