

# A framework for strengths-based working

**Strengths-based working in practice** 

# Let's end homelessness together

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## **Strengths-based working in practice**

For more information on Strengths-based working please see the Toolkit at https://homeless.org.uk/knowledge-hub/being-strengths-based/

### Introduction

A strengths-based approach is a way of working that both focuses on peoples' strengths, potential and goals and that views them as assets in themselves, able to be full participants in their own support. Strengths-based working involves re-framing the work of organisations to focus on an individual's identified goals. In addition to focusing on strengths, there is a considerable emphasis on building positive relationships between people working in services and those accessing them and in ensuring those relationships are equal partnerships. It is a broad approach that impacts on everything we do within an organisation including our policies and procedures and the language we use. It also emphasises positive connections, prioritising the importance of people becoming part of their community to build strong links and support networks.

We have identified 4 key themes that make up a strengths-based approach, each of which has a number of key principles that an organisation working in this way will be applying to all that they do.



## **About this Document**

This document gives more detail on what working in a strengths-based way might look like when applied to a organisation setting. It is structured around a number of Indicators, each of which demonstrate that a organisation is working towards applying the Principles and Themes above. We have broken down in detail what each of these indicators might look like in practice and the steps that a organisation might need to take in order to get there. At the end there is a summary of key points.



### **Strengths-based Framework**

This Framework is for street outreach organisations. It aims to apply the principles of strengths-based working to an outreach setting is a practical guide to embedding a strengths-based approach.





social issues locally and nationally

STRENGTHS	Indicator	How this might look in practice	
Strengths 1	The organisation demonstrates positive regard towards those they are working alongside.	<ul> <li>Staff and volunteers are welcoming and demonstrate positive regard in their interactions with people</li> <li>Staff and volunteers have a good understanding of the impact of trauma, recovery and resilience</li> <li>Staff and volunteers see the person and potential and not the circumstances</li> </ul>	<ul> <li>Staff appro</li> <li>Staff recov</li> <li>Recr</li> <li>Regu supe</li> </ul>
Strengths 2	The Organisation has high ambitions for the people it works alongside that go beyond addressing housing needs and other deficits	<ul> <li>Organisation model includes referral and connections to broad range of organisations, organisations and groups</li> <li>Organisation is explicit when first introduced that they are a holistic organisation</li> </ul>	
Strengths 3	The organisation model Is flexible to allow it to be person-led	<ul> <li>Managers give staff freedom to work flexibly with people as needed</li> <li>Staff and volunteers are able to work with someone for as long (or as short) a time as needed.</li> <li>There is no 'one size fits all' referral process</li> <li>The organisation leaders and commissioners actively seek out a range of accommodation options, referral routes and opportunities as relevant to the organisation.</li> <li>Commissioners and other stakeholders buy into the approach and ensure expectations and targets do not counteract it.</li> </ul>	<ul> <li>Flexil to wo</li> <li>Flexil outco</li> <li>Flexil pathy</li> <li>Broa secto acco</li> <li>Broa secto supp</li> <li>Colla</li> </ul>
Strengths 4	The organisation aims explicitly to uncover peoples' strengths, interests and goals	<ul> <li>Organisation aims to get to know the whole person</li> <li>Respect the crisis and offer immediate support as requested. It is not usually appropriate to ask people directly about strengths or long-term goals when in crisis. However, Staff and volunteers should still be looking for strengths and positives within their own view of the person and in conversation.</li> <li>When not in crisis and/or over time the organisation aims to ask more explicitly about strengths and longer-term goals. Shift focus to broader interests once crisis has stabilised.</li> <li>Where people are moving on from support with organisation, referrals to other agencies incorporate the wider interests of the person.</li> </ul>	<ul> <li>appro</li> <li>Use of Approperson</li> <li>Staff differ</li> <li>Broa include</li> <li>Stree forms</li> </ul>
Strengths 5	Outcomes monitoring and measurement reflects a wide range of potential outcomes	<ul> <li>Organisation does not simply measure referrals to housing and support but also measures wellbeing and engagement with broader groups.</li> <li>Organisation engages with commissioners and funders to promote broader measurement of outcomes</li> <li>The organisation aims to use mixed methods to measure progress in a way that is meaningful to those accessing the organisation</li> </ul>	<ul> <li>Altern studi</li> <li>Cons meas</li> <li>Stron ensu line v</li> </ul>
Strengths 6	Staff and volunteers and individual establish mutually agreed goals	<ul> <li>The organisation gives primacy to what the person asks for.</li> <li>The organisation is guided by the insight of the individual as to what solutions would work best.</li> <li>Where there are concerns around safeguarding or mental capacity, the team makes every attempt to understand the individual's what the individual's wishes might be and to work towards those where possible.</li> </ul>	<ul> <li>Staff appro</li> <li>Flexil</li> </ul>
		<ul> <li>Workers given flexibility to work towards mutually defined goals.</li> </ul>	

