ThedaCare®

Sources of Strength Report

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Sources of Strength Report

Table of Contents

2 Foreword

3 Executive Summary

4 Sources of Strength at a Glance
Why Sources of Strength?

5 Seeking Solutions
How Was the Project Funded?

6 How are Schools Trained?
Sources of Strength Implementation

7 Evaluation and Impact
A Look at the Data

8 Lessons Learned
Project Reach

9 Strength Builds Throughout Wisconsin
Maintaining the Momentum
Positive Outlook

10 Sources of Strength Success Stories
- Clintonville High School
- Wild Rose High School
- Shawano Community High School

13 Acknowledgments

Foreword

For nearly a decade, an expansive team of dedicated organizations and caring individuals have done extraordinary work to improve the health of young people in central and northeast Wisconsin.

Along with its partners, ThedaCare is committed to creating systemic change in community health. When I joined ThedaCare in 2018, our Community Health Needs Assessment had identified mental health and substance abuse as top needs across the organization's footprint. Nationwide, more than 30% of students had felt so sad or hopeless they stopped engaging in some of their usual activities. More than 17% had seriously considered suicide in the past year.

The alarms were blaring, and we got to work on finding solutions. ThedaCare's Community Health Action Teams (CHAT) had been guiding local community health work for more than 20 years. Out of a CHAT daylong "plunge" on mental health grew the Northeast Wisconsin Mental Health Connection, a coalition of diverse stakeholders working to build a more resilient, connected and mentally well community.

SOURCES OF STRENGTH

With ThedaCare support, The Connection launched Healthy Teen Minds in Calumet, Outagamie and Winnebago counties. Among its strategies to improve teen mental health was implementation of Sources of Strength, an evidence-based mental health promotion and suicide prevention program. ThedaCare moved to expand Sources of Strength into nearby rural communities with the potential of reaching thousands more young people. The ongoing efforts to address youth mental health challenges were then brought to Green Lake, Marquette, Menominee, Shawano, Waupaca and Waushara counties.

Kann, Laura and Tim McManus, William A. Harris, Shari L. Shanklin, Katherine H. Flint, Barbara Queen, Richard Lowry, David Chyen, Lisa Whittle, Jemekia Thornton, Connie Lim, Denise Bradford, Yoshimi Yamakawa, Michelle Leon, Nancy Brener, Kathleen A. Ethier. "Youth Risk Behavior Surveillance — United States, 2017." Centers for Disease Control and Prevention, 15 June 2018, cdc.gov/mmwr/volumes/67/ss/ss6708a1.html.

> *The momentum for systemic change is building. But the work continues.*

Tracey Ratzburg,
ThedaCare Community Health Coordinator

Sources of Strength stands out because of the way it upends existing youth mental health models. It's driven by hope, health and strength, rather than scare tactics that have proven ineffective. It uses an upstream model and empowers peers to become supportive leaders. Students learn to build and rely upon strengths to help them with challenges related to mental health, substance use, domestic violence and beyond.

Sources of Strength has revealed countless reasons for optimism. Thousands of students across a dozen high schools were engaged in efforts to provide hope, help and strength. Support for the program and other mental health initiatives continue throughout the region. In many ways, the expansion of Sources of Strength to rural school districts—along with the efforts of our community partners—is just the start. The momentum for systemic change is building. But the work continues.

Tracey Ratzburg
ThedaCare Community Health Coordinator

Executive Summary

ThedaCare began the implementation of Sources of Strength in rural school districts in central and northeastern Wisconsin in 2019. This initiative was informed by alarming trends in youth mental health, both nationally and regionally.

This expansion of work underway in Calumet, Outagamie and Winnebago counties by the Northeast Wisconsin Mental Health Connection in 2016 brought Sources of Strength to six of the region's more rural counties. The goal was to engage high schools across Green Lake, Marquette, Menominee, Shawano, Waupaca and Waushara counties.

