

Assessment of Strengths among Youths Court-Referred to Residential Treatment

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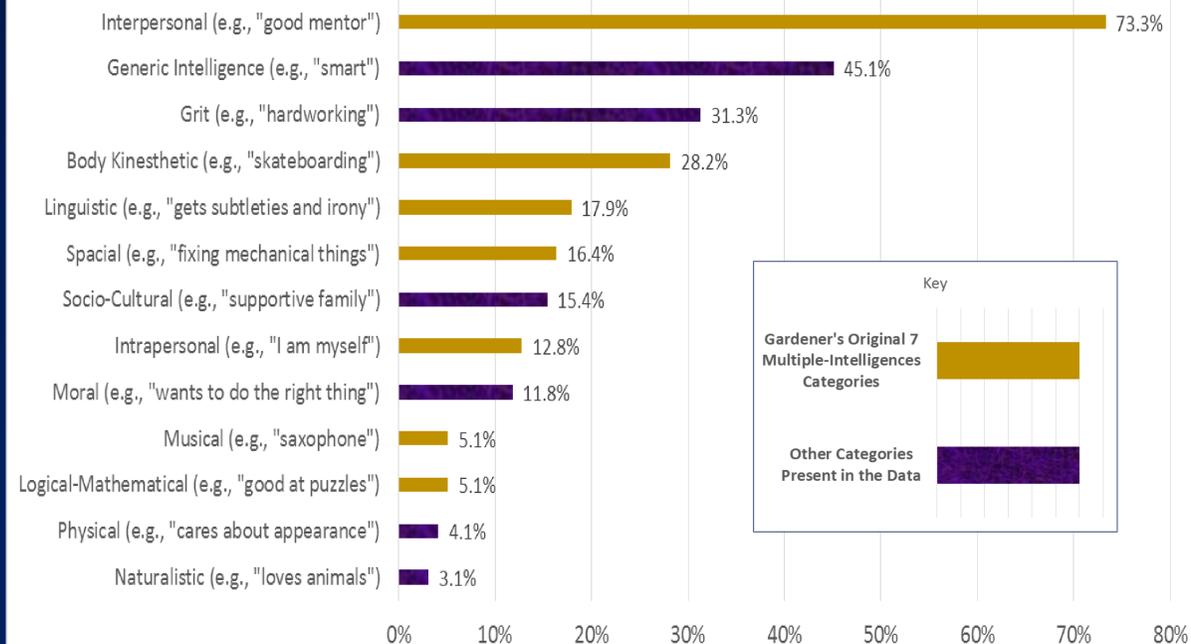


INTRODUCTION

FIGURE 1: FREQUENCY OF STRENGTHS

RESULTS

- Client strengths recorded at intake nationwide in US yet few empirical reports
- Study questions:
 - What are prevalent strengths among adolescents with addiction?
 - Do strengths vary by gender or race?
- Exploratory study (N=195)
 - 52% F, 32% minority, ages 14-18
 - 92% thc dependent, 61% etoh dependent



- M=3.3 strengths, range=0-9, 9% 0 strengths
- Most and least common strengths (Figure 1)
 - ↑ : interpersonal, hard-working
 - ↓ : intrapersonal (emotional intelligence)
- Race and gender comparisons (Figure 2)
 - African-American girls reported fewer strengths than White girls and African American boys

METHODS

DISCUSSION

- Counselors recorded strengths at intake
 - Open-ended questions to youth, guardian
- Responses coded into Gardner's 7 multiple intelligence categories + 6 others
- Count of strengths compared across gender and race groups using univariate analyses

Gardner^{1,2} challenged the idea that intelligence can be accurately represented by a single ability. In this study, youths' strengths mapped well to Gardner's 7 multiple-intelligence categories (gold bars in Figure 1). In addition, several additional categories were present in the data (purple bars in Figure 1): most notably "grit," championed by Duckworth³, representing hard work, tenacity, ambition, & perseverance.

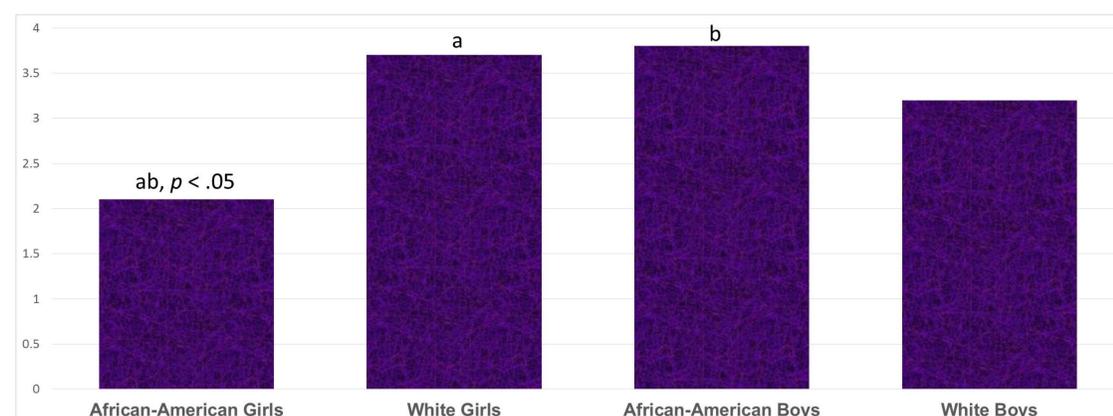
- Self-management/reflection may need bolstering
- Unclear how strengths are used in treatment planning without manualized guide
- A uniform assessment tool may help youth become aware of their strengths

REFERENCES

FIGURE 2: RACE AND GENDER DIFFERENCES

ACKNOWLEDGEMENTS

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