



# BECOME A SOURCES OF STRENGTH ADULT ADVISOR!



## What is Sources of Strength?

Sources of Strength is a best practice, upstream prevention program with a radically strength-based approach to suicide prevention. Our mission is to promote well-being, help-seeking, resilience, healthy coping, and a sense of belonging. The Sources of Strength team begins with a group of adults willing to partner with our students to create positive social change in our school and community.



## Why become an Adult Advisor?

Ideal Adult Advisors have unique connections with young people and an understanding of community culture. The Role of an Adult Advisor is to:

### IDENTIFY PEER LEADERS:

Recruit students from all corners of our school to be agents of positive change, connect with their own Strengths (protective factors), and become connectors to help.

### INCREASE YOUR IMPACT:

Support our Peer Leaders in ongoing meetings as they develop and implement messaging campaigns for positive change.

### EMPOWER A WELL WORLD:

Help us prevent suicide, reduce risk factors, and increase wellness by fostering a culture of Strength and belonging.

## What will I do as an Adult Advisor?

- Attend an Adult Advisor training (3-6 hours) to deepen your knowledge and create team strategies.
- Attend a Peer Leader training (4.5-6 hours) to connect with students and lay the foundation for the program's implementation.
- Attend regular meetings (1-2 hours a month) to empower Peer Leaders through Strength-based messaging campaigns.

Diverse perspectives and relationships are invaluable to the program's success. If you are interested in joining the Adult Advisor team, reach out today!

## DETAILS ON TRAINING

**CONTACT:**

**SOURCES  
OF STRENGTH**