In all, 55% of eligible high schools adopted Sources of Strength between 2019 and 2023. Sixteen total schools, including four middle schools, began implementation:

- Berlin Middle School
- Berlin High School
- Chain Exploration Center (School District of Waupaca)
- Clintonville Middle School
- Clintonville High School
- Iola-Scandinavia High School
- Manawa High School
- Montello High School
- Ripon High School
- Shawano Community Middle School
- Shawano Community High School
- Tigerton High School
- Tri-County High School
- Wautoma Area High School
- Weyauwega-Fremont High School
- Wild Rose High School

The positive impact is clear when hearing from students, school staff and others involved in implementing and sustaining Sources of Strength. On the individual level, students say their involvement has made them feel more positive and supported. It's helped them make friends, connect with their community and, in one noteworthy instance, was the single reason for coming to school.

Measuring whether Sources of Strength contributed to a widespread shift in youth mental health trends is more complicated. The COVID-19 pandemic, which began during the project's first school year, disrupted daily life and added many unforeseen challenges. It also exacerbated existing issues, including increasing symptoms of depression and anxiety, and amplified the need for youth mental health support.

ThedaCare's team collaborated with schools to continue implementation through periods of virtual learning and social distancing. Despite the obstacles, many schools persevered and continue to persevere to this day. While youth mental health survey data doesn't paint a clear picture of impact, students in six schools who sustained Sources of Strength for at least three years (from 2021 to 2023)—and reported complete data—showed improvements in feelings of prolonged sadness. That runs counter to the statewide trend over the same period. Those Sources of Strength schools also reported 9%–13% fewer students experiencing prolonged sadness than the national average.

Without a doubt, these communities are now embedded with teens and adults who are better equipped to use their strengths to face challenges related to mental health, substance use, domestic abuse and more. That means stronger, more caring and resilient communities.

Paula Morgen
ThedaCare Community Health Director

"COVID-19 Pandemic Associated With Worse Mental Health and Accelerated Brain Development in Adolescents." National Institute of Mental Health, 26 Jan. 2023, nimh.nih.gov/news/science-updates/2023/covid-19-pandemic-associated-with-worse-mental-health-and-accelerated-brain-development-in-adolescents

About

Sources of Strength at a Glance

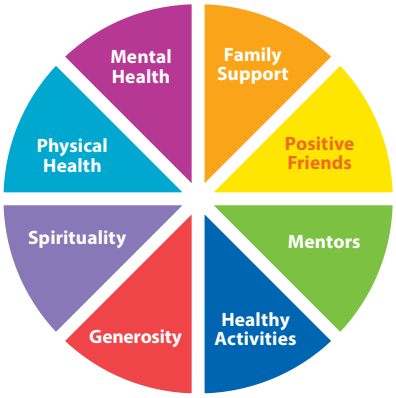
ThedaCare has embraced Sources of Strength since 2019. Sources of Strength is a school-based mental health promotion and suicide prevention program on a mission to prevent adverse outcomes by increasing well-being, help-seeking, resiliency, healthy coping and belonging.

At Sources of Strength, our vision is ***To Empower a Well World***. We provide exceptional training and curriculum for youth and adults, utilizing a strength-based and upstream approach to mental health promotion and prevention of adverse outcomes like suicide, violence, bullying and substance misuse. Sources of Strength has a firm commitment to providing evidence-based programming that is responsive to local community context and needs.

Sources of Strength Mission and Vision

Why Sources of Strength?

Sources of Strength uses an upstream model that reinforces multiple sources of support for youth so when times get hard, they rely on their strengths. Those strengths—or protective factors—include family support, positive friends, mentors, healthy activities, generosity, spirituality, physical health and mental health.



This model is different from many other mental wellness promotion and suicide prevention programs in that it is peer led. Mentored by adult advisors, teams of student peer leaders are empowered to be a positive influence on social norms and culture.

