

The Context of Strengths Model Practice

Concept	Readiness to Practice	Engagement	Strengths Assessment	Personal Recovery Plan	Recovery
Key Components	<ul style="list-style-type: none"> ■ Unwavering belief in each person’s potential for recovery ■ Sincere commitment to person with whom we are working ■ Openness to difference, uncertainty, and even chaos ■ Openness to the person as the director of the helping process ■ Willingness to advocate for the person ■ Willingness to always be curious and creative 	<ul style="list-style-type: none"> ■ Purposeful use of self ■ Taking the stance of continual understanding ■ Validation of the person’s lived experience ■ Focus on hope-inducing behaviors ■ Awareness of opportunities to form alliance and partnership ■ Establishing relevancy between your job responsibilities & the person’s hopes and dreams for the future 	<ul style="list-style-type: none"> ■ Developing understanding of what recovery might look like for this person (their perspective) ■ Portrait of the well-aspects of the person’s life ■ Getting at the essence of what brings meaning, purpose, and identity to the person’s life or what is desired 	<ul style="list-style-type: none"> ■ Capturing an important & meaningful goal with the intent to achieve it ■ Capturing the meaning behind an important goal ■ Breaking the goal down into smaller, measurable steps so that progress can be made during and between each meeting 	<p>“Having a Life Worth Living”</p> <ul style="list-style-type: none"> ■ Purpose ■ Meaning ■ Identity
Application to Practice	<p>Our readiness to practice is essential to effectively using the Strengths Model with people. Effective, recovery-oriented work requires sustained energy and commitment on the part of the practitioner. Only by making an investment of yourself in the helping process will you be able to be a significant asset to the person’s recovery journey.</p>	<p>We approach engagement with the sole purpose of finding alignment with the person on their journey of recovery. This is a critical time for understanding the person’s lived experience, their unique perspectives, validating their current efforts, and getting the initial sense of who the person is and their aspirations for the future. Early on, we should discuss the concept of recovery and our role in the helping process.</p>	<p>The introduction of the first Strengths Model tool flows out of the initial engagement process. The Strengths Assessment can either be introduced within a context of an identified goal the person already has or in an exploratory context to identify possible areas of partnership. A well-done Strengths Assessment should amplify the well-aspects of the person’s life, elicit the essence of who the person is or desires to become, and offer hope for the recovery journey ahead.</p>	<p>The second Strengths Model tool flows out of the work begun on the Strengths Assessment. The Personal Recovery Plan can be introduced when the person has identified a goal he/she would like to achieve or explore. Once started, the Personal Recovery Plan will be used during every meeting with the client until either their goal is achieved or a different goal has been identified.</p>	<p>Helping a person begin and sustain a recovery journey is the ultimate goal of our practice interventions. Recovery for a person is subjectively defined by the person, but it is filled with concrete life activities that bring meaning, purpose and identity to the person. Our job is to help people identify these things and partner with them to remove barriers and obstacles to achieving important life goals.</p>