



# The Effect of Wraparound Program Participation on Moods/Self-Harm Among Female Participants

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## ABSTRACT

- The study objective is to evaluate what effect program participation has on moods/self-harm among female Wraparound participants.
- Researchers examined results of CAFAS Moods/Self-harm subscale at intake and a CAFAS Moods/Self-harm subscale score at exit
- A significant difference was found in the study results.
- The Wraparound program was successful for female participants who graduated from the program because their moods and self-harm scores improved as indicated by the scores decreasing.

## INTRODUCTION

### PROGRAM BACKGROUND:

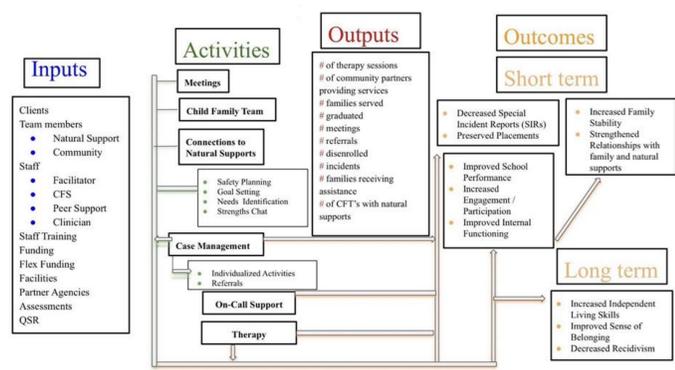
- Vista Del Mar Child and Family Services is an organization that offers a Wraparound program to serve the needs of all children in the community who have high levels of behavioral, emotional, social, learning, developmental disabilities, and other related needs

### EVALUATION QUESTION:

- What effect does program participation have on moods/self-harm among female wraparound participants?

### PURPOSE OF THE STUDY:

- Evaluating moods/self-harm will give information to service providers, which can be acted upon to make improvements
- Figure 1 below illustrates the Vista Del Mar wraparound program logic model:



## LITERATURE REVIEW

### THEORETICAL FRAMEWORK:

- The theory of change is said to be the foundation of the wraparound program. The theory of change presents a causal chain that describes specific connections between activities and outcomes.

### WRAPAROUND OVERALL

- The Wraparound program has been proven by many studies to be a highly effective program. Most studies prove that youth who received wraparound was better off than 63% of those using other services.

### MOODS/SELF-HARM:

- Studies have shown that children involved in a wraparound program have improved emotional functioning, improved quality of life, and empowerment (Mears et al., 2011 & Mendenhall et al., 2013).

### GAPS IN RESEARCH:

- Small number of female participants in the majority of studies.
- No studies found that focused on the effect of wraparound services among female children.
- Evaluating moods/self-harm will give information to service providers, which can be acted upon to make improvements and assist the Vista Del Mar program to meet its goal of having high-quality treatment.

## METHODS

- Evaluation Design:** This evaluation study uses a one group pretest posttest design. The evaluation design is depicted by the following diagram:  $O^1 \times O^2$  where  $O^1$  =pre-test,  $X$  =intervention and  $O^2$  =post-test.
- Sample:** The sample for the evaluation study includes female Wraparound participants who graduated and completed the program between the years 2015-2019.

### MEASURES:

#### Dependent Variables:

- Moods/self-harm* is state of mind or feelings, and includes emotions such as anxiety, depression, moodiness, fear, worry, irritability, tenseness, panic and anhedonia.
- Self-harm* consists of intentional injury towards self which includes mutilation of injury, suicidal gestures or talk about harming self.

### DATA COLLECTION PROCEDURES:

- The Child and Adolescent Functional Assessment Scale (CAFAS)** Describes the youth's problematic behaviors in seven life domains. Moods/self-harm is one of the seven subscales. Scores for the moods/self-harm subscale range from 0 to 30 . Higher scores indicate higher impairment of moods/self-harm and lower scores signifies minimal or no impairment. lower CAFAS total and subscale scores indicate improvement.
- The CAFAS is a self-administered questionnaire that the case worker fills out about the youth and is filled out at intake data within the first 30 days of participation of the program and exit data is collected in the 30-day window leading up to graduation.
- Vista del Mar collected the totality of the deidentified data.