> *It's about bringing positivity to the forefront. It helps you acknowledge the positive instead of focusing on the negative.*
>
> **Katie Harlui-Little**, Peer Leader and Senior, Wild Rose High School

Peer leaders meet regularly to plan and share messaging campaigns based on "hope, help and strength." The leaders also share and model personal strengths and connections to trusted adults. Together, the messaging campaigns and peer leader behaviors work to improve:

- Help-seeking behavior
- Youth-adult connectedness
- Trust toward adults
- Healthy coping skills
- Individual resilience
- School environments where all students feel welcome, included and connected

Sources of Strength has been evaluated through several large, randomized control trials and is one of the most rigorously evaluated and broadly disseminated prevention programs in the country. The program is partnered with thousands of elementary, middle and high schools across the United States and Canada.

A three-year study of Sources of Strength showed the program **significantly reduced new suicide attempts by 29%.**

In early 2025, a three-year study of the program's impact showed Sources of Strength significantly reduced new suicide attempts by 29%. That research, funded by the Centers for Disease Control and Prevention, included participation of more than 6,500 students in 20 high schools.

Wyman, Peter A., and Ian J. Cero, Dorothy L. Espelage, Kyle Nickodem, Karen H. Schmeelk-Cone, Alberto Delgado. "RCT of Sources of Strength Testing Impact on Suicide Attempts and Tests of Moderation by Sexual Violence Victimization and Perpetration." American Journal of Preventive Medicine, March 2025, ajpmonline.org/article/S0749-3797(24)00400-8/fulltext

Seeking Solutions

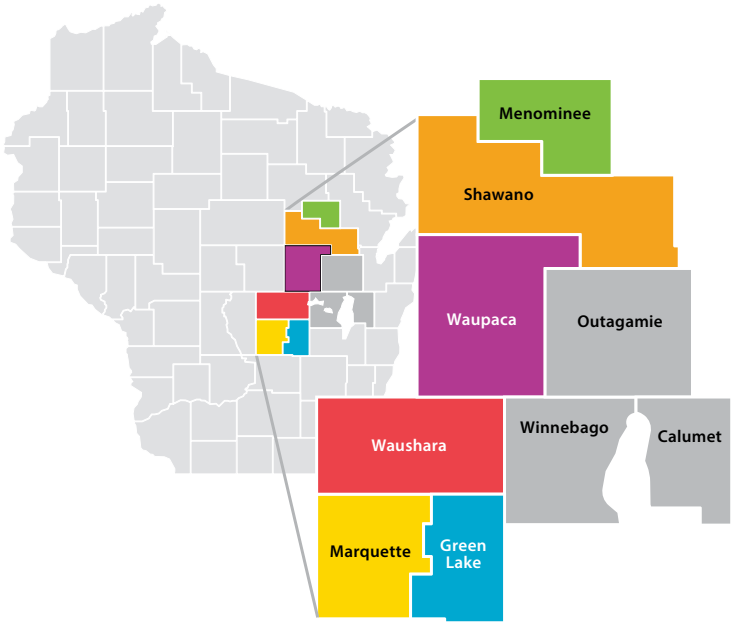
ThedaCare, through its Community Health Needs Assessment and Community Health Action Teams (CHAT), identified substance abuse and mental health as top needs in its service area. Meanwhile, national data on youth depression, anxiety and suicide-related behaviors showed alarming trends.

Health leaders explored multiple solutions, and Sources of Strength emerged as a comprehensive evidence-based program focused on those needs. Much of the work to address youth mental health at the time was reactive. Sources of Strength and its upstream model provided a preventative path forward.

ThedaCare helped found and continues to support the Northeast Wisconsin Mental Health Connection, which launched the Healthy Teen Minds program. The initiative included bringing Sources of Strength to 10 high schools in Calumet, Outagamie and Winnebago counties.

After discussions with school leaders about needs in rural districts, ThedaCare expanded Sources of Strength to six neighboring counties within its service area: **Green Lake, Marquette, Menominee, Shawano, Waupaca and Waushara**.

