



Strengths Map Exercise

Instructions

This strength map can be used during well-child visits to help understand how individuals are already accessing the Building Blocks. It can give you insight into areas that are already very developed and areas where you might want to offer some informal or formal supports.

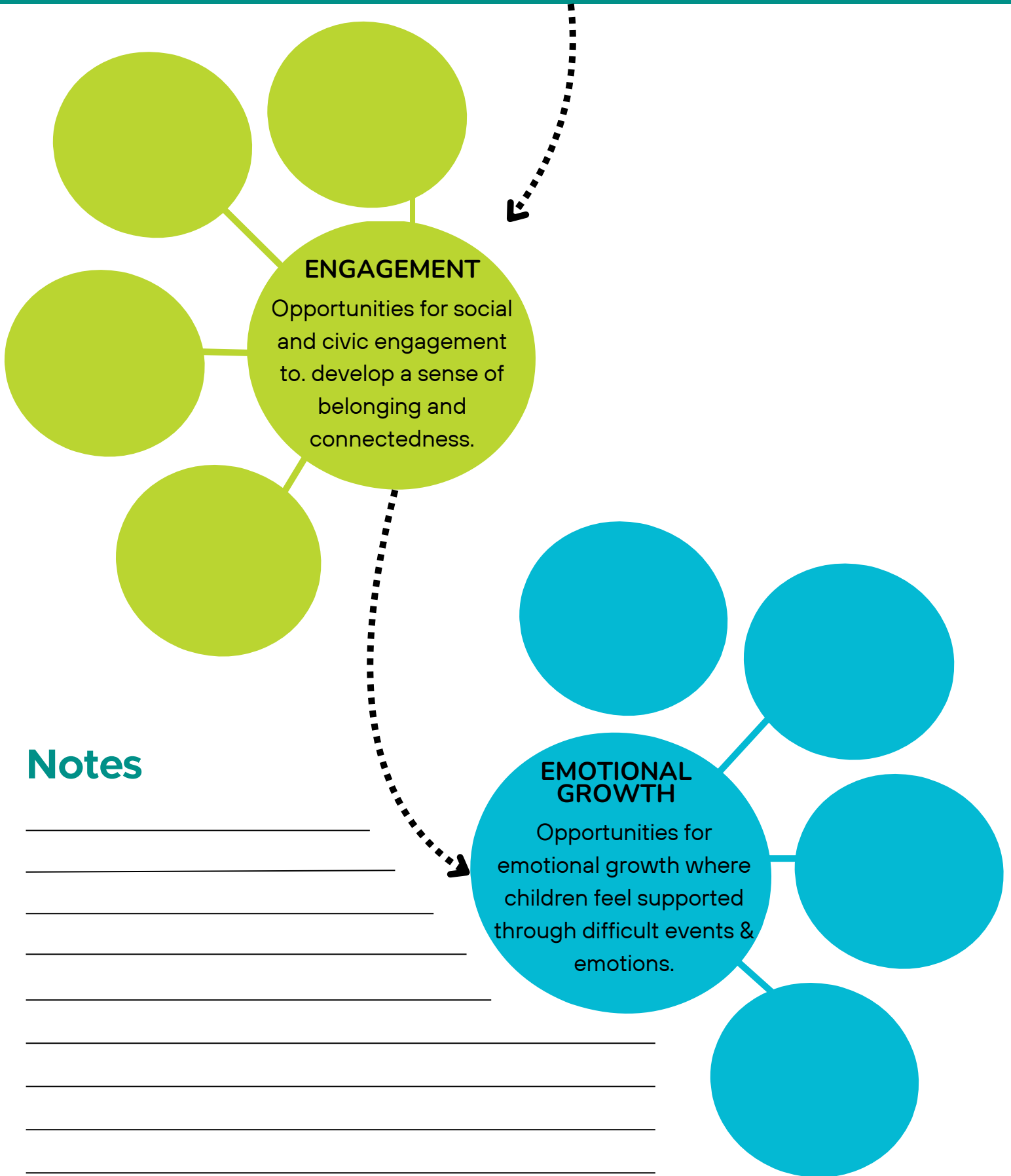
- Start by writing the patient's name in the center box.
- Review the impact of positive childhood experiences and protective factors.
 - Emphasize that these look different for everyone.
- Select a building block to start with
 - *Tip: pick one you already have information about.
 - Review the building block summary provided.
 - Provide examples of local ways to get involved (refer to community resource binder).
- Move through the remaining building blocks.
- Review ways they can strengthen their least developed building block - circle the ones you will follow up on at next visit.
- Leave room for questions or comments from the patient.
- Provide resources and handouts for the patients to bring home.
- Let family know that this is something you will re-visit and work on together.

Notes

Your Unique Strengths

Name: _____





Notes