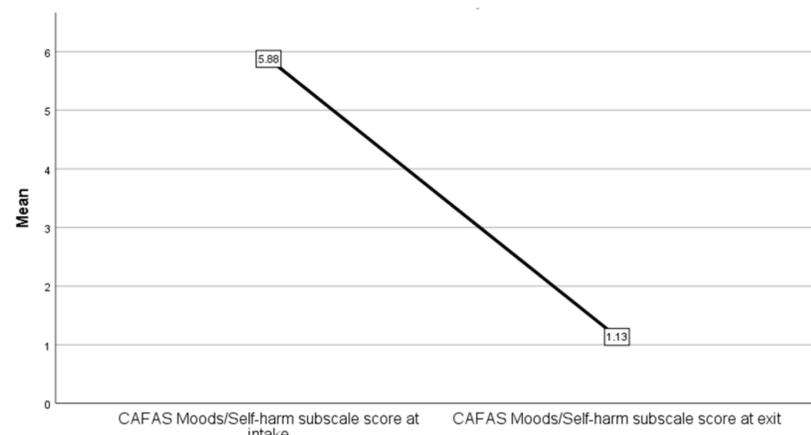
## RESULTS

### DESCRIPTIVE ANALYSIS: EVALUATION SAMPLE AND PROGRAM OUTPUTS

- There was a total of 97 female participants included in this study.
- Participants' ages ranged from 2 years of age to 18. The mean age of participants at enrollment was 12.66 years (SD=3.96). Most of the youth were Hispanic (56.70%), followed by African American (29.90%), Caucasian (12.40%), and Asian (1%). There were 27.80% of youth in the Metro area, 30.90% in the West side, 20.60% in the South Side, and 20.60% in the South Bay area. Participants length of stay in the program ranged from a minimum of 42 days and a maximum length of stay was 1204 days. The average length of stay of the participants was 379.94 days (SD=239.87).

### What effect does program participation have on moods/self-harm among female wraparound participants?

- A Wilcoxon signed-ranks test was performed comparing the participants' examined the results of CAFAS Moods/Self-harm subscale at intake and a CAFAS Moods/Self-harm subscale score at exit.
- A significant difference was found in the results ( $Z = -4.651, p < .001$ ). The mean CAFAS Moods/Self-harm score at intake was 5.88 compared to 1.13 at exit.
- Youth moods and self-harm scores improved as indicated by the scores decreasing. This relationship is shown in Figure 2 below.



## DISCUSSION

### SIGNIFICANCE OF THE FINDINGS:

- A significant difference was found in the results. Therefore, the program was successful because youth moods and self-harm scores improved as indicated by the scores decreasing.
- The findings are consistent with some short-term goals listed in the program's logic model.
- The researchers found that post-treatment, the program participants had an improvement in internal functioning, improved school performance, and increased engagement/participation.
- The results for moods/self-harm CAFAS scores at intake and at exit are consistent with findings from other research on the effectiveness of Wraparound and the theory of change.
- The findings of this study were expected by the evaluators. The Wraparound approach was expected to be successful because the theory of change has been proven effective in a variety of settings.



### STRENGTHS AND LIMITATIONS OF THE STUDY

- Strengths:** The sample for this study had a good representation of ethnic diversity. The use of case worker ratings to understand the interrelationship between the effectiveness of the program and mental health outcomes.
- Limitations:** The study had a small sample size. The sample size only consisted of those who graduated from the program. This leads to possible bias because those who graduated and stayed in the program all could have something in common which is a higher motivation to change.

### PROGRAM RECOMMENDATIONS

- The program should continue to implement the evidenced-based Wraparound model in the same way.
- The agency should continue to provide staff with high quality training courses and continuing education courses
- It is important that service providers work actively to create a supportive environment to avoid burnout and high turnover of staff.

### FUTURE EVALUATION RECOMMENDATIONS

- To utilize another tool other than CAFAS for moods/self-harm.
- The youth should be the firsthand providers of data
- In order to strengthen reliability, it is recommended that future research have case workers, teachers and caregivers fill out the assessment.

### IMPLICATIONS FOR SOCIAL WORK PRACTICE

- This study demonstrates the efficacy of the Wraparound program in helping at-risk youth
- This study shows the importance of individualized services and social workers can adapt this model to their practice

### CONCLUSION

- The Wraparound model is effective, more agencies who provide Wraparound services are needed.
- The Wraparound program successfully improved female participants moods and reduced self-harming behaviors.