

## June Newsletter

### Sources of Strength CEO, Scott LoMurray, named one of Time 100 Most Influential People in Health



### A Moment of Recognition, A Movement of Strength

Sources of Strength CEO, Scott LoMurray, was recently named one of TIME100 Most Influential People in Health. In his words, "this recognition belongs to **all of you**—our partners, Peer Leaders, Advisors, Coaches, and supporters who bring Strength-based mental health to life **every day**."

[Read Scott's Reflection](#) → [Check out the Time 100 Article](#)

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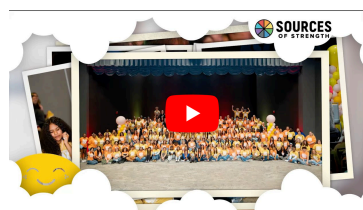
## Sources in the News



**Jessamine County  
4th Annual Strength  
in Color Run**



**Sources of Strength  
Mural created by  
Newark High Student**



**Next Step  
Community  
Solutions Retreat**

Hosted by the Peer Newark High School Students from across  
Leaders, over 700 people student, Julia Fitterer, multiple East Texas high

participated in the 4th Annual Strength in Color Run in Jessamine County, Kentucky with support of the community and mental health team! painted a mural of the Sources Wheel to bring to her Ohio school as part of the Sources of Strength Week. schools participated in the Next Step retreat to collaborate and learn through multiple sessions on fun, sharing, and planning.

[Watch the video](#)

[Read the article](#)

[Watch the video](#)

### Featured Blogs:

- Sources of Strength Helps Shape National Suicide Prevention Strategy with the National Action Alliance for Suicide Prevention: [Link](#)
- The Impact of Sources of Strength Elementary Coaches Trainings: [Link](#)
- Strength in Connection: Adapting Sources of Strength for Predominantly Pacific Islander Communities: [Link](#)

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## Upcoming Events

### Elementary and Secondary Discovery Sessions

If you are new to Sources of Strength or would like to learn more about the foundation of our programs, join us for an upcoming [Discovery Session](#)! Members of our National Team will share more about the history, philosophy, and implementation of the Elementary and Secondary Programs!

- [Elementary Discovery Session on Tuesday, June 24th from 2 - 3pm ET](#)
- [Secondary Discovery Session on Tuesday, July 1st from 2 - 3pm ET](#)

*Unable to attend but would like to watch a recording later? Sign up by clicking the link above and we will send the recording your way afterwards!*

### Elementary Coaches Training

Is your team ready to take the first step in implementing the Elementary Program? Register for our [National Virtual Coaches Training from August 7 - 8!](#)

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## Sources Senior Spotlight

Take a peek at our **Sources Celebrations** to see some of our amazing senior Peer Leaders and the thoughtful ways teams are celebrating—Sources style! Big thanks to those who submitted Senior Spotlights and shared how you celebrate your wonderful **Peer Leaders**!

From all of us at Sources National, thank you to the incredible **Sources Seniors** for the time, heart, and Strength you've shared during your time as Peer Leaders. We are all cheering you on as you begin your next adventure! Congratulations, Seniors! 🎓



Kudos and thank you to all the AMAZING **Adult Advisors** who supported Sources in your school and/or community this year, as well as a big thank you to Peer Leaders for spreading Hope, Help, and Strength among their peers and beyond—you all are doing life-giving work!

**Nominate All-Star Adult Advisors and Peer Leaders  
to be featured in our Newsletter!**



## **SOURCES OF STRENGTH PEER LEADER ADVISORY COUNCIL**

### **Peer Leader Advisory Council (PLAC) Highlight:**

Sarah Graves from Chaparral High School in Parker, CO

"Spirituality is arguably one of the most misunderstood Strengths. Often, people think the only way they can practice Spirituality is through religion.

This campaign was so impactful because many students who didn't feel like they could identify with Spirituality before participating in the campaign now understood how they



To help people realize that Spirituality also fits a broader definition, at Chaparral High School, we set up a massive paper jack-o-lantern (since it was October at the time) in the hallway and put a table in front of it with paper candles on display.

