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Curriculum and Lesson Details

Where can I see a sample lesson?

We're so glad you asked! Here is a sample [lesson](#) on the Sources of Strength website and the [Curriculum Overview](#) as well.

How many lessons are there in each unit? Time needed for each lesson?

The curriculum is comprised of 12 units containing several lessons that build upon the unit topic. Lessons are designed to be approximately 30 minutes in length and typically facilitated one to two times per week.

Can this curriculum be taught in a multi-level classroom?

Yes, the lessons are written to meet the developmental needs of students in 3-5th grades.

Can this curriculum only be taught in a classroom setting with a full class?

The curriculum is designed to be universally taught to the entire class. With that said, the content is applicable and usable with a small counseling group, a small group of interested students, or in a before- or after- school setting. Ideally, this curriculum would be taught at all applicable grade levels and would contribute positively to the overall school culture and climate.

Are the curriculum and teaching materials available in any other languages?

At this time the curriculum is only available in English, but we plan to make the curriculum available in Spanish after we have finalized the curriculum at all grade levels.

Is there a peer-led component similar to the high school program?

The Sources of Strength program at the middle school and high school level are designed around a select group of Peer Leaders implementing public health campaigns to enact change by involving the broader population. While the elementary model affirms and utilizes the power of student voice, the model is based upon a universal classroom curriculum as opposed to a selected peer leadership team. All students receive the content and are empowered to use their voice to be connectors to help and agents of change.

Coaches Training

Can I purchase the curriculum without attending a coaches training?

In order to implement this curriculum to fidelity, we ask that all coaches attend a coaches training. If you are unable to attend due to logistical or financial reasons, please fill out the [interest survey](#) on our website and we will see how we can work together.

Who can be trained as a coach?

Coaches can be from a variety of positions such as classroom teachers, instructional coaches, mental health professionals, and school administration. Elementary Coaches will be training and supporting the Classroom Instructors.

Once a coach is trained, who do they train and support?

Coaches can train other instructors in their school and district in the implementation and instruction of the Sources of Strength Elementary Curriculum. Coaches can provide professional development training, ongoing support, coaching, observations, and learning opportunities.

Are coaches required to be trained yearly?

No. Coaches will be trained once at a two-day coaches training. There will be additional training opportunities and materials available to coaches in the future.

Is there ongoing support for coaches? Does that come with an additional cost?

Ongoing basic support is included in the coaches training fee, there is no additional cost for this support.

When and where will coaches trainings be held? Will they be affected by COVID-19?

Two coaches trainings are currently scheduled for June 24-25, 2020 and July 27-28, 2020, held in the Denver area. At this time, these trainings have not been affected by COVID-19 though we are monitoring the evolving situation closely. If you would like to host a training in your school district, please fill out this [Interest Survey](#).

If I've already attended an Advanced Skills Trainer Session (T4T) do I still need to attend the coaches training?

Yes. The method of content delivery and curriculum are significantly different in the Elementary Curriculum and we want you to have all the skills and tools you need to successfully implement the program in your schools. The coaches model is different from the middle school and high school models of Adult Advisor and Peer Leader trainings and campaigns.

Once a coach is trained, can they train other coaches?

No. All coaches need to be trained by our Sources of Strength staff at the two-day coaches training. Coaches can, however, train and support other instructors. If your school or district wants to add more coaches to your team, please fill out the [Interest Survey](#) so that we can direct you to information regarding the next scheduled coaches training or work with you to bring a Coaches Training to your area.

What is the difference between a school-level professional development training and a local coaches training? How long is a professional development training for all staff?

The school level professional development training is a 3-6 hour professional development session offered to school staff to introduce and train them in the Elementary Curriculum. A local coaches

training is for a district-wide implementation and is the complete two-day coaches training for up to 50 coaches.

Program Cost and Funding

Is this a one-time cost, or are there recurring or annual costs associated with the curriculum?

The curriculum is available at a one-time cost. There are no required additional costs after the curriculum has been purchased.

What about small districts or schools with limited funding?

If you have questions around funding and options for your school and community, please fill out the [Interest Survey](#) so that we can continue the conversation and learn more about your specific context.

Are there grants available to cover the cost of the curriculum?

We would be happy to direct you to local and state-level grant resources to cover the cost of funding as well as help you with a grant application. Please fill out the [Interest Survey](#) so that we can continue the conversation and learn more about your specific context.

Program Outcomes and Fidelity

How does the curriculum differ from other evidence-based programs?

This curriculum is designed from a comprehensive, strength-based model that focuses on the development of protective factors, as opposed to the more common deficit-based models of prevention. The design is centered on empowering young people to identify and integrate healthy living strategies that allow students to live flourishing lives. At its core, Sources of Strength is a wellness model, integrating upstream prevention strategies to increase healthy coping, resilience, connection, and belonging. The Elementary Curriculum incorporates much-needed mental health and prevention language in a developmentally appropriate and accessible way. Sources of Strength Elementary utilizes active learning to empower student voice and a growth mindset and to facilitate meaningful youth-adult connections.

Has the elementary curriculum been evaluated for effective outcomes?

The curriculum has been piloted across two states in 3rd-6th grade classrooms, and initial instructor feedback has shown results of increased coping strategies and connection. Sources of Strength has adapted its evidence-based high school model to meet the developmental needs of 3rd-5th graders. The Elementary Curriculum is evidence-informed by our evidence as well as research in Social Emotional Learning, Trauma Informed Practices, Growth Mindset, Public Health, Prevention, and Mental Health Practices. Sources of Strength has a fundamental commitment to evidence-based practice and we are working to conduct a Randomized Control Trial to establish this evidence-base with the elementary program outcomes.

Does the Elementary Curriculum have suicide specific components?

Yes, the Sources of Strength elementary curriculum addresses the topic of suicide explicitly through a strength based lens and in a developmentally appropriate and accessible way. The lesson design takes care to ensure that classroom instructors are equipped and supported to engage in this conversation while not being expected to play the role of a mental health professional. Please contact our team if you would like to review these specific lessons.

Is the intended outcome of this program suicide prevention, SEL, or both?

Both. The primary outcomes of Sources of Strength are increasing wellness through strengthening protective factors that reduce risk of downstream negative outcomes. Practically this looks like building health and wellness by developing resilience, strengths, healthy coping, help seeking, trusted adult connection, and belonging. This then translates into reductions in outcomes like suicide, substance abuse, violence, bullying etc. It is the idea that a rising tide lifts all boats, if we can effectively move upstream by creating individual and community wellness, we can prevent detrimental downstream outcomes as well.

Are there extra supplemental materials or workbooks not included in the curriculum package that are required for implementation fidelity?

No, outside of basic classroom materials there are no required additional materials or workbooks. All worksheets are included as black line masters embedded in the curriculum. You will have the option to purchase extra swag, stickers, and prizes from the [Sources of Strength Store](#).