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