#### How this is delivered

- aff and volunteers trained in strengths-based proaches
- aff and volunteers trained in trauma-informed care, covery and resilience
- cruitment is values based
- gular reflective practice and adequate support and pervision
- ong partnerships are developed that stretch beyond usual support organisations
- exible management style that trust Staff and volunteers work as needed
- exible timescales for working with people and achieving tecomes
- exible referral protocols are developed with no fixed thways
- bad partnership working between organisations, private ctor and local authority to source a range of
- commodation options.
- bad partnership working between organisations, private ctor and local authority to source a range of other opport and opportunities
- llaborative work to build consensus of support for the proach amongst commissioners and other stakeholders
- e of paperwork is kept to a minimum
- proach to assessment is broad and is led by the rson using the organisation
- aff and volunteers trained in assessing strengths in erent ways and at the right time
- bad partnerships to broker a range of opportunities luding faith-based and community groups.
- engths, interests and goals are included in referral
- ms/processes both internally and to other agencies.
- ernative outcomes measurement to include case dies and self-defined goals
- nsultation process to develop alternative methods of asurement
- ong partnerships with Commissioners and funders to sure appropriate any required measurements are in
- with the strengths-based ethos
- aff and volunteers trained in coaching
- proaches/motivational interviewing
- exible management and monitoring (as above)

RELATIONSHIPS	Indicator	How this might look in practice	
Relationships 1	The relationship between the worker and the individual is prioritised and is based on trust and listening.	<ul> <li>Building relationships is emphasised as the first key step</li> <li>Staff and volunteers are given time to get to know each person and there are no time limits to the support offer</li> <li>The organisation recognises that some individuals may prefer specialist support and that some people naturally work better together than others.</li> <li>Staff and volunteers listen to what the person is requesting</li> <li>Staff and volunteers 'respect the crisis' as presented and respond quickly and effectively as requested by the individual</li> <li>The organisation exclusively offers support and does not actively participate in enforcement activities.</li> <li>The organisation model reflects the importance of the support relationship (ie does not have restrictive targets for moving people through the organisation)</li> <li>The support is persistent and sticks with the individual regardless of engagement or relapse</li> </ul>	<ul> <li>Staff interp</li> <li>Staff relation pract</li> <li>Staff</li> <li>There</li> <li>There</li> <li>dual of</li> <li>Peop keyw</li> <li>Staff peop</li> <li>Staff</li> <li>If nee those allocation</li> </ul>
Relationships 2	Relationships are an equal partnership and the organisation works actively to balance power	<ul> <li>Interactions are conversational and allow the individual to reveal information at their own pace</li> <li>People are asked about their preferred communication styles and information is given in ways that best meet their asks.</li> <li>Meetings take place at times and spaces that work for both parties</li> <li>Staff and volunteers listen to people and respond to their requirements flexibly</li> </ul>	<ul> <li>Staff interv</li> <li>Staff and b</li> <li>Pape and a</li> <li>When peop</li> </ul>
Relationships 3	Information is shared openly about options and opportunities so that mutual decisions can be made	<ul> <li>Time is taken to fully explain, in a way which can be understood by the individual, what options and opportunities are available to them and why</li> <li>Options for referral are discussed so that both parties can make an informed decision</li> <li>Choice is a key part of any referral process</li> </ul>	<ul> <li>All in provid</li> <li>Broad sector agen and of</li> </ul>
Relationships 4	The organisation fosters independence and capability	• Where possible people are encouraged to do things for themselves e.g. they are supported to make the phone call, attend the appointment, complete the form (NB this has to be applied sensibly and people should not be forced to do things in difficult circumstances or against their own will).	<ul> <li>Staff things</li> <li>When people</li> </ul>
Relationships 5	Individual choices are respected	<ul> <li>People are permitted to make their own choices about their lifestyle including choices that could be deemed risky (except where there are safeguarding concerns)</li> <li>This is balanced with support that continues to work with the person and a continual emphasis on moving towards positive goals</li> <li>The goals of the working relationship are set in partnership</li> </ul>	<ul> <li>Staff as we langu</li> <li>Mana ensui share</li> </ul>
Relationships 6	New and existing positive social connections are actively encouraged	<ul> <li>People are encouraged to re-connect with any positive social contacts that they mention or discuss</li> <li>The organisation recognises the importance of positive social connections and offers options for encouraging these whether this is on social media or in person.</li> <li>The organisation encourages participation in activities that promote positive social connections</li> <li>Peer support is actively encouraged</li> </ul>	<ul> <li>Staff conne</li> <li>Perso conne</li> <li>Peer support</li> <li>Opport</li> <li>group</li> <li>2)</li> </ul>

