Wraparound fidelity in systems of care and association with outcomes

**Results of the National Wraparound Comparison Study**

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Previous research on service factors predicting child and family outcomes

- Significant but weak association between generic measures of service quality and outcomes
  - Therapeutic alliance, Parent involvement, Child and adolescent satisfaction (Noser & Bickman, 2000)
  - Adherence to national standards for treatment foster care (Fenner et al., 2003)

- Greater evidence for association between fidelity to specific treatment models and outcome
  - MST (Henggeler et al., 1997)
  - School-based prevention programs (Greenburg et al., 2001)
  - ACT (McHugo et al., 1999)

Previous research has found associations between adherence to wraparound principles and child and family outcomes

- Associations for individual families within one system of care (Bruns et al., 2005; Hagen et al., 2002)
- Families served by wrap facilitators showing greater adherence found to have better outcomes on:
  - Child functioning, Child behavior, School outcomes, Family resources

Other studies found no relationship (e.g., Ogles et al., 2006)

- However, variation in fidelity found to be limited \( \mu = .96; \sigma = .04 \)

Ten principles of the wraparound process

- A high-fidelity wraparound process that is "true" to the values and the practice model and characterized by:
  - Respect for values, culture, expertise
  - Blending perspectives
  - Family-driven, youth-guided goal structure and decisions
  - Opportunities for choice
  - Evaluation of strategies
  - Recognition/Celebration of success

Phases and Activities of the Wraparound Process

- **Short term outcomes:**
  - Follow-through on team decisions
  - Service/support strategies that "fit"
  - Service/support strategies based on strengths
  - Improved service coordination
  - High satisfaction with/engagement in wraparound
  - Experiences of efficacy and success

- **Intermediate outcomes:**
  - Services and supports are more effective and "work" better for youth and families
  - Increased social support and community integration
  - Improved coping and problem-solving
  - Enhanced self-efficacy, empowerment, optimism, self-esteem
  - Achievement of team goals

- **Long term outcomes:**
  - Stable, home-like placements
  - Improved mental health outcomes (youth and caregiver)
  - Increased assets
  - Improved resilience and quality of life

A theory of change for wraparound: Overview

- **Parent and Youth Voice and Choice**
  - **Youth and Family Team**
  - **Community-based Services and Supports**
  - **Cultural Competence**
  - **Individualized Services and Supports**
  - **Strength-based Services and Supports**
  - **Natural Supports**
  - **Continuation of Care**
  - **Collaboration**
  - **Flexible Resources and Funding**
  - **Outcome-based Services and Supports**

Need for further research

- Several published studies have found associations between wraparound fidelity (or components of studies) and outcomes
  - However, findings have been mixed in other system-of-care communities
  - No studies have simultaneously employed:
    - Multiple sites
    - Large Ns
  - Full range of validated outcome measures
  - Measures of services received
  - No studies have assessed site level fidelity and association with outcomes
Wraparound Comparison Study
A component of the National CMHS Evaluation

Research questions:
1. How does the adherence to wraparound elements vary across CMHS-funded sites?
2. How do child and family outcomes vary between CMHS-funded sites with different adherence to wraparound?
3. Across individual families (in all study sites), what is the relationship between Wraparound fidelity, services received, and client outcomes?

Site selection criteria
- Differences in level of wraparound implementation and supports (WFI-Program Administrator form; WFI-PA)
- Similarities with respect to demographics of families served
- Rate of enrollment into national evaluation
- Willingness to participate

Three sites ultimately selected to participate

Measures
- Services received (Multi-Sector Services Checklist)
- Family and youth satisfaction (FSQ, YSQ)
- National evaluation outcome measures
  - Residential restrictiveness and placement changes
  - Child functioning (Child and Adolescent Functional Assessment Scale)
  - Child behavior (Child Behavior Checklist-4-18, Youth Self Report, Behavioral and Emotional Rating Scale)
  - Family Functioning (Family Assessment Device – General Functioning Scale)
  - Caregiver Strain Questionnaire
  - Family Resources (Family Resource Scale)
- Wraparound Fidelity Index 3.0
  - Caregiver, Facilitator, and Youth forms

Data Collection
- Study enrollment: January 2004 – October 2005
-Outcome measure collected via the national evaluation at baseline, 6-months, and 12-months.
- WFI data collection
  - Families enrolled in national evaluation during study period recruited by local evaluators to participate in WFI-3 interview and signed consent to contact form.
  - Each family was contacted by a WERT member for the interview six months after entry into services and an attempt was made to contact the family twelve months after entry into services.
  - Caregivers and youths who participated in the WFI received $20 compensation, youths received $10.
  - Majority of interviews administered by phone.

