

Strengths of Your Community

Provider Guide



A guide to facilitate the Strengths Activity Worksheet

Note: “client” is used as a general term for any individual receiving support

APPROACH OVERVIEW

Strength-based care is an approach that **emphasizes strengths, abilities, and resources** important to the client based in their culture¹. This model is rooted in the belief that **people have natural skills and resilience** that can be called upon to enhance well-being, achieve personal goals, and overcome challenges^{1,2}. It has shown **benefits** such as increased engagement, improved health outcomes, and enhanced self-efficacy^{1,3}. Importantly, it **fosters collaboration** and empowers individuals to actively participate in their care and healing processes¹.

FOR YOU (PROVIDER)

Purpose: Complete the activity yourself to **help you model** the process for your client and experience what it feels like to reflect on your own strengths.

Helpful tips:

- Read through this provider guide a couple times before doing the activity sheet with someone
- Take notes of the strengths your client mentions throughout the activity so you can share them at the end

GUIDELINES

This activity is meant to **spark conversations**. It is not meant to be a structured Q&A nor does it have to be verbatim. In fact, add your own style. Parents or caregivers could find it challenging to identify the strengths within their child, family, or community. Therefore, the worksheet is organized into **three sections**:

1. **Open-ended** questions to spark reflection and discussion
2. **Survey-style** questions to help identify and prioritize strengths
3. **Examples** of strengths to inspire and guide you and the client

You **do not** need to ask each question in all sections. Start by asking **one question** in section 1. If the client **openly shares 2-4 strengths** within the one or two questions, feel free to **conclude** the activity and summarize the strengths they've identified. If your client still seems unsure, **go to section 2** for a different approach.

Lastly, if the client feels they cannot identify strengths, you can **redirect** them to think of areas where they **want** to develop more skills (e.g., problem solving, empowerment to speak up, self-care). Then you can **switch** to a relevant handout or activity from the toolkit to start building that strength.

1: OPEN-ENDED QUESTIONS

Purpose: spark reflection and allow a client to express themselves in their own words

Helpful tips:

- Do they seem uncertain? Use the supplemental prompts* to help clarify
- Still can't think of a strength? Use section 3 to help spur ideas or suggestions
- Still unsure? Go to the survey-style questions for a new angle



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*SUPPLEMENTAL PROMPTS FOR OPEN-ENDED QUESTIONS ^{4,5,6,7,8,9}

Purpose: Help you have more questions to go deeper, if needed

Child:

- What activities or situations seem to bring out the best in your child?
- If your child had to describe themselves in three words, what do you think they'd choose?

Parent/Caregiver:

- What do you feel are the strengths about your parenting style?
- Can you think of a moment when parenting felt hard but you handled it well?

Family:

- Families are full of different personalities. How do you think everyone's differences help your family work together?
- What hopes or goals do you have for how your family can grow stronger together?

Community:

- In what ways does your community celebrate culture, diversity, or shared traditions?
- Who or what in your community has made a difference to you or for your family?

2: SURVEY STYLE QUESTIONS

Purpose: Offer structured questions with response options to help guide clients

Helpful tips:

- Start with one question from each section
- "I have a few questions that might help us. I can share them out loud or you can read them to yourself. Which would you prefer? [pause] Great! Let me know how much you disagree or agree on a scale from 1-5: 1 being you **strongly** disagree to 5 being you **strongly** agree."
- When switching domains say, "Next I'll ask about your [family, community...]"

3: STRENGTH EXAMPLES

Purpose: Use these examples as helpful ideas when you or the client feels "stuck"

Helpful tip: look at the activity sheet with the client to explore examples

WRAPPING IT UP

Now what? When finished, summarize with the client the strengths they shared.

Helpful tips: End on a positive note!

- "Thank you for sharing these strengths you see in [area] with me. These are natural abilities you can call upon when you're going through a hard time or you feel down and need to remind your child or yourself of the things you do well. These are also things that you can feel proud of yourself and empowered that these strengths are already within you."

It is suggested to go to the "Self-Care" activity next or ask the client what they can do today that will bring them some joy if they struggled with this activity.