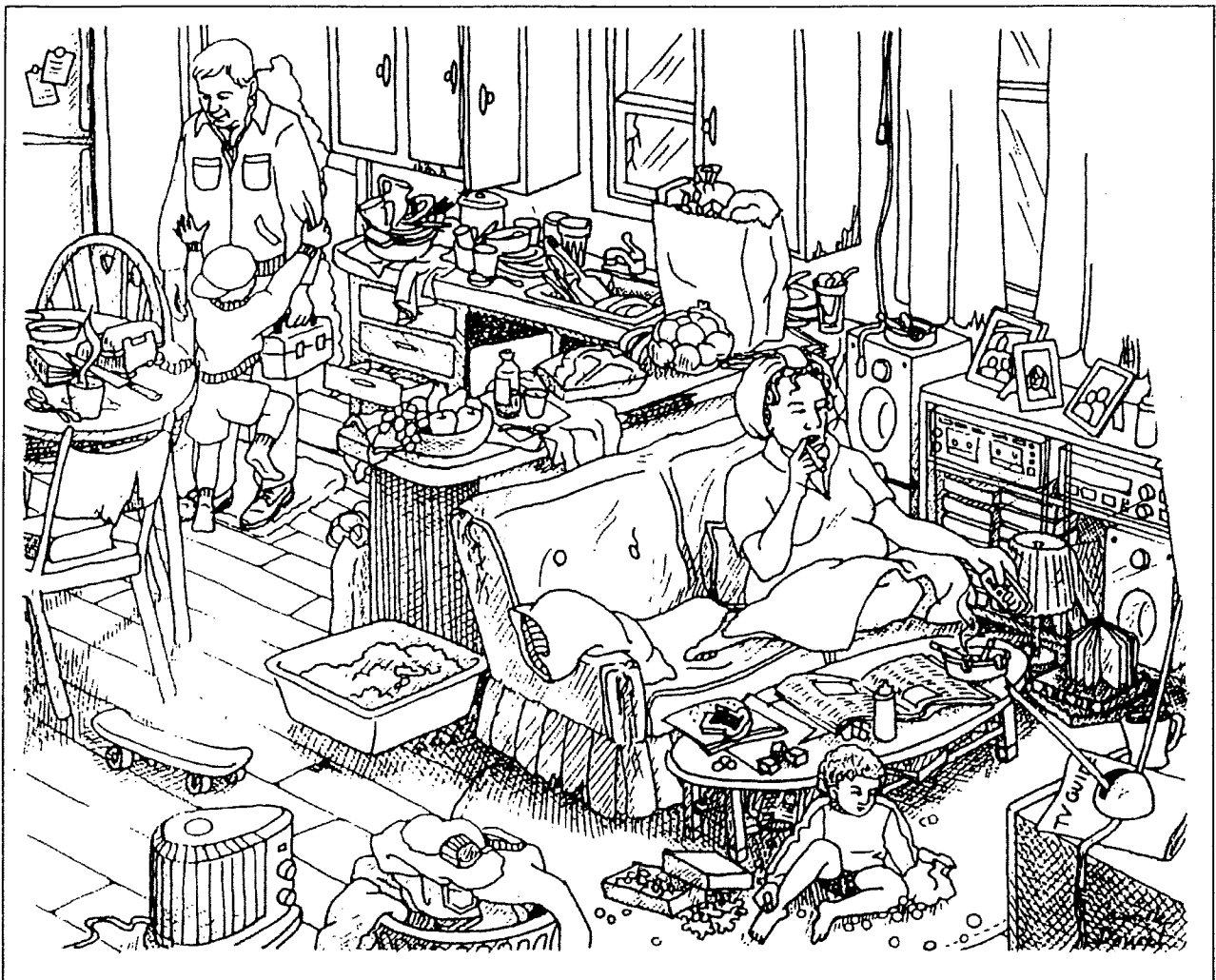


Family Strengths

Activity 4B: Identifying Family Strengths

Look at the illustration that follows. Note 12 to 15 positive aspects of the household pictured. In the large group, share your observations.



Used with permission from the artist, Camille Doucet.

Activity 4C: Resources vs. Deficits

Do you know the question about whether the glass is half full or half empty? In your CASA/GAL volunteer work with families, you can ask yourself a similar question, focusing on the positive or the negative. If you look at a family through a “resource” lens, you focus on identifying the strengths; if you look through a “deficit” lens, you focus on the problems. *All families have strengths and weaknesses.*

Resources vs. Deficits

**If I look through a RESOURCE LENS,
I am likely to . . .**

- Look for positive aspects
- Empower families
- Create options
- Listen
- Focus on strengths
- Put the responsibility on the family
- Acknowledge progress
- See the family as expert
- See the family invested in change
- Help identify resources
- Avoid labeling
- Inspire with hope

**If I look through a DEFICIT LENS,
I am likely to . . .**

- Look for negative aspects
- Take control or rescue
- Give ultimatums or advice
- Tell
- Focus on problems
- See the family as incapable
- Wait for the finished product
- See service providers as experts
- Impose change or limits
- Expect inaction or failure
- Label
- Deflate the family’s hope

Adapted from materials developed by CASA for Children, Inc., Portland, Oregon.