Students would walk by the jack-o-lantern in the main hallway and **write how they practice Spirituality on one of the candles**. A Sources Peer Leader would have a conversation with the student about how they feel when they are practicing Spirituality, before hanging the candle inside the jack-o-lantern.

Many people were unsure about what Spirituality could mean outside of religion so, our Sources Peer Leaders defined the Strength as ***anything that brings them a sense of purpose and makes them feel like a part of something bigger than themselves.***

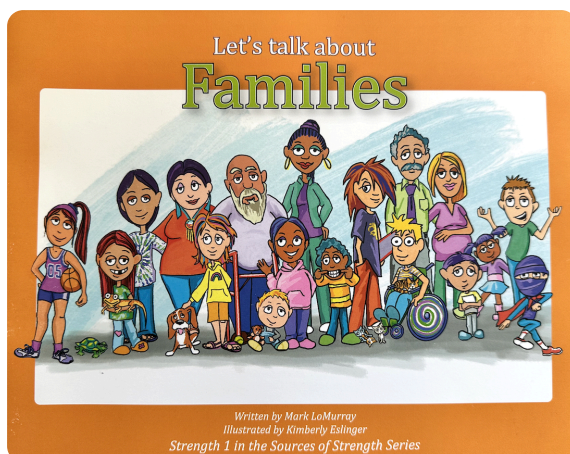
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could rely on that Strength in their own lives!



The product also looked amazing and a lot of kids would look at the candles and realize how many other students shared the same practice of Spirituality as them!"

*Thank you, Sarah, for sharing how we can celebrate the many different ways to practice the Strength of Spirituality!*



## New Book Alert!

We are thrilled to highlight a new book written by our outstanding Sources of Strength Founder, **Mark LoMurray!**

As the first in the new Sources of Strengths Series, [Let's Talk about Families](#) dives into the diverse Families that we share!

In a recent interview, Mark LoMurray shared insights into the inspiration behind his new children's book Sources of Strength Series. Motivated by a desire to further **support early elementary learners**, especially kindergarteners, Mark set out to create a series of stories that communicate important life concepts and **Strengths** through simple, age-appropriate storytelling.

The first Strength in the series focuses on **Family Support**, with an intentional effort to expand how children understand that concept. Mark highlights **not only traditional families but also chosen families, multigenerational households, and beloved animals** that serve as sources of **emotional support and love**. Humor plays a key role in the storytelling, with moments like “the dirty pig” and “the best hug-giver” designed to spark laughter and naturally resonate with young



readers. This book **encourages ongoing classroom engagement**, prompting teachers and students to bring in photos and share about their unique families.

Looking ahead, Mark **envisions a full book series based on the eight Sources of Strength**. Projected to be released later this year, the second book in the series centers on **Positive Friends**, with illustrations of unlikely animal friendships like a dog and a chicken—continuing the theme of **meaningful connections through human and animal characters**! In addition, Mark dreams of creating an exciting **adventure series** for elementary students, based on our very own Sources of Strength staff members and the unique Strengths they practiced as children.

Purchase Mark's new children's book **exclusively** on our store [here](#)!

While you are here, stock up on popular items of the year: [Empower a Well World Shirt](#), [Trucker Hats](#), and [Connecting to Help Smart Bracelets](#)!

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## Sources of Strength National Staff Retreat 2025



In April, the Sources of Strength National Team spent a week together in our headquarters in Denver, Colorado for our National Staff Retreat.

We take a week each spring to reflect, connect, and celebrate the year's hard work and get recharged for the next season.



Our team played lots of games, shared stories of Strength, gave back to our community, practiced salsa dancing, ate great food, and laughed a lot. Cheers to hard work, connections and community!

*Stay tuned to our blog for **Spreading Strength Through Generosity: A Day of Impact at Struggle of Love**!*

[Meet our Team](#)

**LOOKING FOR SUPPORT?**  
**WE'RE HERE TO HELP!**



As always, you have the support of our team! Please reach out if you have any questions. Thank you so much for your involvement with Sources of Strength!

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