Wraparound Fidelity Index, version 3
- Found to possess good psychometric characteristics
  - Test-retest reliability
  - Inter-rater agreement
  - Internal consistency
- Validity has been established through studies showing
  - Agreement with external experts’ assessment
  - Correlation with child and family outcomes
  - Correlation with measures of system support for wraparound
  - Discrimination between Wrap and non-wrap groups
  - Improvements in scores for providers over course of receiving quality improvement activities (e.g., training and coaching)
Participants

- **Baseline**
  - N = 121 total families from 3 CMHS-funded Systems of Care national evaluation sites in 3 states

- **Six-Month Follow-up**
  - N = 93 total families
    - N=93 Facilitator interviews
    - N=84 caregiver interviews
    - N=42 youth interviews

- **Twelve-Month Follow-up**
  - N=56 total families
    - N=25 Facilitator interviews
    - N=22 caregiver interviews
    - N=9 youth interviews

Baseline Demographic Information (total N=121)

<table>
<thead>
<tr>
<th>Race*</th>
<th>Hispanic Ethnicity</th>
<th>Custody Status**</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.8%</td>
<td>0%</td>
<td>100% Parental</td>
</tr>
<tr>
<td></td>
<td>0%</td>
<td>79% Parental</td>
</tr>
<tr>
<td></td>
<td>0%</td>
<td>13% Other Relative</td>
</tr>
<tr>
<td></td>
<td>0%</td>
<td>0% Other Relative</td>
</tr>
<tr>
<td></td>
<td>0%</td>
<td>100% Parental</td>
</tr>
</tbody>
</table>

Results: Missing data (total N=121)

<table>
<thead>
<tr>
<th>BASELINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean age*</td>
</tr>
<tr>
<td>12.5</td>
</tr>
<tr>
<td>Gender*</td>
</tr>
<tr>
<td>Male 73%</td>
</tr>
<tr>
<td>Female 27%</td>
</tr>
<tr>
<td>Race*</td>
</tr>
<tr>
<td>African American 47%</td>
</tr>
<tr>
<td>White 43%</td>
</tr>
<tr>
<td>Other or Missing 6%</td>
</tr>
</tbody>
</table>

Results: Between site differences on Service use (MSSC total services received)

<table>
<thead>
<tr>
<th>SERVICE USE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 mos</td>
</tr>
<tr>
<td>Site 1 (n=30) 6.72 **</td>
</tr>
<tr>
<td>Site 2 (n=23) 4.74 **</td>
</tr>
<tr>
<td>12 mos</td>
</tr>
<tr>
<td>Site 1 (n=20) 7.25 *</td>
</tr>
<tr>
<td>Site 2 (n=15) 4.62</td>
</tr>
</tbody>
</table>

Results: Between site differences on WFI-3

<table>
<thead>
<tr>
<th>WFI-3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Site 1 (N=62) 82.1 78.1 79.7 81.7</td>
</tr>
<tr>
<td>Site 2 (N=38) 79.9 72.1 64.5 67.3</td>
</tr>
<tr>
<td>Site 3 (N=21) 80.1 76.5 84.3 83.3</td>
</tr>
</tbody>
</table>

Decisions on Research questions 2 and 3

- **Research question 2**: How do child and family outcomes vary between CMHS-funded sites with different adherence to wraparound?
  - Between-site comparisons restricted to Sites 1 and 2 due to Site 3’s low Ns and comparable WFI-3 scores to site 1
  - Hypothesis: Based on trends in WFI data, Site 1 will demonstrate better outcomes than Site 2

