### TABLE 2  Strengths-Based Interventions

**Category 1: Relationship Development**
- **SBI-1** Establish Positive Relationships with Youth
- **SBI-2** Establish Positive Relationships with Youths’ Significant Others

**Category 2: Optimistic Attitude Development**
- **SBI-3** Promote Optimism and Tolerance by Providing Education About Developmental Research/Statistics
- **SBI-4** Remain Optimistic and Supportive When/If Youth Lapse or Relapse
- **SBI-5** Promote Optimism by Asking Solution-Focused Questions
- **SBI-6** Distract Away from Victim-Stance and Deficit-Focused Talk and Selectively Attend to Strengths
- **SBI-7** Educate Disempowered/Pessimistic Youth About Personal Control Versus Learned Helplessness
- **SBI-8** Assist Youth in Identifying People and Life Experiences for Which They Are Grateful

**Category 3: Asset Development**
- **SBI-9** Identify Youths’ Interests, Talents, and Life Goals
- **SBI-10** Provide Opportunities for Success Experiences
- **SBI-11** Recognize Small Changes and Success Experiences Every Day
- **SBI-12** Reframe Problems/Deficits as Strengths
- **SBI-13** Label Survival of Past Adversity as a Strength
- **SBI-14** Reinforce Effort and Perseverance, Not Just Final Outcomes
- **SBI-15** Label the Ability to Delay Gratification and Tolerate Boredom as a Strength
- **SBI-16** Label the Ability to Manage/Cope with Emotional Stress as a Strength (and Teach It)
- **SBI-17** Label the Ability to Be Honest and Take Responsibility for Mistakes as a Strength (and Model It)
- **SBI-18** Label Diversity as a Strength
- **SBI-19** Educate About and Promote Developmental Assets
- **SBI-20** Educate About and Promote Protective Factors Associated with Resiliency

**Category 4: Prosocial Development**
- **SBI-21** Assess and Meet Youths’ Basic Human Needs
- **SBI-22** Facilitate Acceptance and Support from Prosocial Peers and Adults
- **SBI-23** Model, Teach, and Reinforce Prosocial Acts and Social Skills
- **SBI-24** Educate Youth About the Reciprocal Nature of Relationships
- **SBI-25** Provide Opportunities for Prosocial/Philanthropic Acts of Kindness
- **SBI-26** Interact with Youth in a Trustworthy and Dependable Manner
- **SBI-27** Label the Expression of Hurt and Sadness as a Strength
- **SBI-28** Facilitate Discussions on Topics That Increase Self-Reflection About Prosocial Behaviors
- **SBI-29** Emphasize Positive Reinforcement and Bonus Response-Cost Interventions
SBI-30  Educate and Promote Good Character Qualities and Values/Life Goals

Category 5: Intellectual Development

SBI-31  Collaborate on Goal Development
SBI-32  Assist Youth in Being Informed Consumers with Use of Meta-Talk and Rationale for Services
SBI-33  Normalize Learning Differences (Rather Than Focus on Disabilities)
SBI-34  Make Learning Fun
SBI-35  Make Learning Novel and Multisensory
SBI-36  Make Learning Meaningful and Applicable to Real Life
SBI-37  Educate About and Promote Multiple Intelligences
SBI-38  Educate About and Promote Emotional Intelligence

Category 6: Provider Development

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