

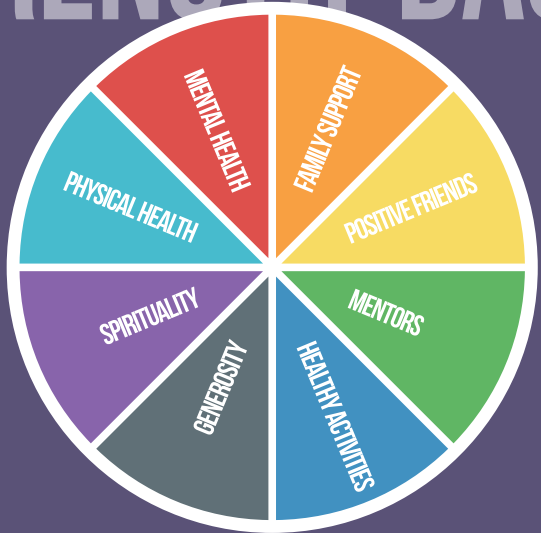


# SOURCES OF STRENGTH

EVIDENCE-BASED, UPSTREAM PREVENTION



# STRENGTH-BASED

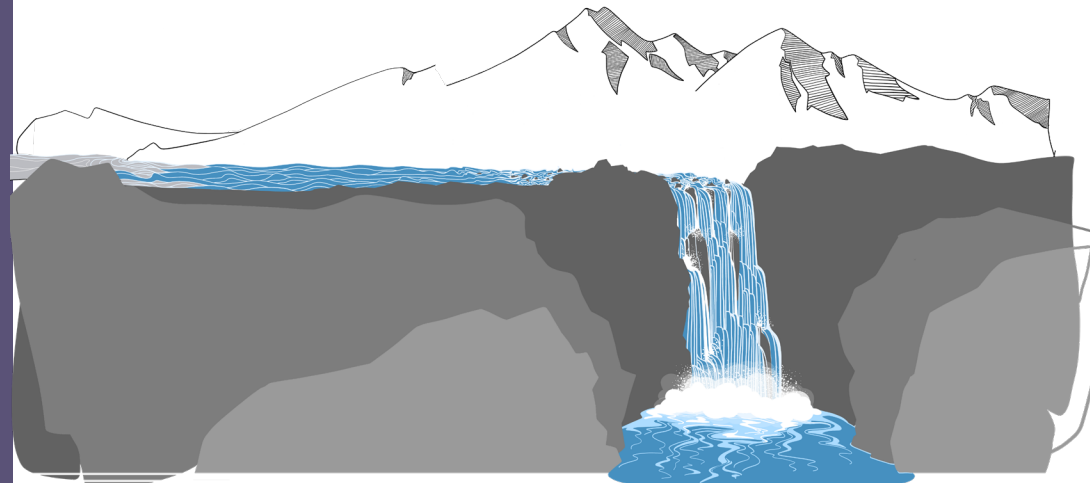


## DISCOVER THE POWER OF SOURCES OF STRENGTH

a radically strength-based approach to suicide prevention that transcends traditional methods. Rather than solely addressing risk factors, we cultivate and explore protective factors, fostering resilience and empowerment through an innovative, interactive model.

# UPSTREAM

Our primary mission is to move upstream in the prevention cycle. We work to build resilience, increase connection, change unhealthy norms around help-seeking, break down codes of secrecy and silence, and teach healthy coping strategies to ultimately prevent the very onset of suicidality. With a comprehensive model of upstream prevention, we can impact a wide variety of issues beyond suicide alone, including substance abuse, bullying, dating violence, and truancy. We are not just committed to keeping people alive, but to helping them live healthy and full lives.



# SECONDARY MODEL

## PEER LED



Sources of Strength harnesses the influential power of peer social networks to disseminate messages of Hope, Help, and Strength across entire communities. Our approach is peer-led, but we don't mold Peer Leaders into "junior psychologists" or counselors; rather, we empower them to wield their social influence as agents of change within their schools. Just as a cold spreads through a classroom, attitudes, behaviors, and beliefs circulate through social networks. A Peer Leader catalyzes a contagion of strength throughout their school, campus, or community.

Sources of Strength is one of the most rigorously evaluated upstream prevention programs in the world.

### Program outcomes have shown: <sup>1</sup>

- Increase in connectedness to adults
- Increase in school engagement
- Increase in likelihood to refer a suicidal friend to an adult
- Increase in positive perceptions of adult support
- Increased acceptability of seeking help
- Largest increases amongst students with a history of suicidal ideation

<sup>1</sup> Wyman, P. et al. (2010). An outcome evaluation of the Sources of Strength suicide prevention program delivered by adolescent peer leaders in high schools. *American Journal of Public Health*, Vol. 100: 1653-1661.

# EVIDENCE-BASED

# ELEMENTARY PROGRAM

## TIER 1 CURRICULUM

COACHING MEETINGS + CLASSROOM CURRICULUM = POSITIVE CULTURE CHANGE



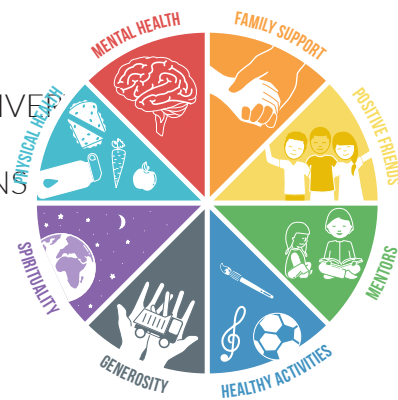
We're passionate about empowering adults in the school community to create an environment where students truly flourish. By prioritizing the well-being of adults, we foster a culture of resilience, collaboration, and positive role modeling. Our Elementary model includes monthly wellness coaching meetings, giving adults the chance to lead by example in prioritizing strengths and wellness in their own lives. This not only supports and empowers adults but also sets a powerful example for students to do the same.

### ELEMENTARY CURRICULUM

FLEXIBLE & COLLABORATIVE DELIVERY  
PLAYFUL ENGAGEMENT  
SCAFFOLDED 30 MINUTE LESSONS

### KEY CONCEPTS:

STRENGTHS WHEEL  
BRAIN & BODY SCIENCE  
EMOTIONAL REGULATION  
COMMUNITY BUILDING & GROWTH



Sources of Strength Elementary harnesses the research from our secondary model providing an early introduction of evidence-based concepts like healthy coping mechanisms, help-seeking behaviors, and trust-building with adults to lay a solid foundation for positive mental health outcomes throughout a child's academic journey. Our collaborative and engaging lessons are based in neuroscience and designed for Tier 1 classroom settings aligned with the Collaborative for Academic and Social Emotional Learning's (CASEL) core competencies. Equipping students with tools to develop strengths and cope in healthy ways empowers them to tackle life's challenges

# EVIDENCE-INFORMED

## CONNECT WITH US



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