- **Research question 3**: Across individual families (in all study sites), what is the relationship between Wraparound fidelity, services received, and client outcomes?
  - Families from all three sites retained in cross-site analysis of association between WFI-3 scores and outcomes
  - First WFI assessment used as fidelity measure
Results: Between site differences on Caregiver satisfaction

Mean satisfaction score

<table>
<thead>
<tr>
<th>Site 1</th>
<th>Site 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.5 **</td>
<td>4.07</td>
</tr>
</tbody>
</table>

**p<.01

Results: Between site differences on Restrictiveness of Living Environment (ROLES)

Mean ROLES score for period

<table>
<thead>
<tr>
<th>Site 1</th>
<th>Site 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.06</td>
<td>2.46</td>
</tr>
</tbody>
</table>

* p<.05

Results: Between site differences on Placement changes

Mean total placement changes for period

<table>
<thead>
<tr>
<th>Site 1</th>
<th>Site 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.41</td>
<td>1.46*</td>
</tr>
</tbody>
</table>

* p<.05

Results: Family Assessment Device, general functioning scale

Mean family functioning

<table>
<thead>
<tr>
<th>Site 1</th>
<th>Site 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.95</td>
<td>2.95</td>
</tr>
</tbody>
</table>

Baseline 6 mos

Results: Between site differences on Child functioning

Mean total CAFAS score

<table>
<thead>
<tr>
<th>Site 1</th>
<th>Site 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>133</td>
<td>105</td>
</tr>
</tbody>
</table>

Baseline 6 mos

Results: Between site differences on Child behavior (CBCL/4-18)

Mean total CBCL score

<table>
<thead>
<tr>
<th>Site 1</th>
<th>Site 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>71.4</td>
<td>70.8</td>
</tr>
</tbody>
</table>

Baseline 6 mos
Summary of between-site differences

- Significant differences
  - Total services received
  - Caregiver satisfaction
  - Restrictiveness of living environment
  - Placement changes
  - Family functioning
- No differences found
  - Child functioning
  - Child behavior (CBCL or YSR)
  - Behavioral strengths
  - Caregiver strain
  - Family resources
  - Youth satisfaction
- All differences in the hypothesized direction

Results: Association between CG-reported wraparound fidelity and 6-month outcomes

<table>
<thead>
<tr>
<th>Outcome variable</th>
<th>B</th>
<th>SE</th>
<th>Beta</th>
<th>t</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restrictiveness of Living</td>
<td>-3.34</td>
<td>.77</td>
<td>-1.06</td>
<td>-1.46*</td>
<td>.18</td>
</tr>
<tr>
<td>Placement changes</td>
<td>-0.06</td>
<td>.07</td>
<td>-0.08</td>
<td>-.96</td>
<td>.347</td>
</tr>
<tr>
<td>CAFAS</td>
<td>-.78</td>
<td>3.30</td>
<td>-0.23</td>
<td>0.82</td>
<td></td>
</tr>
<tr>
<td>CBCL</td>
<td>-0.64</td>
<td>0.56</td>
<td>-0.12</td>
<td>-1.46</td>
<td>.15</td>
</tr>
<tr>
<td>YSR</td>
<td>-1.00</td>
<td>1.12</td>
<td>-0.89</td>
<td>0.38</td>
<td></td>
</tr>
<tr>
<td>BERS</td>
<td>1.52</td>
<td>1.08</td>
<td>0.15</td>
<td>1.25</td>
<td>0.21</td>
</tr>
<tr>
<td>Family Functioning</td>
<td>0.06</td>
<td>0.04</td>
<td>0.02</td>
<td>0.58</td>
<td></td>
</tr>
<tr>
<td>Caregiver Strain</td>
<td>-0.10</td>
<td>0.07</td>
<td>-0.14</td>
<td>0.14</td>
<td></td>
</tr>
<tr>
<td>Family Resources</td>
<td>2.37</td>
<td>1.02</td>
<td>0.24</td>
<td>2.68**</td>
<td>.01</td>
</tr>
</tbody>
</table>

