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Copyright is owned by the Author of the thesis. Permission is given for a copy to be downloaded by an individual for the purpose of research and private study only. The thesis may not be reproduced elsewhere without permission of the Author.
“Becoming the Spoke in the Wheel”

Wraparound and the Theory of Change:

An Investigation into What Promotes Changes within Wraparound

A thesis presented in partial fulfilment of the requirements for the degree of

Doctor of Clinical Psychology

at Massey University, Wellington,

New Zealand.

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2017
Abstract

The aim of the present study was to explore the changes that young people with high and complex needs and their families’ experience through involvement with a Wraparound process. Also, to investigate if these changes aligned with those proposed by the Wraparound Theory of Change (WTOC; Walker, 2008). While there has been qualitative work done within the area of Wraparound, few studies have adopted Interpretative Phenomenological Analysis. Further, little Wraparound work has been done within the context of Aotearoa New Zealand. Finally, the WTOC is yet to be assessed and thus remains a theory. A fidelity measure was administered, and semi-structured interviews took place with five young people and six caregivers at the New Zealand Wraparound Program (NZWP) in the ‘plan implementation and refinement’ (third) phase of Wraparound. Analysis indicated NZWP families reported experiencing changes in the areas of family connectedness, psychological acceptance, self-efficacy, and supports. These findings were related to the pathways to change proposed by the WTOC which include (1) enhanced effectiveness of services and supports, individually and as a “package” leading to increased commitment to engage with services and (2) increased resources and capacity for coping, planning and problem-solving. Findings suggest the WTOC is accurate in its predictions for how changes come about for families involved in a Wraparound process. Such research supports future Wraparound refinement and evaluation. Additional international qualitative longitudinal research exploring change is required with young people and caregivers involved in Wraparound.
Acknowledgments

I must begin by thanking the wonderful families I was able to meet during this journey. They opened up their lives to me and were so extremely kind and compassionate despite the difficulties they face each day. I was touched by all of their stories and was so privileged to have been able to listen to them.

I could not have completed this research without the support and organisation of the New Zealand Wraparound Program. My sincere thanks to all of the staff for their guidance. They are truly a wonderful team and work so hard for the families that they serve. This research acts as a testament for how adored they are by each family.

I am grateful for the supervision I was able to receive from Dr Ruth Tarrant. Dr Tarrant was incredibly supportive, compassionate, and maintained utmost professionalism throughout this research process. She always made herself available to me as both a supervisor and a mentor for impromptu conversations, to give relentless encouragement and to offer much needed pastoral care. I have been so fortunate to learn all that I have from her - both in research and in her demonstrations of kindness and fairness to all those around her. Her treatment of myself and her colleagues will stay with me always. I am also grateful for the supervision offered to me by Associate Professor Keith Tuffin for his knowledge of the methodology used in this research. Dr Ruth Gammon was the primary supervisor for this research.

I must give special mention to Associate Professor Ross Flett. Ross was able to provide mentorship and support in the critical final stages of writing and
submission of this thesis. I am extremely thankful for his guidance and feel very lucky to have made his acquaintance.

To the fellow clinical psychology students that have been with me along this journey, I give thanks to them for all of the peer supervision over lunch, and the much needed coffee dates. We have all made memories that will last a lifetime. This extremely intense process is shared by few – and nothing helps ease thesis pain better than pizza nights and shared morning teas at T4! A particularly special mention must be given to my office buddy Jess Reedy, one of the most compassionate people I will ever meet. Few other people know how turbulent this thesis journey has been, and regardless of the difficulties she faced in her own journey along the way, she always made time for me – to laugh, to cry, and to talk about puppies. Jess supported me more than she will ever know and means the world to me – a friend for life.

Last but by no means least, I must give huge thanks to my loved ones - although ‘thanks’ seems hardly a substantial enough descriptor. My mother Dr. Bronwyn Dunnachie McNatty, father Bruce McNatty, and partner Matt Turnbull have been instrumental in getting me to the completion of this work. My parents are esteemed academics and professionals in their own right, and were my inspirations for endeavouring to pursue this level of academic research. I will never feel able to fill their substantial shoes, but I am proud that I may now walk alongside them. My partner was imperative offering his fearless loyalty and support during a process that was at times seemingly made unnecessarily impossible. During the hundreds of times I wanted to give up completely, one of these loved ones always made themselves available to offer any form of support they could. To my cherished Nana who has been my supporter since day one, I am
so pleased I have been able to make her as proud as my mum did. I am incredibly thankful to have the relationship with her that I do. She has always celebrated me regardless of my achievements and given me a lifetime of joy. Finally, my many skype calls and trips to Sydney with my brother Toby and his partner Melissa have been the most wonderful escapism I could have asked for. Thanks to them for bringing my perfect niece Annelise into the world exactly when I needed her – she has been my wee thesis angel.
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Chapter Seven: Overview Of Findings And Discussion

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List of Acronyms

ADHD: Attention Deficit Hyperactivity Disorder
CAMHS: Child and Adolescent Mental Health Services
CYFS: Child Youth and Family Services
CD: Conduct Disorder
DHB: District Health Board
DSM-IV: Diagnostic and Statistical Manual of Mental Disorders Fourth Edition
DSM-IV-TR: Diagnostic and Statistical Manual of Mental Disorders Fourth Edition Text Revision
DSM-5: Diagnostic and Statistical Manual of Mental Disorders Fifth Edition
HCNU: High and Complex Needs Unit
FGC: Family Group Conferencing
IPA: Interpretative Phenomenological Analysis
I-P-O: Input-Process-Output
NWI: National Wraparound Initiative
NZWP: New Zealand Wraparound Program
ODD: Oppositional Defiant Disorder
PDM: Participatory Decision-Making
PTSD: Posttraumatic Stress Disorder

WFI-4: The Wraparound Fidelity Index 4.0

WFI-EZ: The Wraparound Fidelity Index, Short Version

WHO: World Health Organisation

WTOC: Wraparound and the Theory of Change
I suppose we didn't really know what we were going to gain. But the truth is that the Wraparound process has been absolutely fantastic for us. For the simple reason that before that, we had all these different people involved in this process, and everyone was operating in their own corner. And having the Wraparound, and having the NZWP team in the middle of that, meant that they coordinated everything. ‘Cause, before it was up to us to coordinate, and to be the spoke in the wheel. And they actually took over the spoke in the wheel function. So, that was really good... ‘cause the services actually don't work together particularly well. So they tend to be quite separate and operate all in their own little boxes. And Wraparound actually made sure that actually everyone was on the same page, that everything was happening in an integrated way that it wasn't all just splintered and siloed all over the place. Yeah, no seriously it's been a huge, huge help.