



# THE STRENGTHS BUILDING PROGRAM OVERVIEW AND IMPACT

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- Designed as a self-determination model, the Strengths Building Program will provide a monthly rate for strengths building activities.
- A child in foster care will develop a Spending Plan (with the support of their family and CFT) to participate in enrichment activities of their choosing.



# THE STRENGTHS BUILDING PROGRAM

# Strength Building: Investing in Normalcy

**“Extracurricular activities... help as a therapeutic tool for youth with trauma.”**

— Katrina Q., California Youth Connection Member.

## The Mechanism

- Funds go directly to the young person’s interests, not the placement.
- Administered by a Financial Management Coordinator (FMC) to relieve caregiver burden.

## Allowable Activities



**Physical Activities**



**Creative Arts**



**Social Skills**



**Engagement**

Disputes regarding activities are resolved through the Child and Family Team (CFT).

# Extracurriculars and Strengths - Importance

## Developmental Research Perspective



Source: Closing the Extracurriculars Gap  
<https://www.ylc.org/ylc-reissues-report-closing-the-extracurriculars-gap/>