Sources of Strength is Expanded to Six Rural Counties



"Having spent a lot of time in the schools and knowing how budgets are managed, I would say without ThedaCare's help, none of this would have taken place."

Pat Schwanke,
Former High School Teacher
and Sources of Strength Trainer

How Was the Project Funded?

This work was funded by the ThedaCare Community Fund within the ThedaCare Family of Foundations, with matching funds from participating school districts.

At the outset, ThedaCare hired a Sources of Strength coordinator and two trainers. This investment helped schools navigate the program and provided a go-between for the national Sources of Strength organization. It also afforded access to local trainers—a more cost-effective option than each school district hiring trainers—and allowed for local technical assistance and connection to other schools across the country.

Over the six-year project, ThedaCare invested $275,000 toward implementing Sources of Strength in rural central and northeast Wisconsin schools. Additional costs included a training session in Appleton with a representative from the national organization, support to CESA 6 for staff training and promotional products used during training and activities.

How Are Schools Trained?

Under the Sources of Strength model, a diverse group of adult advisors and peer leaders are invited and trained. They then practice, build and share a community of strength.

Adult advisors are first trained on the Sources of Strength history, philosophy and model, along with the logistics of guiding a team of peer leaders. At least two adult advisors champion the program at their school, where they will mentor and support students. At least one adult advisor is required for every 10 peer leaders. Schools are encouraged to offer a stipend to these lead advisors, much like they do to athletics coaches and school club advisors.

Peer leaders are invited to participate and represent the diversity of their school. The model requires peer leaders to make up at least 10% of the student population. These students receive three years of training from certified Sources of Strength trainers.

The peer leader teams meet one to two times per month to develop interactive messaging campaigns with support from adult advisors, often using campaigns prepared by the national organization combined with strategies that will interest their entire student population.

Sources of Strength Implementation

Beginning in the 2019-2020 school year, ThedaCare introduced Sources of Strength to 16 rural middle and high schools in six central and northeast Wisconsin counties in its service area.

Eight of the high schools completed three years of annual Sources of Strength training and provided appropriate resources—including staff time and physical space—to implement the program. Full implementation includes three years of training and model fidelity. Other participating schools did not complete the years of implementation and/or data reporting for a variety of reasons, including staff and administrative turnover.

SOURCES OF STRENGTH SCHOOLS

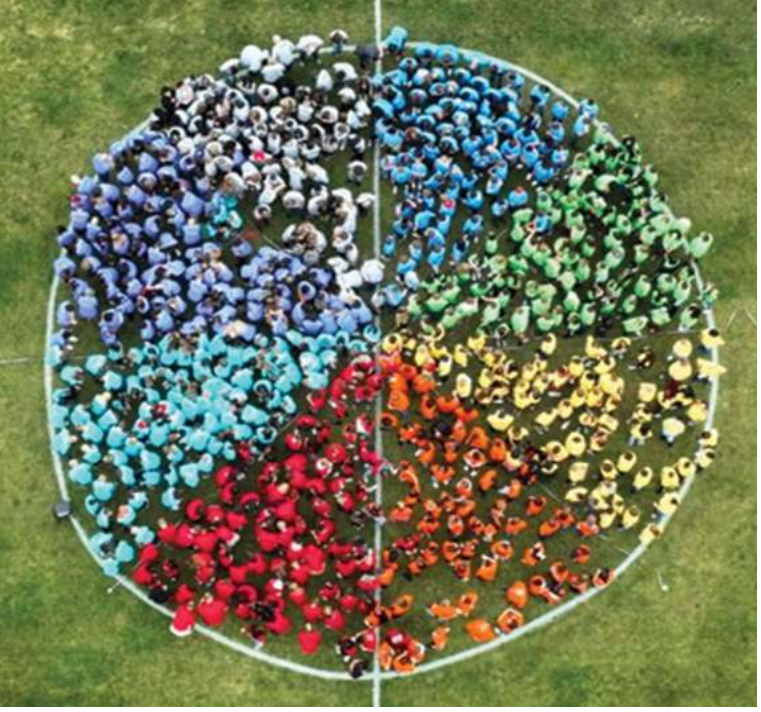
Cohort 1 Joined 2019/20	**Cohort 2** Joined 2020/21	**Cohort 3** Joined 2021/22	**Cohort 4** Joined 2022/23
Berlin High School	Manawa High School	Berlin Middle School	Chain Exploration Center
Clintonville High School	Shawano Community High School	Iola-Scandinavia High School	Clintonville Middle School
Montello High School	Wautoma Area High School	Ripon High School	Shawano Middle School
Tri-County High School	Weyauwega-Fremont High School		Tigerton High School
Wild Rose High School			

