



# The Effect of Wraparound Programs on Aggressive and Harmful Behaviors Among Youth

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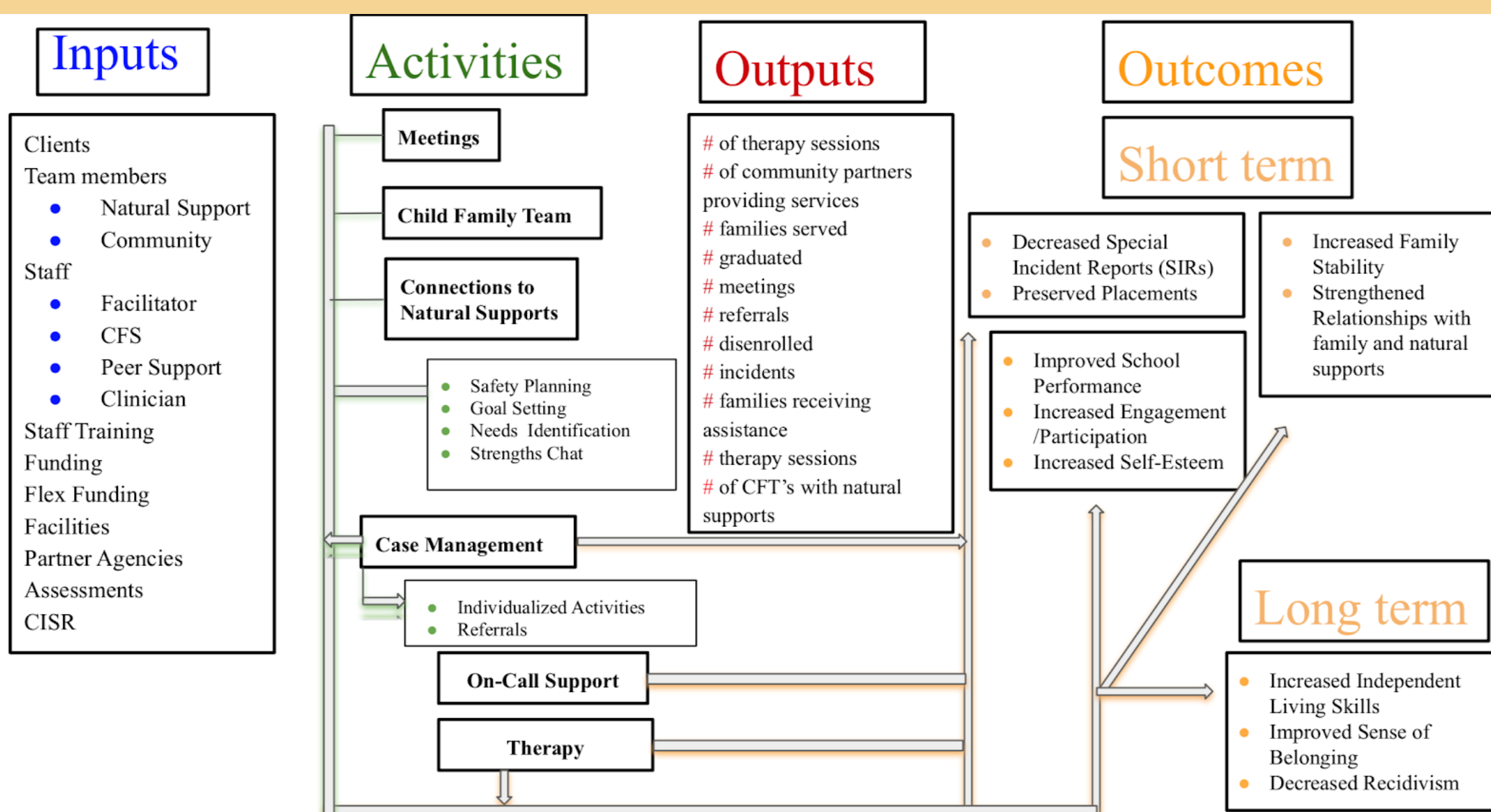


## ABSTRACT

Vista Del Mar's wraparound program provides individualized services to at-risk youth and their families. The wraparound's goal and purpose are to provide comprehensive social, educational, and behavioral health services to better support children and their families. The study shows that completion of the Wraparound program was associated with decreased aggressive and harmful behaviors. The key implication for this evaluation is to improve maladaptive behaviors among high-risk youth. The findings will contribute to current literature that examine different interventions to improve maladaptive behaviors. Recommendations for improving the program were generated based on the study results.

