



SOURCES OF STRENGTH

EVIDENCE-BASED, UPSTREAM PREVENTION

PROGRAM OVERVIEW



STRENGTH-BASED

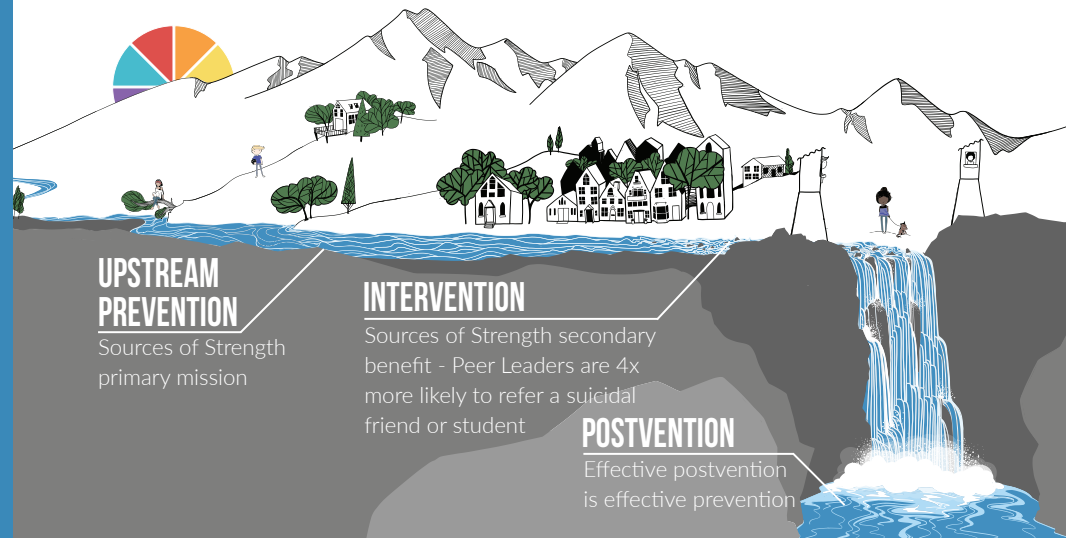


DISCOVER THE POWER OF SOURCES OF STRENGTH

A radically strength-based approach to suicide prevention that **moves beyond 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 prevent the very onset of suicidality by **building resilience, increasing connection, and teaching healthy coping strategies**. With a comprehensive model of upstream prevention, we can have an impact beyond suicide alone including substance use, bullying, dating violence and truancy. We are not just committed to keeping people alive, but to **helping them thrive**.



PEER LED

SUPPORTIVE
ADULT
ADVISORS

+

DIVERSE
PEER
LEADERS

x

STRATEGIC
MESSAGING
CAMPAIGNS

=

POSITIVE
CULTURE
CHANGE



Sources of Strength harnesses the influential power of peer social networks to **spread messages of Hope, Help, and Strength**. Peer Leaders are creating a positive impact in schools, colleges, universities and community groups across the United States and Canada. Researchers found that trained **Peer Leaders are 4x more likely to refer a suicidal friend** to a Trusted Adult. Our teams work to increase a sense of belonging and connection in their communities.

SECONDARY PROGRAM

EVIDENCE-BASED

Secondary Program Highlights:

- **29% reduction in suicide attempts among students in Sources schools¹**
- Lower suicide mortality in Sources schools compared to control schools²
- Increase in connectedness to adults³
- Increase in school engagement³
- **Increase in likelihood to refer a suicidal friend to an adult³**
- Increased acceptability of seeking help³ with the largest increases amongst students with a history of suicidal ideation³

Elementary Program Highlights:

- **Listed on the SPRC Best Practices Registry in 2024**
- Increase in Healthy Coping, School Climate, Co-Regulation, & Navigating difficulties for elementary students⁴
- Improvement in Adult Self-Awareness, Self-Management, and Relationship Skills for elementary staff⁴

RESEARCH SHOWS
SOURCES OF STRENGTH
REDUCES SUICIDE
ATTEMPTS BY 29%¹

¹Wyman, P. et al. (2024). ² Wyman, P. et al. (2023).

³Wyman, P. et al. (2010). ⁴Williford et al. (2024).

ELEMENTARY

CLASSROOM CURRICULUM + STAFF WELLNESS = POSITIVE CULTURE CHANGE



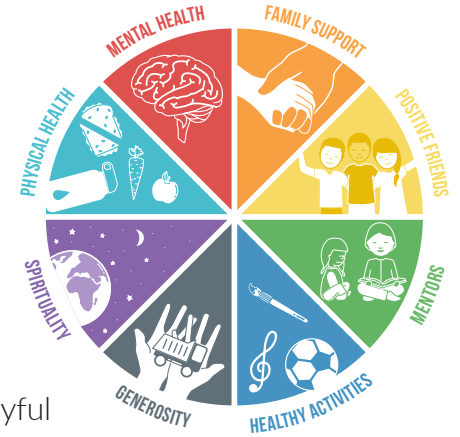
Sources of Strength Elementary emphasizes the well-being of adults so they may foster a culture of resilience, connection, and positive role modeling in their classrooms. Staff Wellness meetings support staff in **prioritizing strength and wellness** in their own lives so they may set an example for students to do the same. The curriculum aims to **empower student voice and agency**, equipping students and staff with the tools to build a community of strength, belonging, and wellbeing.

ELEMENTARY PROGRAM

CURRICULUM

KEY CONCEPTS

- Protective Factors
- Brain & Body Science
- Emotional Regulation
- Community Building
- Navigating Transitions
- Connecting to Help



Our curriculum offers playful and engaging **classroom lessons**, **with flexible delivery options** designed for universal classroom settings. The curriculum provides an early introduction of evidence-based concepts like **healthy coping, help-seeking, and trust-building with adults**. Each lesson is steeped in neuroscience and aligned with the CASEL Core Competencies. This proactive, upstream approach lays a solid foundation for positive mental health outcomes throughout a child's life and academic journey.

ELEMENTARY PROGRAM

CONNECT WITH US



sourcesofstrength.org



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