



Behavioral Wholeness Model for Holistic Communication

Behavioral models attempt to explain human behavior by considering various factors such as individual traits, cognitive processes, social influences, and environmental contexts. These models often provide frameworks for understanding and predicting behavior based on observable actions, thoughts, and motivations.

“Behavioral Wholeness” refers to more recent developments in social-emotional learning specifically within the field of child and family social services.

The Behavioral Wholeness Model for Holistic Communication is a 7-step model that centers a restorative approach to systemic mediation and intervention pathways that typically exacerbate highly stressful environments and circumstances for vulnerable households.

This model was designed through the process of identifying intersectional diagnostic points between behaviors, emotions, and overall well-being, and matching those data points with core steppingstones that teach families vital holistic communication skills.

Each steppingstone in the model fulfills a key aspect of early intervention and prevention strategy, leading to better outcomes and improved quality of life within nuclear and new-nuclear home environments.

New-nuclear: A term penned by Family Futures Network founder, Buddha-Noah Alvarez. The term refers to the inclusive nature of modern family structures, which supports the healthy development of non-traditional households and the emergence of innovative approaches toward family development.*

The 7 Steppingstones for Holistic Communication

☒ Find The Time 1

☒ Find The Space 2

☒ Find The Capacity 3

☒ Find The Feelings 4

☒ Find The Words 5

☒ Find Common Ground 6

☒ Focus Forward 7

The Practical Application of the Model

The aim of the model is to safeguard the well-being of children and families.

By teaching families how to work within a guiding framework that supports the whole perspective of each family member, especially through critical development points, we can achieve our aim.

Each steppingstone represents an easily digestible point-of-reference for couples/parents to follow before, during, and after court-ordered review for mental, emotional, or physical health evaluations involving local government (public health) agencies.

The process of launching this model in home environments involves several steps, which may vary depending on the specific requirements of the application and the deployment environment.

[Here is a general overview of the steps involved:](#)

1. **Define Family's Goals** – this can be done via simple survey/questionnaire provided by the governing evaluation officer.
2. **Conduct Needs Assessment** – this would be executed in-home by the governing evaluation officer, following the governing office's regulatory requirements as well as mandatory federal and state compliance protocols.
3. **Resource and Material Development** – The governing evaluator would provide necessary instructional manuals to support the Family in self-guided mediation.
4. **Implementation Planning** – The governing evaluator would create a detailed implementation document, using a standard form that outlines the Family's optimal timeline, responsibilities, and logistics for executing their Holistic Communication Plan.

5. Piloting and Revision – The Family would conduct a pilot implementation of their Holistic Communication Plan, following the map of the 7-Step process located in the provided materials. They would share their experience with their evaluator using a standard feedback form, and the evaluator would evolve their Communication Plan and resubmit via email or the governing organization’s front-facing CRM platform.

6. Evaluation – Once a Family’s Communication Plan is prepared, the model is designed to be integrated in (7) weeks, with an emphasis on learning one step of safe, healthy dialogue at a time.

7. Continual Improvement - Mediation offers several benefits compared to traditional litigation or adversarial processes. The aspects that can support vulnerable families in distress the most, include but are not limited to:

- a) Voluntary and Collaborative Process
- b) Confidentiality
- c) Time and Cost Efficiency
- d) Tailored Solutions
- e) Personal Dignity
- f) Reduced Emotional Stress

Self-guided mediation can provide a less adversarial and emotionally draining environment compared to traditional court-sanctioned, evaluation-based visitations. It allows parties to express their emotions, be heard, and find emotional closure, fostering a more constructive and less hostile atmosphere in households that typically include children under the age of 12.

It's important to note that the benefits of in-home holistic mediation practice will vary depending on the nature of the dispute, the skills and neutrality of the governing evaluator,

and the willingness of the couple/parents to engage in the process. However, mediation has been widely recognized as a valuable tool for resolving conflicts and promoting mutually satisfactory outcomes.

[Here is a general overview of expected outcomes over time:](#)

A healthy family can be characterized by several positive attributes and dynamics. While there are no single definition or blueprint for a healthy family as each family is unique, the following characteristics are often associated with healthy family functioning:

- Effective Communication:

Healthy families have open and honest communication. They actively listen to one another, express their thoughts and feelings respectfully, and encourage dialogue. They create an environment where all family members feel heard and valued.

