

## WHERE DO YOU LAND?

Instructions: Think about the work that you do and your agency's policies and procedures. For each row below consider if the approach is more traditional or capacity building. Put an "X" on the line for each row, indicating where on the continuum between traditional and capacity building your current practice lies.

Traditional		Capacity Building
Treatment: provides an intervention when there is a problem	<b>←</b>	Promotion: aims to help individuals develop the knowledge, attitudes and skills they need to be healthy
Expertise: the formal help giver acts as the expert, telling the family what they needed to do rather than building the capacity of the family to solve their own problems	<b>←</b>	Empowerment: helps families gain a greater share of resources (including knowledge) so that they can be successful
Deficit Based: the formal help-giver evaluates the family and identifies what is wrong	<b>←</b>	Strengths Based: works with the family to identify what is strong (how have they managed to overcome the many barriers they faced before now); focus on building on strengths to help overcome current challenges
Service Based: provides "Band-Aid" for the short term needs, sometimes creating increased dependency on formal systems of help.	<b>←</b>	Resource Based: helps the family increase their formal and informal support networks
Professional Centered: focuses on the goals and expertise of the professional	<del>\</del>	Family Centered: prioritizes the family's concerns and desires