

Name:

Strengths/Needs Worksheet – Meetings 1 and 2

Now that you have completed your first two meetings, we would like you to think about your strengths and your needs, personal as well as family. For each bolded skill, please write an example of your strength and/or your need. You can provide as many examples as you'd like but please provide at least 3 strengths and 3 needs on the worksheet.

Skill	Activities	This is a strength for my family because....	This is a need for my family because...
1. Know your own family.	<u>Meeting 1</u> The Profile		
2. Communicate effectively.			
3. Know the children.	<u>Meeting 1</u> Reasons/Feelings/Behavior The Video <u>Meeting 2</u> Lillie's Family Erikson's Stages of Development		

Skill	Activities	This is a strength for my family because....	This is a need for my family because...
4. Build strengths; meet needs.	<u>Meeting 1</u> Matching Activity Robert's Strengths and Needs		
5. Work in partnership.	<u>Meeting 2</u> Lillie's Family		
6. Be loss and attachment experts.			
7. Manage behaviors.	<u>Meeting 1</u> Reasons/Feelings/Behavior		

Skill	Activities	This is a strength for my family because....	This is a need for my family because...
8. Build connections.			
9. Build self-esteem.			
10. Assure health and safety.	<u>Meeting 2</u> Assessing the Well-Being Needs of Children and Youth in Foster Care		
11. Assess impact.			
12. Make an informed decision.			