> *A beautiful thing about the program is you take it with you wherever you go. That's something we tell the students. This isn't just something you do at school. This is something you take with you for the rest of your life.*

Kara Van Vooren, Sources of Strength Coordinator and Trainer

The certified regional trainers were Kara Van Vooren, ThedaCare's Sources of Strength coordinator, and Pat Schwanke, former high school teacher and football coach. The use of local trainers was more cost-effective than inviting trainers from the national organization based in Denver.

At the outset, the ThedaCare team met with school administrators and held informational sessions with school staff to help identify potential advisors who were passionate about the model and would volunteer to take on a leadership role. Later, between two and 15 adults were trained to become advisors at each school. Those advisors work with peer leaders, with the goal of engaging 10% of the student population to step into those leadership roles. With the support of their trusted adults, student leaders are empowered to create a contagion of hope, help and strength throughout their schools and communities.



Evaluation and Impact

Six high schools implemented and sustained Sources of Strength for at least three years and reported complete data: Berlin, Clintonville, Iola-Scandinavia, Shawano Community, Wautoma Area and Wild Rose. Six others began implementation but were unable to complete three years for a variety of reasons, including staff and administrative turnover. In all, Sources of Strength programming and messaging reached an estimated 55% of high schools in the targeted rural six-county region.

> *Friends have come to me because they know I'm part of the program and know that I can help them, which gives me a sort of happiness in my chest. It makes me feel like I know these people and I can help them, and they trust me.*

Andrea Walby,
Peer Leader and Sophomore,
Shawano Community High School

A Look at the Data

A Youth Risk Behavior Survey (YRBS) is conducted every two years as part of a national effort by the Centers for Disease Control and Prevention (CDC) to monitor the health behaviors of young people. YRBS collects data on student demographics, health behaviors, substance use and student experiences. This information can help identify trends and emerging issues, and plan and evaluate programs to improve adolescent health.

The COVID-19 pandemic began during the initial year of Sources of Strength implementation for the first cohort, or group of schools, committed to the program. The pandemic disrupted daily life in schools and communities worldwide, impacting the program's execution and student health.

From 2019 to 2021, YRBS data showed an increase in the percentage of high school students statewide who said they experienced prolonged, disruptive sadness in the past 12 months. Each of the six schools also saw an increase. From 2021 to 2023, the statewide percentage increased again—from 34% to 35%. Meanwhile, the six schools participating in Sources saw a decrease of at least 2% and as much as 19%.

SEE THE DIFFERENCE!

Students Who Experienced Prolonged and Disruptive Sadness

+2%
INCREASE STATEWIDE

-2-19%
DECREASE AT PARTICIPATING SCHOOLS

Percent change at high schools from 2021 to 2023 survey.

The six schools also fare better when compared with national trends. For example, 40% of students nationwide reported feeling persistent sadness in 2023, while 27% to 31% of students at the six participating schools reported similar feelings.

