



## Wraparound

# IDENTIFYING STRENGTHS

## What are Strengths?

Strengths can be anything you are good at, enjoy doing, or are interested in. They can also be talents, accomplishments, and successes. There are many different types of strengths, and they can all be useful in a variety of ways. In Wraparound, we identify strengths for you (the youth) and your family.

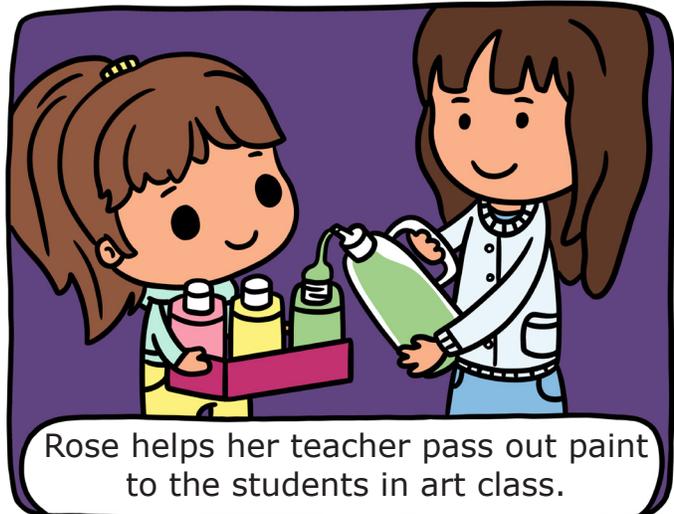
### Descriptive Strengths

(characteristics and qualities)



### Contextual Strengths

(where and how)



## Step 1:

Create a list of **descriptive and contextual strengths**. Try to think of as many as you can for you and your family. Here are some useful prompts to help you brainstorm:

## For the Youth



1. What are your favorite hobbies and interests?



2. What do you get excited about or look forward to?



3. What might others say you're good at?



4. What is one of your biggest accomplishments?



5. What is something that you're proud of?

# IDENTIFYING STRENGTHS

## For the Family



1. What is something that you and your family enjoy doing together?



2. What is something that your sibling does that impresses you?



3. What is one of your favorite family memories?



4. What do you think your parent or caregiver is really good at?

## What are Functional Strengths?

**Functional Strengths** are skills, interests, and abilities that serve you in multiple ways and can be useful in various situations.

In Wraparound, the team works to identify **Functional Strengths** so you and your family's strengths can be uplifted and prioritized in the planning process.

### Step 2:

Identify the **functions** of your descriptive and contextual strengths. Here are some useful prompts to help you brainstorm your functional strengths:



1. How does \_\_\_\_\_ help you?



2. How do you use \_\_\_\_\_ in your life?



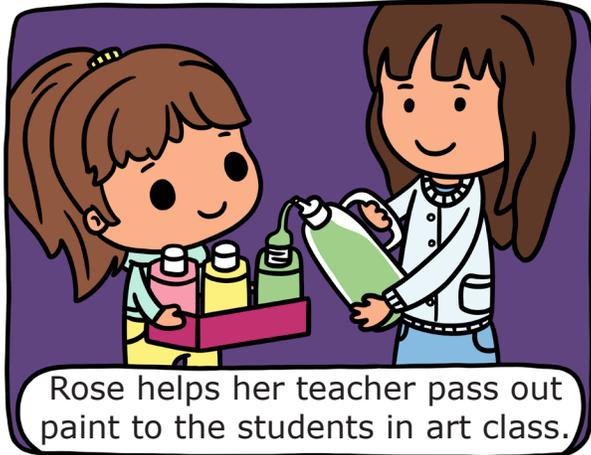
3. How might \_\_\_\_\_ support you in meeting your needs and goals?



