



You are not alone

Hand in Hand



“I don’t know what I would have done without them.... (The change) that he went through... was awesome. Is that my son? WOW!”

“All the good things that he is doing now are because of the help he received.”

Comments from families receiving wraparound under the previous system of care grant in Fort Worth, Texas

Hand in Hand

Do you feel overwhelmed by your child’s behaviors? Have those behaviors resulted in expulsion from child care? Do other parents give you looks that make you feel like a bad parent? Have family members even hinted that you might not be doing a good job raising your child?

It’s possible that your child has an illness in the brain causing the behaviors that concern you. By helping your child find the needed support, you are really being a great parent.

Many families are struggling with issues like yours.

You are not alone!



Hand in Hand is a six-year, \$8.3 million cooperative agreement with the Substance Abuse and Mental Health Services Administration (SAMHSA). The agreement calls for an equal in-kind match from the community. Hand in Hand will strengthen the children’s mental health system in Tarrant County, and expand the system of care to Hood, Johnson, Palo Pinto and Parker Counties. Hand in Hand will provide Wraparound to 370 children between the ages of birth and 6 with a diagnosed mental illness.

Hand in Hand is governed by Mental Health Connection, a collaboration of public and private agencies as well as individuals who need mental health care services and their caregivers. Mental Health Connection works to revolutionize the mental health service delivery system, with a vision of creating “No Wrong Door to the Right Mental Health Resources.”

This brochure was developed for families by families.



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Why is my child having these problems?

Some children are born with an illness or develop one within their first few years that seriously affects their behavior and emotions. There are many reasons a child might have severe emotional or behavioral problems, including:

- Genetics (an illness that is inherited)
- The brain's chemistry
- Damage to the child's central nervous system
- Loss of loved ones through death, divorce or broken relationships
- Exposure to violence
- Abuse or neglect

What should I do for my child?

All children behave badly sometimes. If they didn't, they would not be developing properly. However, if your child's behavior is regularly disrupting your home or child care, you and your family may decide you need extra help. That's where Hand in Hand's Wraparound enters the picture.



What is Hand in Hand?

Hand in Hand is a program designed to develop a mental health care system that works better for families and their loved ones. As a part of that program, Hand in Hand is serving a small number of families whose children have behavioral and emotional issues through "Wraparound."

What is Wraparound?

Wraparound is a process that helps your family handle your child's behavior, allowing you to work as a team with professionals and others who can provide you with support. If you decide to participate in Wraparound, you will receive help finding the services your child needs. Some families are already receiving services, often from multiple agencies. In this case, Wraparound will make sure the different resources are communicating with each other.

Hand in Hand helps your family build a Wraparound team. A trained facilitator will work with you to develop goals, and then help you develop a plan to meet those goals based on your family's strengths and culture. Your ideas and concerns are very important to this process. No plan can work unless it truly meets your family's specific needs.

Hand in Hand provides Wraparound in both English and Spanish.



Who is on my team?

Your first thought might be that you don't know anyone who could help you. Maybe you think you would not want to share your problems with anyone else. But, with the help of your Wraparound facilitator, you will learn you have resources you never considered. Your Wraparound team might include professionals who are providing services for your child, but it might also include close friends, understanding relatives, teachers, school counselors, religious leaders and others who care about you and your family.

Your team will look at your goals and offer new ideas for reaching them. Members often have skills and abilities to help you in ways you never thought possible.



Who is eligible for Wraparound?

Families who:

- Have children between birth and age 6 with serious behavioral or emotional issues
- Live outside Fort Worth in Hood, Johnson, Palo Pinto, Parker or Tarrant Counties.

Services are provided regardless of race, religion, ethnicity, sexual orientation, immigration status or citizenship.



How much will Wraparound cost?

If your child meets the requirements and is accepted, there will be no charge for Hand in Hand Wraparound.

How long will I work with Hand in Hand?

While your facilitator may work with you for up to a year, your team can remain with you as long as you and they want. Before you "graduate" from Hand in Hand, you will have the skills necessary to continue your valuable wrap experience indefinitely.

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