Lessons Learned

Throughout six years of Sources of Strength, there have been successes, challenges and lessons learned, which are to be expected with the implementation of a large-scale program. Among the recurring themes:

Continuity matters

Administrator and staff turnover can dramatically impact programming. A trained and experienced adult advisor leaving the school can create a void that's difficult to fill. Changes in administrators also can alter the level of program support.

Buy-in is big

Implementation of a program of this magnitude takes support from the district, staff, students, families and communities. A lack of belief or participation at any level can be a barrier to success. Finding adult advisors who are passionate and can pass that energy on to the students can make a world of difference.

Time commitment is a challenge

Educators and school staff carry heavy workloads aside from volunteering to be a part a program like Sources of Strength. Trained advisors are often pulled in many directions and must do their best to balance a number of priorities.

Unforeseen circumstances can complicate implementation

The COVID-19 pandemic disrupted daily lives worldwide. Some school activities and Sources of Strength trainings moved online, but advisors, peer leaders and others did their best to adapt amid all the uncertainty of 2020 and 2021.

Project Reach

In all, 652 adult advisors and 1,605 peer leaders were trained in 16 rural middle and high schools. Sources of Strength messaging reached a potential average of 3,000 students each year across six counties, according to annual enrollment data.

When combined with the efforts by the Northeast Wisconsin Mental Health Connection, Sources of Strength messaging reached an average of more than 19,000 students annually from the 2019-2020 school year through the 2022-2023 school year across nine Wisconsin counties.

3,000
average number of students potentially reached each year

1,605
peer leaders trained since 2019

652
adult advisors trained since 2019

"2023 Wisconsin Youth Risk Behavior Survey Summary Report." Wisconsin Department of Public Instruction, August 2024, dpi.wi.gov/sspw/yrbs

"Youth Risk Behavior Survey Data Summary & Trends Report 2013-2023." Centers for Disease Control and Prevention, 29 Sept. 2024, cdc.gov/yrbs/results/2023-yrbs-results.html

Strength Builds Throughout Wisconsin

Just as Sources of Strength is designed to create a "contagion of hope, help and strength," the program itself has spread throughout Wisconsin. Approximately 150 elementary, middle and high schools have implemented Sources of Strength since 2016. Among them is Hortonville High School, one of the first to adopt the program and a flagship for the state.

That prevalence is unusual without state-level coordination. While there has been involvement from the Wisconsin Safe and Healthy Schools Center and Department of Public Instruction (DPI), the growth has primarily been organic. Dan Adams, Sources of Strength vice president of programs, said, "Wisconsin is likely the state with the largest program footprint without state funding driving the efforts. Health systems like ThedaCare getting involved in on-the-ground, upstream mental health and health promotion is really exciting."

> *"Health systems like ThedaCare getting involved in on-the-ground, upstream mental health and health promotion is really exciting."*
>
> **Dan Adams**, Sources of Strength
> Vice President of Programs

Maintaining the Momentum

Collaboration between organizations committed to improving youth mental health, including ThedaCare and the Northeast Wisconsin Mental Health Connection, have ensured Sources of Strength continues.

Significant support comes from the nonprofit Cooperative Educational Service Agency 6 (CESA 6). Headquartered in Oshkosh, CESA 6 teams provide educational services—including those related to mental health—in 39 public school districts in eight Wisconsin counties.

CESA 6 and its Social Emotional Learning Center, with a boost from the Wisconsin Department of Health Services, now oversee the region's Sources of Strength project. In 2024, CESA 6 was awarded a state grant covering four years of funding for implementation.

Positive Outlook

There's no shortcut to implementing a comprehensive youth mental health promotion and suicide prevention program at 16 schools across six counties over several years. It takes countless adults and students who are passionate about improving lives to make this possible. The stories and data from these Sources of Strength schools show that together we have the strengths to build a better tomorrow.

