

# 41 STRENGTHS-BASED INTERVENTIONS

## Category 1- RELATIONSHIP DEVELOPMENT

- #1 Establish Positive Relationships with Youth
- #2 Establish Positive Relationships with Youths' Significant Others

## Category 2- OPTIMISTIC ATTITUDE DEVELOPMENT

- #3 Promote Optimism and Tolerance by Providing Education about Developmental Research/ Statistics
- #4 Remain Optimistic and Supportive when/if Youth Lapse or Relapse
- #5 Promote Optimism by 'Asking Solution-Focused Questions'
- #6 'Distract Away' from Victim-Stance and Deficit-Focused Talk and 'Selectively Attend' to Strengths
- #7 Educate Disempowered/ Pessimistic Youth about 'Personal Control' vs. Learned Helplessness
- #8 Assist youth in Identifying 'People and Life Experiences for which they are Grateful'

## Category 3- ASSET DEVELOPMENT

- #9 Identify Youth's Interests, Talents, and Life Goals
- #10 Provide Opportunities for Success Experiences
- #11 Recognize 'Small Changes and Success Experiences' every day
- #12 'Reframe' Problems/Deficits as Strengths
- #13 Label 'Survival of Past Adversity' as a Strength
- #14 Reinforce 'Effort and Perseverance' NOT just final outcomes
- #15 Label the 'Ability to Delay Gratification and Tolerate Boredom' as a Strength
- #16 Label the 'Ability to Manage/ Cope with Emotional Stress' as a Strength (and Teach It)
- #17 Label the 'Ability to Be Honest and Take Responsibility for Mistakes' as a Strength (and Model It)
- #18 Label 'Diversity' as a Strength
- #19 Educate about and Promote 'Developmental Assets'
- #20 Educate about and Promote 'Protective Factors' associated with 'Resiliency'

## Category 4- PROSOCIAL DEVELOPMENT

- #21 Assess and Meet Youths' 'Basic Human Needs' (Physiological, Safety, Social, & Competency needs)
- #22 Facilitate Acceptance and Support from Prosocial Peers and Adults
- #23 Model, Teach, and Reinforce Prosocial Acts and Social Skills
- #24 Educate Youth about the Reciprocal Nature of Relationships
- #25 Provide Opportunities for Prosocial/ Philanthropic Acts of Kindness
- #26 Interact with Youth in a Trustworthy and Dependable Manner
- #27 Label the 'Expression of Hurt and Sadness' as a Strength
- #28 Facilitate Discussions on Topics that Increase Self-Reflection about Prosocial Behaviors
- #29 Emphasize 'Positive Reinforcement' and 'Bonus Response Cost' Interventions
- #30 Educate and Promote 'Good Character Qualities and Values/Life Goals'

## Category 5- INTELLECTUAL DEVELOPMENT

- #31 Collaborate on Goal Development
- #32 Assist youth in being 'Informed Consumers' with use of 'Meta-Talk' and 'Rationale for Services'
- #33 Normalize Learning Differences (rather than focus on 'Disabilities')
- #34 Make Learning 'Fun'
- #35 Make Learning 'Novel and Multisensory'
- #36 Make Learning 'Meaningful and Applicable to Real Life'
- #37 Educate about and Promote 'Multiple Intelligence'
- #38 Educate about and Promote 'Emotional Intelligence'

## Category 6- PROVIDER DEVELOPMENT

- #39 Maintain a Healthy Balance in Life/ Good Self-Care
- #40 Be Strengths-Based with Colleagues
- #41 Self-Monitor to Prevent a Deficit-Based Approach