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#### How this is delivered

- ff and volunteers are recruited based on their values, rpersonal skills and emotional intelligence.
- ff and volunteers are supported to build and sustain tionships through adequate supervision and reflective ctice. Clinical input is used when required.
- ff and volunteers to not work to a fixed timetable re is a keywork system in place
- re are specialist workers on the team (for women, I diagnosis etc) where possible.
- pple using organisations are able to choose their worker where possible.
- ff and volunteers are able to continue working with ple after a transition (where needed)
- ff and volunteers have small caseloads to enable nsive work to take place
- eeded there is a two-tiered organisation whereby se people who may need longer term support are cated to a particular worker(s) with lower caseloads
- ff and volunteers are trained in coaching/motivational rviewing style working
- ff and volunteers are flexible around meeting times locations
- perwork is minimal and assessments are open, broad approached in a conversational way
- ere possible the organisation has personal budgets for ple to spend on mutually agreed items.
- nvolved in the organisation respect the need to vide clarity about options available
- ad partnership working between organisations, private tor, local authority and voluntary and community
- ncies to ensure there are a range of referral options opportunities available.
- ff and volunteers have time to support people to do gs for themselves
- ere possible, personal budgets are used to provide ple with the equipment they need to act independently
- ff and volunteers understand the Mental Capacity Act well as autism, acquired brain injury and speech, guage and communication needs
- nagement supervision of Staff and volunteers to ure that any safeguarding or other concerns are red
- ff are given flexibility to support access to social nections in person, on social media or in other ways. sonal budgets can be used to facilitate social nections
- er support, co-production and volunteering is ported (see below under Consistency 4 and 5) portunities to participate in social activities and interest ups are facilitated (see below under Community 1 and

