

CASRA Core Values
Empowerment – Doing with vs. Doing For
Key Ingredients



- Having a trusting relationship
- Knowing the starting point
- Educating and providing connection and access to resources
- Providing options and choices
- Strengthening capacity and skill
- Taking risks is required for growth
- Understanding that there will be setbacks
- Looking for teachable moments
- Focus on building hope
- Stir the pot
- Exposure is the key
- Motivated and excited vs. prepared and likely to succeed
- Stagnation is not your friend
- Their goals, shared decision making, person driven services
- Incorporate meaning in roles