

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