



The Family Voice

Participants are then taken on a journey through the real-life experience of a family member and their experience with the children's behavioral health system encouraging participants to approach their new position through a family-friendly lens.

How to Be Your Child's Best Advocate

Focus is on educational advocacy, including what to do when your child is struggling in school, the PPT process, laws parents need to know, effective communication and collaboration skills, how to work with school professionals when disagreements occur, and resources for parents with children who have behavioral health challenges.

Network of Care Agents of Transformation Training

Workshop helps family members develop the skills necessary to become Network of Care Champions. Topics include: increase your knowledge of System of Care values and principles, enhance your knowledge of Connecticut's Network of Care Transformation Initiative –CONNECT, develop skills to bring family voice to local, regional and state decision-making tables, develop and strengthen the Family Engagement Action Team network and improve family engagement in policy and practice.

Telling Your Story, Teaching the Community

This training teaches parents how to tell their personal story of navigating through the children's behavioral health system. Parents are advised that this journey can be very emotional as it will bring up difficult situations and issues involving their children. Parents have to be in the right space and time to complete this training and will be supported by regional Family System Managers (FSMs).

Support Group Facilitation Training

This training addresses the need to nurture, empower, and educate families of children with mental health, behavioral or emotional challenges who are current facilitators or are interested in facilitating support groups. Participants will learn the following skills: listening awareness, communication skills, stages of human emotional response, strategies for handling challenging and difficult behaviors, facilitator skills and strategies, what makes a good support group, support group member responsibilities, support group facilitator.

Persuasive Storytelling

This workshop focuses on the use of personal stories, one of the most effective tools for children's behavioral health advocates. Personal stories are especially powerful when communicating with system partners, provider agencies, media and other families and youth. During this session, participants learn and practice skills for telling their personal story. Participants are taught how to create their Single Overriding Communication Objective (SOCO). A SOCO is the reason a presentation or speech is done. Participants learn that if they stay true to their SOCO, there will be no doubt in the audience's mind about what they stand for and what message they are trying to convey. This training is highly interactive.

Data 101

This workshop provides families with the tools necessary to feel confident reading and working with data. Participants will learn what data is, how to read data and how to collect data. The workshop explores the differences between quantitative and qualitative data and shows how data is involved in our everyday lives. The mean, median, mode and frequency are discussed and taught through examples. Most importantly, this workshop provides participants with knowledge of how to use data to make informed decisions.

CONNECTing Youth

CONNECTing Youth introduces youth to mental health as an important part of overall health. It focuses on three pillars: Physical, Mental and Social Health and allows the audience to see how they can all be interconnected. The presentation includes time for brainstorming ways to bring awareness and reduce stigma about mental health and wellness.



Wraparound is a philosophy of care with a defined planning process used to build constructive relationships and support networks among children and youth with emotional or behavioral challenges and their families. It is community based, culturally relevant, individualized, strength-based, and family-centered. Wraparound plans are comprehensive and address multiple life domains across home, school, and community. The following trainings offer the philosophy and practical skills needed for Wraparound.

Utilizing the Wraparound Planning Process: An Introduction and Orientation

Introduction to Wraparound Practice Model and how to implement child and family teams.

Crisis Safety Planning

How to write and carry out effective crisis safety plans using the Wraparound Process.

Building Child and Family Team Facilitation Skills

Build skills in running a well-organized and efficient team meeting and learn how to get the right people to the table.

Building Child and Family Teams Using Natural & Informal Supports

How to engage families and others in developing well balanced child and family teams.

Engaging Families

Methods to enhance participants' ability to engage families in a meaningful way.

Strength-Based Documentation, Telling the New Story

Writing assessments, plans of care, legal documents, and progress notes using the Wraparound Process.

Conflict Resolution

Methods to assist facilitators in preventing and managing conflict on a child and family team and in team meetings.

Planning and Managing Transitions

How to do transition planning utilizing the four phases of Wraparound, moving teams away from formal system involvement to community support.

From Goals and Objectives to Needs and Benchmarks

Develop skill in writing clear, concise needs statements individualized to each family's plan of care and identify measurable, meaningful benchmarks to measure progress towards meeting their needs.

Supervising and Coaching Using the Child and Family Team Wraparound Process

Teaching the necessary skills for supervising anyone responsible for implementing the Wraparound Process.

To schedule a training, contact your local WrapCT Care Coordination agency.