

Table 4.1. Strengths-Based Health Communication Strategies

Strategy	Description	Example
Identifying/acknowledging positive child or family skills, talents, or competencies.	Skills, or things in which the child or family (or team members) have excelled in the past, or do excel in the present.	A child's math ability.
Mentioning positive (recent) past behaviors.	Specific behavioral examples of strengths exhibited in the past usually recent past).	When a child buckled down and did well on his assignment.
Finding positive interests for the child/family.	Things a child or family is interested in doing that would move them in a positive direction. (Interest strengths are often manifested in behavioral strengths, if a person is interested in something then does it).	A child's interest in crafts.
Identifying possibilities for the child/family.	Goals or dreams set in the <i>future</i> toward which the family and team are working. Goals which are <i>stated in the positive</i> —“What will it look like when things are better?”	A new home for the family.
Identifying available resources.	Financial, time, and knowledge resources available to help the family and team achieve their goals.	Assistance budget: re- source provided by com- munity mental healthcare system. Psychological testing: school provides. Other types: environmen- tal, food/clothing, medical, vocational, transportation, educational, recreational emotional, cultural, social resources.
Borrowing strengths.	Positive characteristics taken from another person, or by the strengths of the intervention or treatment itself.	A teacher's intervention borrowed from other work done in other schools.

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Table 4.1. Strengths-Based Health Communication Strategies *continued*

Strategy	Description	Example
Uncovering hidden strengths.	Strengths that, on the surface, look like deficits, but could be turned around into strengths.	A child's aggressiveness could be a positive thing if he learned to channel it in a good direction.
Identifying strengths in the environment.	Positive things in the environment.	The fact that the family has a home with a mother <i>and</i> a father at home.
Identifying feelings, attitudes, or values that are positive/ helpful.	Attitudes or beliefs that are helpful for a family (or team member) to have (other than resiliency).	A family's desire to keep their family intact is a value strength.
Pointing out family resiliency.	Personality traits that enable a child or family to have survived so far in the face of difficult life circumstances.	A parent's persistence in obtaining help for her family. A parent's ability to remain calm in the midst of ongoing crisis.