> At its core, Sources of Strength is a wellness model. Our goal is to not just keep people alive, but to help people live healthy lives and thrive. It's the idea that 'a rising tide lifts all boats.'
>
> *Sources of Strength Trainers' Manual*

A Closer Look

Clintonville High School

Clintonville High School staff have paid close attention to Youth Risk Behavior Survey results for at least 20 years. With student mental health already a top priority, the school seized the opportunity to adopt Sources of Strength and was among the first cohort in the 2019-2020 school year. Clintonville High School has fully embraced the model—so much so it expanded the program to its middle school in 2023.

Suzette Fountain, school social worker, has served as an adult advisor since the program's launch. "I believe in the program, and I really love the philosophy of upstream prevention as opposed to shock and awe," she said. "It offers life lessons that are useful for students, parents and even ourselves. It teaches us that we all have difficulties in life and to rely on our strengths."

In the 2024-2025 school year, more than 70 high school students and 60 middle school students were trained as peer leaders. Fountain said nearly 25% of students are Sources of Strength trained.

In Their Own Words

Clintonville High School students complete surveys about their Sources of Strength experience. These are a few responses:

- *"I loved being a part of this group and how everyone was so kind and loving towards everyone."*
- *"I made new friends!"*
- *"Positive friends helped me a lot just being there for me."*

What They've Learned

Clintonville High School students' survey responses on what they've learned through Sources of Strength:

- *"I've learned that one person can change so many peoples' lives."*
- *"I learned how to be a leader."*
- *"Mental health matters."*

Of the dozens of Clintonville High School's Sources of Strength-related activities, an assembly featuring motivational speaker Terrence Talley was a standout. Talley travels the country delivering a message of hope and resiliency. "He was able to connect with so many students on so many different levels," said Braylee Malueg, peer leader and freshman. "That was really cool. We were able to change the culture of our school for one afternoon." Other favorites of the Sources of Strength activities included surprising adults with flowers and notes on World Kindness Day, decorating a Homecoming float and a Hope for the Holidays campaign that included assembling gift packs for community members in need.

While those special occasions stand out, Sources of Strength also emphasizes the importance of smaller moments, whether between student peers or students and trusted adults. Over time, the impact can be tremendous. Case in point: In a recent year-end survey, a student wrote: "This group gave me a reason to come to school, it's the only thing I could look forward to."

> *"Something important about Sources is you don't have to be voted in. Anyone can join. Students who feel like they're less popular can join and be included too. We include everyone."*
>
> **Braylee Malueg**, Peer Leader and Freshman, Clintonville High School

A Closer Look

Wild Rose High School

The community of Wild Rose may be small, but its schools' dedication to improving youth mental health through Sources of Strength is anything but.

Craig Hayes, district administrator, is a member of ThedaCare's Community Health Action Team that first introduced Sources of Strength to central and northeast Wisconsin schools. Through his involvement, Wild Rose High School become an early adopter. Over six years, he's observed how the program has positively impacted the district. "You can see in our buildings that it has given us this mental health lens," he said. "We're having more conversations about it and making more people aware of it."

> *"From an organizational standpoint, I know there are a lot of great benefits from Sources of Strength. But even if the biggest impact is that our 40 peer leaders are having conversations around healthy lifestyles, good choices and positive mindset, that alone is a huge win for a school district."*
>
> **Craig Hayes**, District Administrator, School District of Wild Rose

Sources of Strength was implemented in Wild Rose middle and high schools in 2019. Tracy Kindschuh, adult advisor and school psychologist, received training in Sources of Strength elementary curriculum and is bringing opportunities for students from kindergarten through 12th grade to engage with the program. In a few years, it's likely many students will have nine years of Sources of Strength experience by the time they begin ninth grade.

Like other schools belonging to the first cohort, the initial implementation faced pandemic-related obstacles. However, staff and students have since worked to refine strategies to sustain and grow involvement, coming up with new ideas to draw students in. Advisors nominate students to ensure the team of peer leaders are representative of the student population. Those leaders become advocates and inspire others to get involved. In the 2024-2025 school year, the high school has more than 40 peer leaders. With an enrollment of about 280, that equates to 15% of the student population being Sources of Strength trained.