Findings: Fidelity differences between sites

- No difference in wraparound fidelity according to facilitator report between sites 1 and 2
- Small (ES = .38) and only marginally significant difference in caregiver-reported fidelity
- Large (ES = 1.08) and significant difference in youth-reported fidelity
  - However, N of youth surveyed small (Ns = 23, 12)
- These findings about the greater sensitivity of caregiver and youth reports replicate previous studies

Summary of other analyses of association between wrap fidelity and outcomes

- Facilitator WFI scores associated with caregiver satisfaction at 6 months
- Youth WFI scores associated with youth satisfaction at 6 and 12 months and caregiver satisfaction at 6 months
- No other significant associations between WFI scores and outcomes in cross-site analyses
- Several measures showed no relationship with outcome at either wave (6 or 12 mos) for any respondent report
  - CBCL
  - CAFAS
  - BERS
  - Caregiver strain
  - Family functioning

Findings: Outcomes differences between sites

- Significant between-group differences found for:
  - Total services received
  - Caregiver satisfaction
  - Restrictiveness of living environment
  - Placement changes
  - All differences in hypothesized direction
- No differences found:
  - Child functioning
  - Child behavior (CBCL or YSR)
  - Behavioral strengths
  - Caregiver strain
  - Family resources
  - Youth satisfaction

Findings: Relationship between fidelity and outcomes

- Caregiver reported fidelity was found to be related to several 6-month outcomes:
  - Restrictiveness of living (p<.1)
  - Family resources
  - Caregiver satisfaction
- CG-reported fidelity was associated in the hypothesized direction with all 6-months outcomes
- Overall, however, few significant relationships were found
Limitations

- Actual differences between sites in fidelity was not large
- Differences found in between-site outcomes could be related to factors other than differences in wrap fidelity
- Attrition in outcomes data collection compromises power and leads to difficulties in interpretation in outcomes
- Current exploratory analytic approach increases family-wise error rate and likelihood of Type I error
- Limitation to one WFI assessment point may result in imprecise measurement of fidelity
  - Hypothesis of an association between fidelity as assessed at 6 months and outcomes at 12 months may not be realistic
- Fidelity assessment limited to self-report

Implications

- WFI-3 interviews may not be very sensitive to between-site differences, especially facilitator interviews
- Though differences found were small, results suggest sites that adhere more closely to wraparound principles may:
  - Engage families in more services
  - Be more likely to return youth to home-like settings
  - Be better able to keep placement changes to a minimum
  - Achieve greater service satisfaction
- Possible to improve family functioning
- However, as in previous studies, association between quality indicators such as adherence to wraparound principles and more clinical outcomes (e.g., CBCL, CAFAS) found to be inconsistent and weak

Implications

- Relationship between wraparound fidelity and outcomes at a youth and family level may be less clear than has been found previously
- Why were such relationships not found in this study?
  - Conforming to the principles of wraparound in coordinating services may not be very important to outcomes
  - Attrition in enrollment in the system of care and outcomes data collection may have systematically confounded the relationship
  - Variance in fidelity scores was fairly limited overall, perhaps these particular system of care sites implemented services that are consistently high quality
  - The WFI-3 interviews may not be very sensitive to differences in service processes that are proposed to be relevant to outcomes at an individual family level
  - Studies that experimentally manipulate staff- or site-level implementations may be better able to determine the impact of wraparound on outcomes

Next steps

- Continued data analysis
  - Multi-level modeling on study data, including use of imputation for missing data, to reduce family-wise error rate and increase precision
- Other steps related to the study findings
  - The WFI-3 has been revised to better conform to the specified phases and activities of the wraparound process (see www.rtc.pdx.edu/nwi) and also to increase its variability and sensitivity
  - Fidelity measures have been designed and are being pilot tested to augment the use of interviews in assessing adherence to the wraparound model
    - Team Observation Measure
    - Document Review Measure
- Larger scale, more controlled multi-site studies assessing the relationships between system conditions, wraparound adherence, and outcomes

For more information

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  - 206-685-2310
  - http://depts.washington.edu/wrapeval