CONSISTENCY	Indicator	How this might look in practice
Consistency 1	Policies and procedures are developed in consultation with Staff and volunteers and those using organisations and reflect the strengths-based ethos	<ul> <li>Policies reflect positive regard for people using organisations and high ambitions for their future outcomes</li> <li>Policies and procedures are regularly reviewed in consultation with Staff and volunteers and groups of people currently and/or formerly using organisations</li> </ul>
Consistency 2	Language used both conversationally and in written documents reflects the strengths-based ethos	<ul> <li>Negative and deficit-based language is avoided</li> <li>Staff and volunteers avoid using generalisations or blanket terms</li> <li>Staff and volunteers understand the significance of using positive language</li> <li>Language such as how to refer to people accessing organisations, engagement and referrals is purposefully chosen and consistently used</li> <li>Guida</li> </ul>
Consistency 3	Reflection is built into the organisation including regular reflective practice for staff	<ul> <li>Policies, procedures and governance have regular scheduled and meaningful reviews</li> <li>The organisation makes time to reflect on its approach including staff, volunteers and people using organisations</li> <li>Staff a basis</li> <li>Time</li> <li>Organ proce</li> </ul>
Consistency 4	The organisation explicitly aims to involve people using the organisation in operation and decision making (co-production)	<ul> <li>The organisation has multiple opportunities for listening to people accessing organisations including feeding back from casual conversations, suggestions boxes/boards/feedback forms in day organisations or accommodation organisations, regular meetings with people using or with past experience of using organisations and formal consultations where needed.</li> <li>Staff and volunteers take an interest in the views of people using organisations and actively seek them out in conversation</li> <li>Consultation and listening become part of the usual processes for decision-making</li> <li>The organisation has opportunities for involvement of people with lived experience of homelessness at every level including casual volunteering, formal volunteering, trainee and employment opportunities</li> <li>The organisation seeks to involve people with lived experience in external meetings and communications</li> </ul>
Consistency 5	The organisation aims to employ people with lived experience at every level of the organisation	<ul> <li>The organisation recognises the importance of peer support for people experiencing rough sleeping</li> <li>The organisation explicitly aims to recruit people with lived experience as employees</li> <li>The organisation aims to employ peer volunteers to support with</li> <li>Access</li> </ul>
		outreach prohit

#### How this is delivered

- iew of current policies
- poing consultation with Staff and volunteers and
- ple using or formerly using organisations
- design of policies and procedures
- iew of current language used
- isultation on language to be adopted with Staff and inteers and people using organisations (with the ngths-based framework outlined)
- ning / consultation with Staff and volunteers to embed nge
- dance produced for Staff and volunteers
- ce built into timetable for regular meetings and ective practice sessions
- ff and volunteers meet regularly to discuss their work
- f and volunteers attend reflective practice on a regular is
- e is set aside for reflection on policies etc
- anisation has flexibility to change policies and cedures as needed
- see the Co-Production Toolkit for more information www.homeless.org.uk/co-production-toolkit
- cruitment or allocation of Staff and volunteers member and on coproduction and support volunteers
- ablishment of groups and meetings to involve those essing organisations (and those who have recently essed organisations – recognising that people who still sleeping rough will not always be in a position to
- ome involved)
- ablished routes for volunteering or participating in the anisation (including admin and outreach opportunities) propriate support provided to peer volunteers
- licit aim to recruit people with lived experience part of ruitment policy
- ues based recruitment to priorities approach over vious experience
- essible employment policies (ie that do not have easonable periods of abstinence as a requirement or
- nibitive restrictions related to past convictions)

COMMUNITY	Indicator	How this might look in practice	How this is delivered
Community 1	The organisation works with a wide range of partners inside and outside of the support sector to facilitate access to opportunities and options	• The organisation has connections and relationships with a range of other agencies, including other support providers, faith-groups, community groups, local colleges and the broader VCS sector	• Leadership and Staff and volunteers actively seek partners from a range of sources and introduce them to the organisation
Community 2	The organisation brokers individual opportunities for people to develop their interests and achieve their ambitions	<ul> <li>At an appropriate time, Staff and volunteers work with individuals to research/identify opportunities that may be of interest (for example, sports clubs, art classes, driving lessons etc)</li> <li>The organisation has an established route for brokering opportunities for varied activities if they are requested/identified as an interest</li> <li>The opportunities exist within the wider community wherever possible (rather than provided by homelessness organisations)</li> </ul>	<ul> <li>Organisation makes use of other agencies and volunteers if necessary to source opportunities for people when required</li> <li>People's interests and wishes are included in any ongoing referrals from the outreach organisation</li> </ul>
Community 3	The organisation is embedded in the local community	<ul> <li>The organisation participates in neighbourhood and community activities and events</li> <li>The organisation works actively with the local community to broker relationships and reduce discrimination .</li> </ul>	<ul> <li>Attendance at local meetings</li> <li>Attendance at local events where appropriate</li> </ul>
Community 4	Representing the approach in the local and national context is an important part of our work	<ul> <li>The organisation actively seeks opportunities to share the approach and success with others working in this or related sectors.</li> <li>The organisation shares knowledge and resources with partners in order to support others to develop similar approaches</li> </ul>	<ul> <li>The organisations attends meetings, events and conferences to talk about the approach</li> <li>The organisation supports partners in learning more about the approach by sharing knowledge and resources</li> </ul>
Community 5	The organisation plays an active part in resolving social issues locally and nationally	<ul> <li>The organisation is engaged with local initiatives that affect both the people using the organisation and the broader community</li> <li>The organisation shares information about homelessness and support systems gained through outreach work with the wider community to improve support provided</li> <li>The organisation is a positive partner within both the support sector and wider community.</li> <li>People using organisations or those who have used them in the past are included and given the opportunity to share their expertise to help improve support offered at a local and national level</li> </ul>	<ul> <li>The organisation participates in multi-agency meetings</li> <li>The organisation participates in local and area-wide meetings and consultations</li> <li>Attendance and involvement is viewed as an important opportunity for both Staff and volunteers, management and people accessing organisations</li> <li>Appropriate preparation and support is given to those with recent lived experience to enable them to participate fully</li> </ul>
Other			

