

The Asset Process

The 40 Developmental Assets® process will look different each time you complete it. These steps are designed to help you support youth in their commitment to the process and help them achieve the best possible outcomes.

1. BUILD RAPPORT

- ➡ Schedule your first one-on-one
- ➡ Tell them about yourself
- ➡ Ask them about themselves

2. MINIMIZE INTAKE ANXIETY

- ➡ Try to use as little paperwork as possible; if paperwork is necessary, offer to work with them as they complete it
- ➡ Offer to fill out the necessary paperwork with them
- ➡ Avoid going over too many instructions/rules

3. COMPLETE CHECKLISTS

- ➡ Ask them if they want you to go through the checklists with them
- ➡ Complete an initial assessment based on your previous interactions with the young person

4. REVIEW ASSETS

- ➡ Ask the young person how they felt about the checklist and if they were surprised by any of the answers
- ➡ Explain that Assets can also be thought of like skills
- ➡ Ask the young person if they agree with what was put down

5. CELEBRATE WHERE THEY ARE!

- ➡ It is important not to make the young person feel like they are a problem in need of fixing
- ➡ Every young person has existing strengths, skills, and accomplishments; celebrate them!

6. DISCUSS EXISTING WRAPAROUND/TREATMENT GOALS

- ➡ Assess established goals and evaluate them for effectiveness
- ➡ Help them decide if the goals are things they're still inspired by and want to achieve

7. CONFIRM GOALS

- ➡ Review and finalize the young person's goals
- ➡ If necessary, work with their team to revise the plan until they do agree

8. IDENTIFY TARGET ASSETS

- ➡ Ask the young person to identify two "Internal" and two "External" Assets that they'll

need to accomplish each goal

- ➡ Make sure that the young person feels ownership over their Asset development

9. CREATE OPPORTUNITIES

- ➡ Work with the youth to find development opportunities that suit their values and interests
- ➡ Research opportunities in the community and connect with your network of providers to see if any programs suit the youth's needs

10. PERSIST & CELEBRATE!

- ➡ Celebrate where they are at; acknowledge their existing skills and make sure they know that you believe in them
- ➡ Frame every setback as an opportunity for growth and encourage their continued commitment to the development process