



## School Supports, Crisis Visits, and Social Skills Training

When a youth is enrolled in the program, a WRAP program staff person immediately contacts the home school district to set up times to plan treatment as well as to schedule visits with the individual in school. During the school year, many of the contacts with the social skills counselor will occur in the school setting, since school is such a vital part of a child's life. The social skills counselor can help with academic supports, mediation with teachers, making friends, stress management, social skills training, etc. in a controlled setting. Staff frequently advocate for the student in meetings in order to address deficit areas. Crisis visits in schools have been well received by school administrators and counselors and have helped keep some students in school rather than face out of school suspension.

## Respite Services

Respite opportunities are provided on a weekly or biweekly basis for youth who wish to have supervised social opportunities in the community. The individual may work on particular deficits as indicated in the strength-based assessment or may use respite as a time away from their guardians. This helps reduce stress for the youth as well as their parents, who may be frustrated with their child's behaviors at home. Following each respite opportunity, the respite staff meets with the youth and a parent to evaluate the success of the respite experience.

## Youth Wrap Around Alternative Program

### Contact Information

Stephen Gronski  
**Therapist/Coordinator**  
18 West Pulteney Square, Suite 102  
Bath, NY 14810  
Tel: 607-776-7754  
Fax: 607-776-9329  
Email: sgronski@pathwaysforyou.org



33 Denison Parkway West  
Corning, NY 14830  
Telephone: (607) 937-3200  
Fax: (607) 937-3202  
Email: info@pathwaysforyou.org  
Website: www.pathwaysforyou.org

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## YOUTH WRAP AROUND ALTERNATIVE PROGRAM

*“Pathways provides children, adults, and families with specialized programs and services in developmental disabilities, mental health, family support, traumatic brain injury, and child care. We hold ourselves accountable for meeting the expressed needs of those we support and for offering them meaningful opportunities to develop their own capabilities.”*



## Youth Wrap Around Alternative Program

Pathways, Inc. provides intensive services for youth throughout Steuben County through the Youth Wrap Around Alternative Program (WRAP). This program works with individuals referred by the Steuben County Department of Social Services (DSS). Services provided may be either preventative or transitional and are meant to provide short-term therapy in order for the child to remain at home and be successful. The program also helps youth who have already been in placement for a period of time with the transition back with their families and communities, as well as to their home schools. For those transition cases, services can begin while the youth is still in placement, in order to help prepare parents for their child's return to the home. Services may include:

- Initial strength-based assessment
- Coordination with other agencies and programs involved with the youth
- Home and community support services
- Family therapy in their home
- Individual therapy
- Group therapy
- School visits and input in CSE and other school meetings
- Crisis intervention both in the home and in the community
- Social skills training by a social skills counselor
- Respite opportunities in the community or in the home

## Initial Strength-Based Assessment

The initial strength-based assessment is done by the program therapist. Upon completion of the assessment, the therapist will review the results with the youth and their family and set short-term treatment goals incorporating the assessment results as well as ongoing mandates of the DSS as specified in the Uniform Case Reviews. Methods will be stated that will guide the family through the therapeutic process and assist the child in successfully completing these goals.

## Coordination with other Agencies and Programs

In order to coordinate services and maximize treatment planning, the WRAP program works in cooperation with other agencies and providers such as DSS, Family Services Society, Steuben County Mental Health, Pathways to Learning, the Committees on Special Education of various school districts in the county, probation, doctors, and other professionals. This helps to keep all parties informed and prevents duplication of services. Preparation for discharge will include proper referrals for ongoing therapy and support. WRAP program staff will collaborate with staff from DSS to ensure that the best level of care for each youth and their family is offered.



## Home and Community Support Services

The WRAP program provides intensive services lasting approximately 4-9 months. Through family therapy, individual therapy, skill building, and respite, the program provides a unique level of support for the family. Supervision issues are addressed and assist the youth in staying in the community. The social skills counselor and program therapist make frequent visits to local schools to meet with teachers and counselors in order to maximize chances of success in school. Crisis visits to the schools help to keep students in school and the support has been well received by school districts. Staff members work closely with DSS caseworkers if other emergency support is needed.

## Family, Individual, and Group Therapies

Family therapy is done by a master's level therapist and is usually done in the home. The program is unique in that appointments are scheduled around school and work times so that parents don't have to miss time at work to meet with staff. Individual therapy is provided by the program therapist as well as the social skills counselor, and may occur in school or at home. Group therapy is offered in the form of support groups and education depending on interest and need.

## Crisis Intervention

The WRAP program provides crisis intervention services as needed to respond to crises in the home. Crises may include arguments, missing youth, conflict in school or at home, emotional breakdowns, medication issues, arrests, and hospitalizations to name a few. A WRAP program staff person is on call 24 hours per day to answer any crisis or to provide support or advice.