4. How does your family use \_\_\_\_\_ in helpful ways?

# IDENTIFYING STRENGTHS

## Descriptive or Contextual Strength



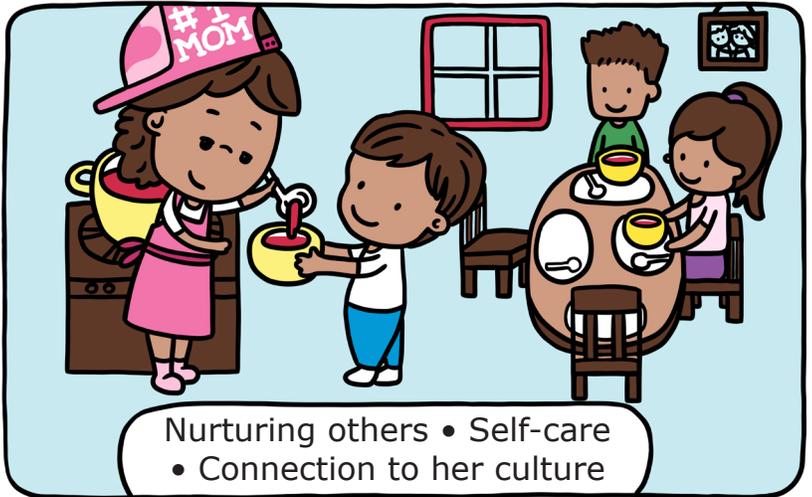
## Functional Strength



## Descriptive or Contextual Strength



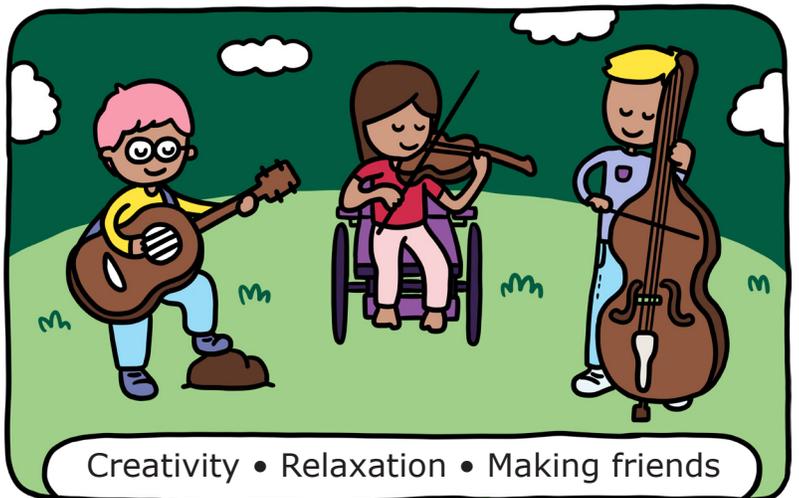
## Functional Strength



## Descriptive or Contextual Strength



## Functional Strength



# IDENTIFYING STRENGTHS

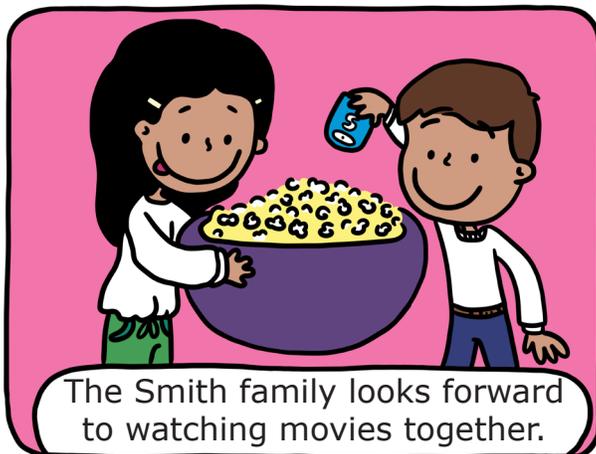
## Descriptive or Contextual Strength



## Functional Strength



## Descriptive or Contextual Strength



## Functional Strength



## Descriptive or Contextual Strength



## Functional Strength

