Building a Community of Strength

1 PRACTICE STRENGTH IN YOUR OWN LIFE
Building a Community of Strength

1. Practice strength in your own life

2. Commit to being a trusted adult
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2. Commit to being a trusted adult
3. Participate in a community of strength
Building a Community of Strength

1. PRACTICE STRENGTH IN YOUR OWN LIFE
2. COMMIT TO BEING A TRUSTED ADULT
3. PARTICIPATE IN A COMMUNITY OF STRENGTH
4. SHARE YOUR STORIES OF STRENGTH WITH FRIENDS, FAMILY, AND YOUR COMMUNITY
Building a Community of Strength

1. Practice strength in your own life
2. Commit to being a trusted adult
3. Participate in a community of strength
4. Share your stories of strength with friends, family, and your community
5. Support others as they discover strength in their own lives
Sources Wheel Work

Working the Sources Wheel to:

- share stories of strengths that have helped you in the past to handle stress or overcome adversity,
- learning to practice and grow strengths on a regular basis,
- and developing the skill of using strengths in times of adversity, loss, or stress.
INDIVIDUAL

Help-Seeking, Coping Skills, Agency, Sense of Self, Emotional Regulation, Attitudes
Building Trusting Relationships

- Engaging a diversity of family supports (immediate family, extended family, chosen family)
- Being a and drawing on Positive Friends
- Healthy Relationships
- Connecting to Mentors, Teachers, and Coaches for help and encouragement.
INFORMATION

Help-Seeking, Coping Skills, Agency, Sense of Self, Emotional Regulation, Attitudes

INDIVIDUAL

RELATIONAL

Mentors

Teachers

Coaches

Friends

Family

Relationships
Training & Partnerships w/Org’s

- Training Organizational Partners in the Sources Model
- Inviting them to practice strength as an Organization
- Brainstorming how they could make use of the Strength Wheel
- Inviting them to be Thought Partners in imagining A Well World
Creative Use of Community Spaces

- Presentations and Trainings for community groups
- Imagining community supports and sharing of ideas and resources
- Community campaigns and activities
- Social marketing and positive social norming
- Sponsorships
Our Shared Story of a Well World

- Presentations and Trainings for Policy and Community Safety
- Using the Strength Wheel on their own
  - Integrating strength language into their practices
- Making changes to policy, funding, and community safety