- Mutual Respect:

In healthy families, there is a foundation of respect and consideration for each family member. Respect involves acknowledging and valuing each other's opinions, boundaries, and individuality. Family members treat one another with kindness, empathy, and fairness.

- Emotional Support:

Healthy families provide emotional support to their members. They create safe and nurturing environment where individuals can express their emotions, seek comfort and understanding, and receive validation. Family members offer empathy, encouragement, and help during challenging times.

- Healthy Boundaries:

Establishing and respecting boundaries is essential in healthy families. Each family member has a sense of personal space, privacy, and autonomy. Boundaries help maintain individual identity while also promoting healthy and respectful interactions within the family.

- Strengthened Parent-Child Relationships:

By addressing and resolving issues, improving communication, and promoting positive parenting practices, interventions can enhance the bond between parents and children. This can lead to increased trust, improved emotional connection, and a sense of security for the child/ren.

- Enhanced Social Skills:

Effective family-governed mediation often focuses on improving social interactions and communication patterns within the family. Children who experience positive changes in their family environment are more likely to develop healthy social skills. They may learn better conflict resolution techniques, empathetic listening, and effective communication strategies, which can benefit their relationships outside of the family as well as their relationship to themselves.

- Academic Success:

A supportive and stable family environment resulting from intervention can positively impact a child's academic performance. When children feel emotionally supported, experience less conflict, and have consistent routines, they are more likely to focus on their studies, engage in learning, and perform better academically.

- Reduce Risky Behaviors:

Family mediation can play a crucial role in preventing risky behaviors in children. By fostering a positive and supportive family environment, mediation via Holistic Communication can mitigate factors that contribute to the development of problematic behaviors such as substance abuse, delinquency, or aggression. Children who experience improved family dynamics are more likely to make healthier choices and engage in prosocial activities.

- Resilience and Coping Skills

Holistic Communication promotes conflict resolution and can contribute to a child's resilience and the development of effective coping skills. When children witness their family overcoming challenges and working through conflicts, they learn valuable skills that can help them navigate difficulties in other areas of their lives.

[The Behavioral Wholeness Model can contribute to cost savings for local city governments in several ways:](#)

- Reduced Court Costs:

By engaging in family mediation, families can resolve their disputes outside of the court system. This means fewer cases that need to go to court, resulting in reduced court congestion and associated costs. Mediation can help prevent lengthy and expensive court proceedings, including the cost of hiring lawyers, filing fees, and administrative expenses.

- Increased Efficiency:

Family mediation typically offers a more efficient process for resolving disputes compared to litigation. Mediation sessions can be scheduled more quickly than court hearings, allowing for timely resolution in non-violent cases. This efficiency reduces the resources required for case management and court administration.

- Minimized Repeat Cases:

Mediation often leads to more satisfactory outcomes and long-lasting agreements that keep the Family at the center of their manifest destiny. When families actively participate in the decision-making process and have a say in the resolutions, they are more likely to adhere to the agreed-upon terms. This reduces the likelihood of repeat cases or the need for future court interventions, which saves costs for the city in terms of repeated legal processes and associated resources.

- Prevention of Escalating Conflicts:

Early intervention through family mediation can help prevent conflicts from escalating and becoming more complex over time. By addressing disputes promptly with Holistic Communication, you can navigate intervention measures with more time and relevant tactics that are helpful and not harmful.

- Social and Economic Benefits

Resolving family disputes through teaching Holistic Communication promotes healthier family relationships and happier, whole individuals. When families experience less conflict and achieve resolutions, it can have positive effects on their emotional, mental, physical, and financial stability. This in turn, reduces the strain on social welfare systems and public assistance programs – leading to potential long-term advantages for the community at large.

The future of minority and disenfranchised families in America is multifaceted and influenced by various social, economic, and cultural factors. Family Futures Network Corporation as a public charity is committed to increasing diversity, creating educational opportunities, and supporting social and cultural Integration by teaching the practices of holistic family wellness and promoting family togetherness.

Please send all inquires about this model and its application, to:

founder@familyfuturesnetwork.org

Thank you!



“Holistic family mediation is an achievable reality in Black and Brown communities across America.”

– Buddha-Noah Alvarez