## INTRODUCTION

- The objective of the study is to determine the effectiveness program participation has on aggressive and harmful behaviors
- Vista Del Mar's Wrap around program providing individualized and competent services to at-risk youth and their families
- Provides comprehensive social, educational, and behavioral health services to better support children and their families
- Wraparound takes an individualized approach therefore each member's program is unique to their needs which is determined and reassessed throughout the program.
- The wraparound program last about a year and has multiple activities
  - Activities included are: Case management, and Therapy, Meetings. See Logic model below for additional activities



## LITERATURE REVIEW

- Wraparound is a comprehensive and individualized program that has been effective in decreasing maladaptive behaviors among at-risk youth
- Wraparound has been effective in minimizing the amount and severity of physically aggressive behaviors among members and decreasing the utilization of psychiatric hospitalizations for youth
- This evaluation will contribute to existing literature that examines the effectiveness of different interventions to improve maladaptive behaviors
- The evaluation will also contribute to program evaluations and literature by examining possible recommendations for future studies.

## METHODS

- The data set was obtained by Vista Del Mar
- One group pretest and posttest ( $O_1 \times O_2$ )
- Sample size: 38 members who have participated and completed the program and received Special Incident Reports (SIRS)
- Dependent Variable: aggressive and harmful behaviors
  - Definition: behaviors and actions that causing or threatening physical harm to others or one's self.
  - SIRS were utilized to determine the occurrence of aggressive and harmful behavior
- Demographics included
  - 19 female and 19 male participants
  - 18.40% Caucasian, 50% Hispanic, and 31.60% African American
  - See table below for additional demographic variables.

Characteristics of the sample (38)

