



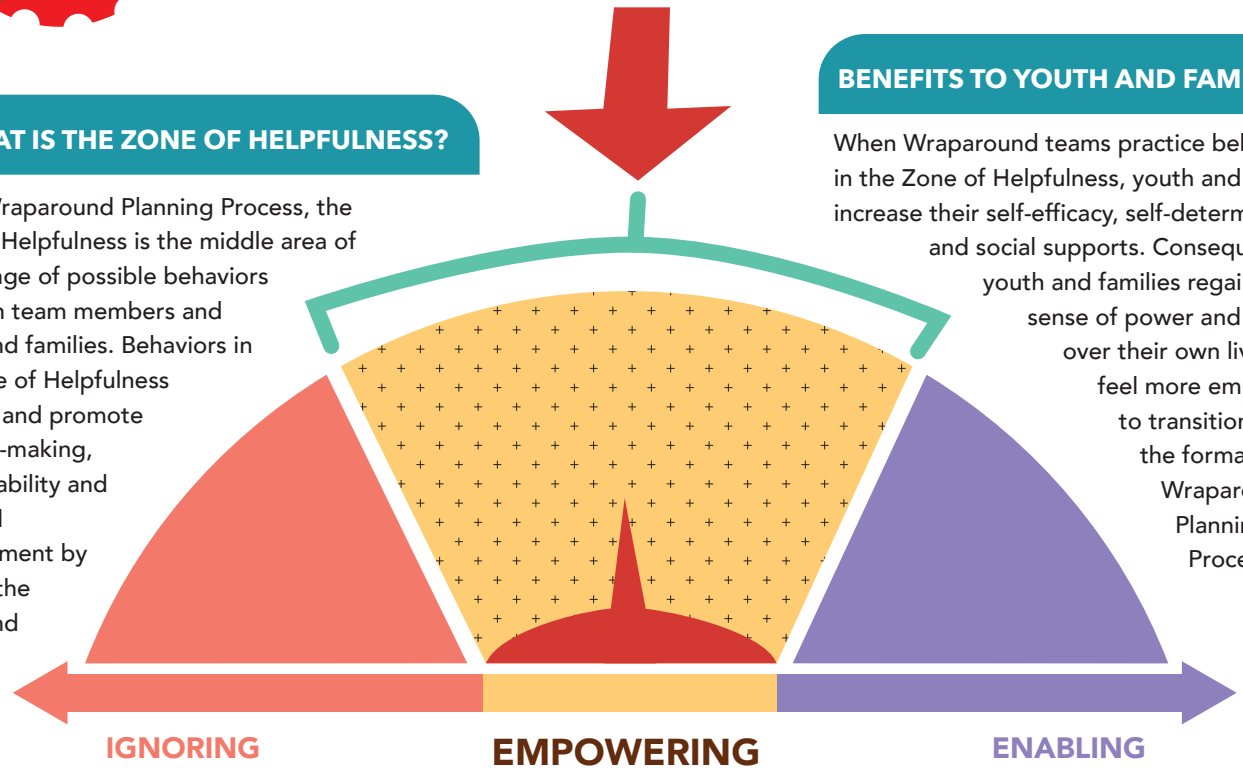
# Zone of Helpfulness

## BENEFITS TO YOUTH AND FAMILIES

When Wraparound teams practice behaviors in the Zone of Helpfulness, youth and families increase their self-efficacy, self-determination and social supports. Consequently, youth and families regain a sense of power and control over their own lives and feel more empowered to transition from the formal Wraparound Planning Process.

## WHAT IS THE ZONE OF HELPFULNESS?

In the Wraparound Planning Process, the Zone of Helpfulness is the middle area of a full range of possible behaviors between team members and youth and families. Behaviors in the Zone of Helpfulness support and promote decision-making, accountability and personal development by and for the youth and family.



## WHAT DO EMPOWERING BEHAVIORS LOOK LIKE?



**1** ENCOURAGING CHOICES THAT ARE HELPFUL AND PRODUCTIVE



**2** INCREASING THE YOUTH'S AND FAMILY'S INDEPENDENCE AND AUTONOMY



**3** FOSTERING KNOWLEDGE, SKILL DEVELOPMENT AND PERSONAL GROWTH



**4** ALLOWING THE YOUTH AND FAMILY TO EXPERIENCE THE OUTCOMES OF THEIR CHOICES

## IGNORING BEHAVIORS

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continued



**1**  
**OVERLOOKING HARMFUL PATTERNS OF BEHAVIOR**



**2**  
**TAKING NO NOTICE OF THE YOUTH'S AND FAMILY'S EFFORTS TO INCREASE THEIR RESPONSIBILITIES AND SELF-EFFICACY**



**3**  
**PAYING NO ATTENTION TO THE YOUTH'S AND FAMILY'S EFFORTS TO LEARN AND GROW**



**4**  
**AVOIDING CONFLICTS AND DIFFICULT SITUATIONS**

## ENABLING BEHAVIORS



**1**  
**INTENDING TO HELP BUT PERPETUATING HARMFUL PATTERNS OF BEHAVIOR**



**2**  
**DIMINISHING THE YOUTH'S AND FAMILY'S SENSE OF CONTROL OVER THEIR OWN LIFE AND CHOICES**



**3**  
**DOING TASKS FOR THE YOUTH AND FAMILY RATHER THAN TEACHING THEM TO DO THE TASKS THEMSELVES**



**4**  
**SHIELDING THE YOUTH AND FAMILY FROM ACCOUNTABILITY FOR THEIR ACTIONS**

Suggested citation: Systems of Care Institute (2019). *Tool Time: Zone of Helpfulness*. Portland, OR: Portland State University, Center for Improvement of Child and Family Services.