

# F.A.S.T.\* Forward for Children's Behavioral Health

## Creating a unified System of Care (SOC) in New Hampshire

### What is F.A.S.T. Forward?

A 4-year grant-funded<sup>1</sup> initiative to improve clinical outcomes and functioning in home, school and community for NH's children and youth with serious emotional disturbances (SED) and their families by:

- expanding the array of services provided by the NH System of Care
- creating infrastructure changes to sustain this expansion

### Who is it for?

Children, youth and families experiencing difficulties in day-to-day life due to a serious emotional disturbance (SED) and who are at risk of out of home placement in a residential treatment facility, psychiatric hospital, and juvenile justice facility.

### What is the System of Care (SOC)?

A spectrum of effective, community-based services and supports for children and youth with or at risk for mental health challenges and their families, that is organized into a coordinated network, builds meaningful partnerships with families and youth, and addresses their cultural and linguistic needs, in order to help them to function better at home, in school, in the community, and throughout life.<sup>2</sup> Services include:

- Coordination and connection to natural community supports
- In-home supports
- Respite
- Mobile crisis intervention and support
- Short-term residential treatment/therapeutic-level foster care

### The SOC Model from the Youth Perspective

*"In my head I was thinking that it [getting involved in the program] was going to be a bad thing to do, that it wasn't going to work for me. But once I got into it, it was one of the best experiences I've had in my life. Even though it had me telling my feelings I realized that it was going to help me get close to my family and open my leadership skills... The family events, team meetings, and all the programs they help put you in, keep you busy and help you to stay close to your family.... So you ask me how was my time in Wraparound? I will say that it was one of the greatest times of my life and that we call me the person that successfully made it through Wraparound!"*

-Participant from Wraparound Milwaukee<sup>2</sup>

\*F.A.S.T. stands for Families and Systems Together

<sup>1</sup> Funding provided by SAMHSA to the New Hampshire Department of Health and Human Services (DHHS) under a System of Care Expansion Implementation Grant

<sup>2</sup><http://gucchdtcenter.georgetown.edu/publications/SOC%20Expansion%20Study%20Report%20Final.pdf>

<sup>3</sup> WMAAnnualReport\_2012. NH's System of Care is modeled after Wraparound Milwaukee, a nationally recognized program in existence since 1994.

### SOC Key Components

- Parent and youth leadership
- Parent and youth support
- Parent education programs
- High fidelity wraparound
- Intensive care coordination
- Workforce development

### SOC Key Outcomes

#### Child/youth and family:

- ✓ Increased family involvement in planning and service delivery
- ✓ Access to an enhanced service array
- ✓ Reduced rates of psychiatric hospitalizations
- ✓ Improved clinical outcomes
- ✓ Reduced need for child protection and juvenile justice
- ✓ Increased empowerment and self advocacy

#### System level:

- ✓ Enhanced service array
- ✓ Cultural and linguistic competency (CLAS)
- ✓ Family and youth leadership
- ✓ Statewide training network for behavioral health professionals
- ✓ Cost savings

### For more information:

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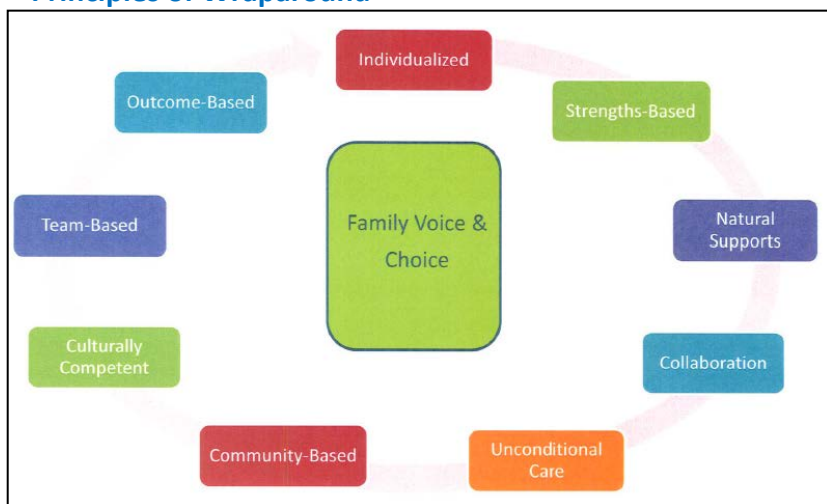
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[www.nh4youth.org/fast-forward](http://www.nh4youth.org/fast-forward)

## Service Delivery Approach: Wraparound

The NH System of Care will utilize a high fidelity wraparound approach, which supports the SOC guiding principles. The wraparound approach is a nationally recognized and evidence-supported planning process led by trained WRAP Facilitators which is family driven and youth guided. The WRAP facilitators also act as Care Coordinators.

### Principles of Wraparound<sup>4</sup>



### SOC Guiding Principles

- Effective, evidence-informed services
- Individualized wraparound service planning
- Least restrictive environments
- Youth and families as full partners
- Integrated care
- Care management for service coordination
- Developmentally appropriate services
- Prevention, early identification and intervention
- Promoting advocacy and quality
- Non-discrimination

## Past, Present, and Future of NH's System of Care

In 2010, the NH Children's Behavioral Health Collaborative convened to develop a plan to strategically address structural barriers and improve outcomes for children, youth, and their families. In 2012, the Collaborative released a report on the Core Competencies for behavioral health workforce development. (Click here to [Link to Report](#)), and in 2013, they released the NH Children's Behavioral Health Plan (Click here to [Link to Plan](#)). From 2011-2012, the NH Department of Health and Human Services was awarded a SAMHSA System of Care planning grant, which was followed in 2012-2016 with an implementation grant to support F.A.S.T. Forward, making key elements of the NH Children's Behavioral Health Plan a reality. NH is now joining other states across the U.S. who are implementing Systems of Care and improving the services offered to children and youth with SED to **keep kids at home**.

The NH Division of Children, Youth and Families (DCYF) has been designated as the Care Management Entity for the System of Care. Independent of services offered through child protection and juvenile justice, DCYF is responsible for developing and implementing an enhanced service array, braiding traditional services offered by Community Mental Health Centers and DCYF to create a more efficient and cost-effective system, and managing WRAP Facilitators who will work with children, youth and families statewide. Together with an extensive network of partners, F.A.S.T. Forward aims to serve a total of 140 children and youth by 2016.

### System of Care Partners

- Antioch University New England
- UNH Institute on Disability
- New Futures
- Granite State Federation of Families
- NAMI NH
- Youth Move
- Community Mental Health Centers
- Public Schools
- NH Families

### System of Care Staff

**Erica Ungarelli:** Administrator and Grant Project Director  
**Adele Gallant:** SOC Manager  
**Amy Parece-Grogan:** OMHRA Cultural and Linguistic Coordinator  
**3 FAST Forward Coordinators:** Daryll Tenney, Amanda Donoghue, Patrice Endres

### Core values for a System of Care

\*Family Driven \* Youth Guided \*Community Based \*Culturally & Linguistically Competent

<sup>4</sup> National Wraparound Initiative: <http://www.nwi.pdx.edu/>