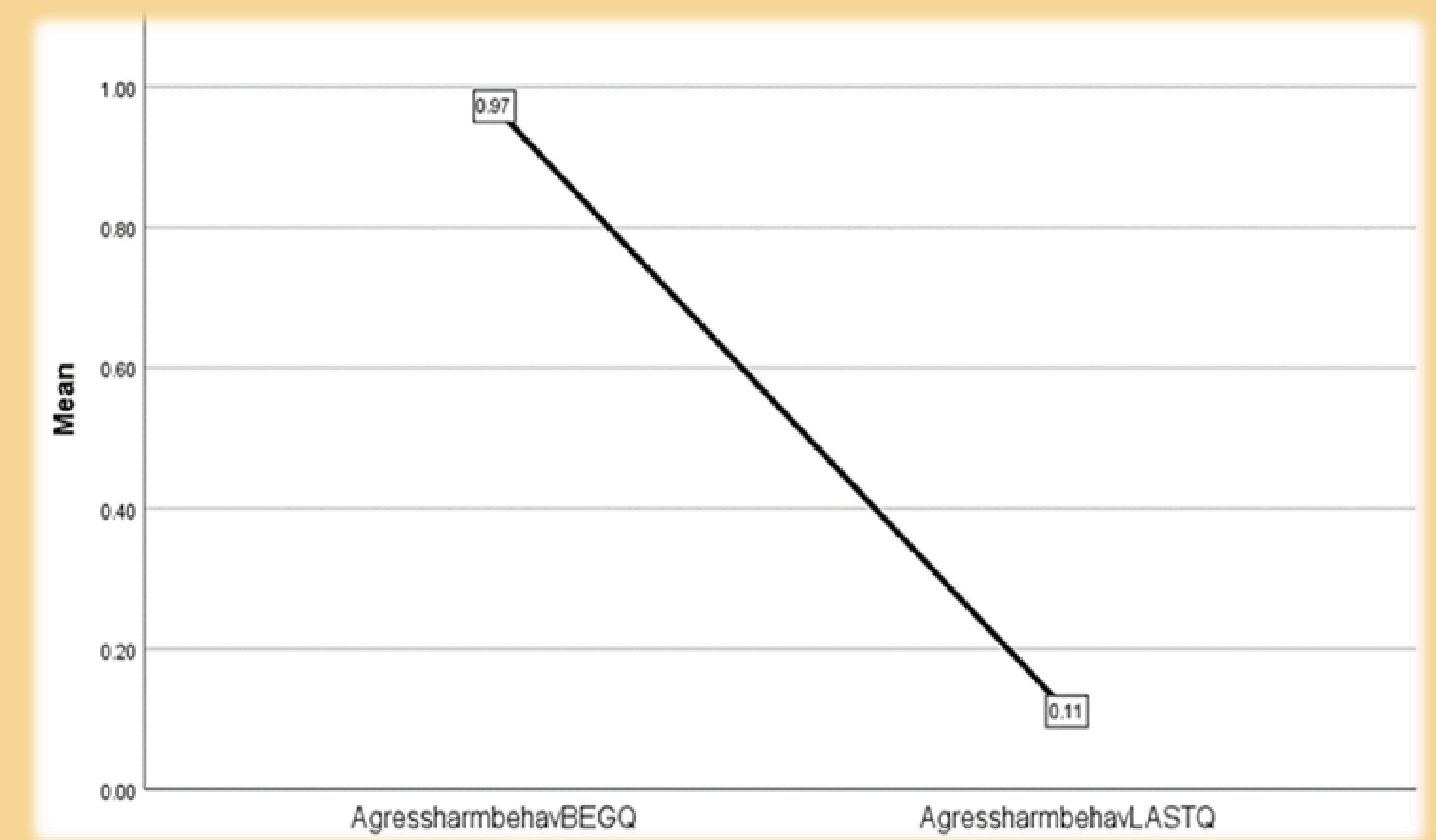
Characteristics	Frequency	Percentage (%)
<b>Gender</b>		
Male	19	50
Female	19	50
<b>Ethnicity</b>		
Caucasian	7	18.40
Hispanic	19	50
African American	19	31.60
<b>Client Location</b>		
Metro Area	8	21.10
West Side	15	39.50
South Side	5	13.20
South Bay	10	26.30
<b>Characteristics</b>		
Age <sup>a</sup>	15.08	2.34
Length of stay <sup>b</sup>	436.79	286.83
Aggressive and harmful behaviors at intake <sup>c</sup>	0.97	1.18
Aggressive and harmful behaviors at exit <sup>d</sup>	0.11	0.39

<sup>a</sup>Ages range from 7 and 18 years old  
<sup>b</sup>Scores range from 77 to 1045 days. Higher scores indicate longer rates of stay in program  
<sup>c</sup>Scores range from 0-4. Higher scores indicate more aggressive and harmful behaviors  
<sup>d</sup>Scores range from 0-2. Higher scores indicate more aggressive and harmful behaviors



## RESULTS

- A significant difference was found in the results.
- Wilcoxon Signed-ranks test was utilized to examine the results.
- Aggressive and harmful behavior scores at the end of the program were significantly better than baseline aggressive and harmful behavior scores
- The mean baseline Aggressive and Harmful Behavior score at intake was 0.97 compared to 0.11 at program exit



## DISCUSSION

- Implications
  - The program should consider having more assessment points during the program.
  - The program should continue to provide staff with high quality training courses and continuing education courses
  - Future evaluations should consider including assessments from other groups and institutions the member attends to further assess the member's aggressive and harmful behaviors
- Limitations
  - The sample size was limited
  - The study only examined behaviors being reported by staff and family, rather than other groups and institutions the member is a part of.
  - there was no comparison of behaviors among those who completed and did not complete the program
- Conclusion
  - Wraparound is successful when minimizing aggressive and harmful behaviors
  - An individualized approach has proven to have a significant impact on maladaptive behaviors and should be considered for future programs and social work practice