## Summary of key features

STRENGTHS: We focus on strengths, potential and goals	<ul> <li>Approach of organisation, staff and volunteers exhibits positive regard and belief in potential of Staff and volunteers seek to get to know the whole person and see beyond the immediate crisis</li> <li>Staff and volunteers identify strengths and potential of the individual in an appropriate way and Organisation works towards goals identified by the individual (including short-term/emergency or goals when stabilised)</li> <li>Organisation model is flexible and organisation leaders facilitate access to a range of accommon requested by the individual.</li> <li>Organisation model includes referral to broad range of organisations, organisations and groups counselling, to support recovery as well as social and group activities in the wider community.</li> <li>Outcomes measured are broader than housing and support needs and measurement includes or Staff and volunteers trained in strengths-based approaches, trauma-informed care, recovery an interviewing</li> </ul>
RELATIONSHIPS: We are person-led and work alongside people in partnership	<ul> <li>Strong emphasis on building trusting relationships with people sleeping rough</li> <li>Strong emphasis on listening to the person using the organisation and trusting them to identify the If someone presents in crisis, listen and respond to their key asks promptly.</li> <li>Use of paperwork kept to a minimum and assessments are open, broad and approached in a consumption offered is flexible and not on fixed timetable – work can continue after a transition into a Support offered is consistent and not dependent on engagement or any fixed criteria</li> <li>People have a named worker and a specialist where appropriate (eg women's or dual diagnosis)</li> <li>Staff and volunteers have small caseloads to enable intensive work</li> <li>Organisation offers personalised budgets</li> <li>Enforcement activities are not delivered by the outreach team</li> <li>The organisation fosters independence and people are encouraged to do as much as possible for the staff.</li> </ul>
CONSISTENCY: everything about the organisation reflects our commitment to a strengths-based approach	The organisation purposefully uses strengths-based language in conversation, communication a
COMMUNITY: we play an active part in the wider community	<ul> <li>The organisation works with a wide range of partners inside and outside of the homelessness a opportunities and options</li> <li>The organisation is an active partner in multi-agency forums, and local and national initiatives th sleeping rough</li> <li>The organisation works to raise awareness of and promote strengths-based ways of working</li> <li>The organisation works to raise awareness and influence change of systemic barriers and discr</li> </ul>

of people accessing organisations sis.

d over time (not explicitly while in acute crisis) goals when in crisis and broader long-term

nodation options in order to respond as

os including specialist organisations such as

s case studies and self-defined successes. and resilience and coaching/motivational

their own wants and solutions.

conversational way accommodation if needed

sis worker)

e for themselves (with appropriate support) and paperwork

outreach volunteers is provided (co-production). Please see the Co-

and related sectors to facilitate access to

that focus on better working alongside people

criminatory practices