





NWIC

National Wraparound
Implementation Center

Advancing Systems  *Enhancing the Workforce*  *Improving Outcomes*

Beyond the Surface: What Does Strength-Based Really Mean?

September 11, 2017



UW Medicine
SCHOOL OF MEDICINE



THE INSTITUTE FOR INNOVATION & IMPLEMENTATION

Agenda for the Day



10:30-Noon

Beyond the Surface: What Does Strength-Based Really Mean?

Dive under the surface of strengths to understand and practice functional strength development.

1:00-4:15PM

Making Your Job Easier: Using Authentic Strengths throughout the Process

- How to use a strength-based family story to engage the family and team in understanding the power of functional strengths in plan development without ever saying the words.
- How to maintain plan momentum through continual strength development.

Grounded in a Strength Based Perspective



Everyone has strengths.



A person is defined by their strengths, not their challenges.



Focusing on strengths as opportunities can create hope for families.

How do we gather strengths?



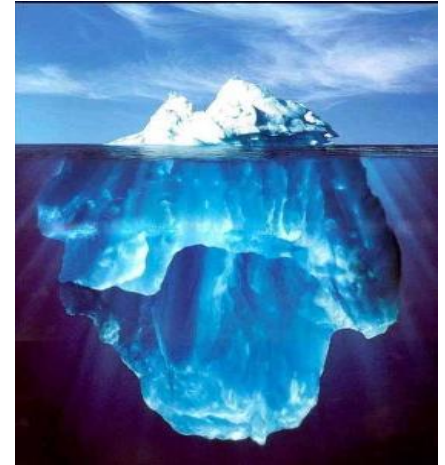
Develop the family story



- Assume the positive
- Engage with the family around strengths
- Have a genuine appreciation for their story
- Gather multiple perspectives to get a wide story

Three kind of strengths

- Descriptive
 - Engages people and starts a story
 - ‘Good sense of humor’
- Contextual
 - Story telling as a learning form
 - ‘she made her dad crack up after surgery’
- Functional
 - Skills which can be applied in a more organized way and make sense in the context in which the family is operating
 - ‘she can use jokes to take care of herself and others when times are hard.’



Exposing Functional Strengths



Functional strengths are the depth of an individual and family's capacity that enables them to endure and cope with difficult situations, to bounce back in the face of significant trauma, the ability to use external challenges as a stimulus for growth, to excel despite the barriers they may be presented, and the use of social supports, family rituals and traditions, as a source of resilience. (McQuaide and Ehrenreich, 1997).

Grounding the Story in a Strength-Based Perspective



- ✓ Identifies the coping skills and resources the family used during the initial conditions that brought the family to the system.
- ✓ Shares a sense of the family's unique history, traditions, talents, preferences and interests.
- ✓ Explores strengths from multiple perspectives and identifies relational strengths.
- ✓ Investigates circumstances around exceptions to the initial conditions.

Let's see what we can find...





How do we do that?



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Grounding the Story in a Strength-Based Perspective



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Where are we?

- ✓ Identified what a functional strength is
 - ✓ Developed functional strengths
 - ✓ Recognized when a story is missing a strength-base and lacks functional strengths
 - ✓ Created queries to guide family discussions to explore functional strengths
- ...We will build upon this after lunch! Return to this room at 1PM!

Resources



- The Institute for Innovation and Implementation
 - <http://sww.umaryland.edu/theinstitute>
- National Wraparound Implementation Center (NWIC)
 - www.nwic.org
- National Wraparound Initiative
 - <http://www.nwi.pdx.edu>
- Wraparound resources
 - www.paperboat.com
 - <http://www.milwaukeecounty.org/WraparoundMilwaukee7851.htm>
- System of Care Resources
 - <http://systemsofcare.samhsa.gov/>
 - <http://youthmove.us/>
 - <http://www.tapartnership.org/>
 - <http://www.ffcmh.org/>



Additional References

- Feiler, B. (2013, March 13). The Stories that Bind Us. New York Times, Retrieved from http://www.nytimes.com/2013/03/17/fashion/the-family-stories-that-bind-us-this-life.html?_r=0
- McQuaide, S. & Ehrenreich, J. (1997) Assessing Client Strengths. Families in Society: The Journal of Contemporary Social Services: 1997, Vol. 78, No. 2, pp. 201-212.

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