INSPIRE

A strength-based framework to support youth mental health

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I Identifying strengths and abilities

N Nurturing potential, growth, and goals

S Strengthening relationships and social connections

P Promoting explicit SEL skill development

I Instilling a supportive environment

R Reinforcing collaborative problem-solving

E Embracing a holistic healing-centered approach

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Identifying strengths and abilities

Strength-based Interviews SBC Protocols	Strength-based Assessment CliftonStrengths VIA Character Strengths	SPOT strengths

Explicit Practices

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Nurturing potential, growth, and goals

Set clear expectations and goals	Provide timely and constructive feedback Differentiate instruction	Celebrate progress and milestones

Explicit Practices

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Strengthening relationships and social connections

Welcoming activities What's Poppin SAFE Circles Check-ins	Active Listening and Empathy	Positive Reinforcement and Encouragement

Explicit Practices

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Promoting explicit SEL skill development

Integrate explicit skill development 6 Minute SEL	Provide opportunities for practicing SEL skills for students Provide professional development for staff (like this) in social-emotional development	Data and assessment practices XSEL Labs

Explicit Practices

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Instilling a supportive environment

Establishing Classroom Routines and Rituals	Offer safe spaces for young people SAFE Passage School safety and climate	Train teachers, staff, and caregivers

Explicit Practices

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Reinforcing collaborative problem-solving

Use solution-focused strategies Community partners as collaborators	Teach conflict-resolution skills SELTV Videos	Develop problem solving teams ALT ELT Redesign Teams

Explicit Practices

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Embracing a holistic healing-centered approach

Establish norms and values	Use restorative conversations	It's about balance! Acknowledge both strengths and weaknesses

Explicit Practices