

Strengths-Based Competencies for Alcohol and Drug Services in the Juvenile Justice System

1. The ability to assert a drug-free identity, as well as a sense of place, culture and gender.
2. The ability to take personal responsibility and accountability for harm done to others.
3. Achievement in transitioning from a frustrating externally motivation-based venture (justice and treatment) to a more personally rewarding internally motivated endeavor (success).
4. Skills to renew family relationships and reconstruct family roles.
5. Skills to forge new kinds of positive and prosocial relationships based on mutual respect, shared goals, and high expectations.
6. Ability to be mentored as well as provide mentoring as soon as is reasonable and possible.
7. Ability to be a generous community contributor of special skills or talents—an ability to activate self as a positive force in his/her community.
8. Ability to envision a path towards a successful future: employment and school.
9. Ability to connect any and all past achievements with potential for future success.
10. Assertion and understanding of the role of unconscious destructive behavior cycles with clear and practiced alternatives.
11. Ability to tolerate difficult emotions as well as celebrate positive ones without resulting destructive behaviors.
12. Ability to conduct basic life management and demonstrate basic life skills.
13. Ability to use anger regarding racism and social injustice through productive activities with others geared to fight discrimination and other social problems.
14. Self-awareness of the experience and results of personal trauma, and the skills to ascend from it.
15. Ability to identify and utilize formal and informal community supports and positive opportunities.