"We've really had great support from our administration, whether it's through funding or supporting activities we want to do," said Kindschuh. "I feel like we've really found our groove in the last three years."

In 2021, a Wild Rose high school teacher and Sources of Strength advisor passed away unexpectedly. The lessons of healthy coping, help-seeking and resiliency were a benefit to students. "I think students leaned on their various mentors in the building and also their friends and family," Kindschuh said. Then in the 2023, a fire seriously injured a construction worker who was working at the school. Students, relying on their strengths, organized a get-together to meet the construction crew, acknowledge they'd been through a traumatic experience and show their appreciation.

The program influences how students support one another as well. Addie Smykal, peer leader and high school senior, was part of a group effort to support a classmate who was going through a rough patch. "We did a something small for this person, and I think it did bring them positivity," Smykal said. "It was a small thing—we wrote letters—but small things like that I think really do help."

A Closer Look

Shawano Community High School

From posters to pumpkins to root beer floats, Shawano Community High School peer leaders find creative ways to engage students and their community through Sources of Strength.

The school began implementation during the 2020-2021 school year. Despite turnover in administration and paid staff, the program has persevered, thanks in part to its student-led structure. Matthew Raduechel, principal, said the dedicated advisors and the students they empower has kept Sources moving forward and making an impact. "When the kids take that leadership role, that's where things really take off," he said.

> *"Since joining this program, I've personally been a lot happier. I've become more social and extroverted. I've become more positive overall."*
>
> **Andrea Walby**, Peer Leader and Sophomore, Shawano Community High School

Kris Johnson, adult advisor and health teacher, echoed that sentiment. "I think the most impactful thing is that Sources is student led. The students make the decisions on what we need to do for our school," she said.

Johnson wasn't among the initial wave of educators to take the training. She got involved two years ago when her daughter, a junior at the time, found a passion for the program. "She was kind of that quiet kid, and she struggled to find her niche in high school," Johnson said, "and then she just flourished with Sources of Strength. And she's not the only one."

Another benefit of Sources, according to Raduechel, is it keeps the school community on the same page when discussing mental health and related topics. "Having common terminology is really important because it provides consistency," he said. Throughout the school, adults and students can refer to the wheel of strengths—or the eight resources available to students—and the concepts are widely understood.

Now in its fifth year of Sources, Shawano Community High School has a team of 10 adult advisors and 60-70 peer leaders. The students organize a variety of activities throughout the year to encourage student involvement and help the local community. A poster contest allowed students to show off their art skills to present Sources messaging and information. (The results can still be seen in the school office.)

In the fall, students came together to decorate pumpkins that were then delivered to a local senior living facility. Around the holidays, that same facility received cookies baked by the Shawano students.

Since the initiative is youth-led, students organize fundraisers to support Sources of Strength activities. Given Shawano's historic connection to Sun Drop® soda—it was produced there in the 1950s—a Sun Drop slush machine in the cafeteria has helped raise money. Students also sold root beer floats during an event. The theme: "What keeps you afloat?"

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Acknowledgments

Berlin Area School District

Clintonville Public School District

Cooperative Educational Service Agency 6

Dan Adams and the national Sources of Strength team

Iola-Scandinavia School District

Kara Van Vooren, Sources of Strength Coordinator and Trainer

Montello School District

Northeast Wisconsin Mental Health Connection

Pat Schwanke, Sources of Strength Trainer

Ripon Area School District

School District of Manawa

School District of Waupaca

School District of Wild Rose

Shawano School District

ThedaCare Community Health Action Teams
(Berlin, Fox Cities, New London, Shawano,
Waupaca, and Wild Rose)

ThedaCare Family of Foundations

Tigerton School District

Tri-County Area School District

Wautoma Area School District

Weyauwega-Fremont School District

ThedaCare®