

October Newsletter



[Order The Classic Tap Into Strengths Bracelet](#)

Tap Into Strength Bracelets

Put a daily mental health resource right on every staff and student's wrist with *Tap Into Strength Bracelets*—*only \$10!* Featuring NFC technology, access daily Strengths content, quick access to 988 and crisis lines, and fresh campaign resources to help build resilience in your community! Keep the classic Wheel design or create a set of custom bracelets with **your own school colors and logo**—*only \$12, minimum order of 25!*

[Customize Your Own Bracelet With Your School Colors & Logo](#)

Research Webinar

Join us on **October 29th from 1:00–2:00 pm MT** for a special research webinar highlighting the growing **evidence base** behind Sources of Strength and impact of our strengths-based, upstream prevention model. We'll be joined by two experts in youth suicide & violence prevention:

- [Dr. Peter Wyman](#) with the University of Rochester
- [Dr. Dorothy Espelage](#) with UNC Chapel Hill

During this webinar, attendees will:

- **Learn about the newest research** on Sources of Strength's impact.
- **Understand what makes the model effective** across diverse settings.
- **Explore the broader implications** for building protective factors and promoting mental health at scale.

[Register Here](#)

NEW RESEARCH & INSIGHTS: UPSTREAM STRENGTH-BASED PREVENTION WEBINAR

A Conversation With:
[Dr. Peter Wyman](#), Professor of Psychiatry
University of Rochester
[Dr. Dorothy Espelage](#), William C. Friday
Distinguished Professor of Education
University of North Carolina
[Scott LoMurray](#), MBA, Chief Executive Officer
Sources of Strength

OCTOBER 29, 2025
1:00 - 2:00PM MT



Start the Year STRONG: Schedule Your Fall Training Today

We're here to bring extra Strength to your schools and communities as you start the school year. Availability is limited: connect with us to get your trainings booked!

- Schedule your [Secondary Adult Advisor and Peer Leader Training](#)
- Schedule your [Staff Wellness Training](#) (No existing Sources programming required!)
- Schedule your [Elementary Coaches Training](#)

Funding available in Colorado! For more information on Local and National Secondary Trainings, Coaches Training, and Virtual T4T, please email [Olivia!](#)

Elementary Program

Are you ready to take the first step with Sources Elementary? Sign up for an upcoming Coaches Training today!

- [National Virtual Coaches Training: October 29th - 30th](#)
- [Kentucky Coaches Training: November 5th - 6th](#) (Kentucky Only)
- [National Virtual Coaches Training: December 9th - 10th](#)

Elementary Webinar Series

Check out our new [Elementary Webinar Series](#) library! These short videos provide a **foundational understanding** of the Elementary Program covering the following topics: Vision & Philosophy, Strengths Wheel, Elementary Curriculum, Adult Wellness, and Implementation!

[Tune Into Our New Webinar Series](#)

Sources Elementary Spotlight

We'd love to **celebrate and share** the work happening in your classrooms! If you're implementing the Elementary Curriculum or know a Coach/Instructor who is, share your story and a photo so we can feature them on our [spotlight!](#)

[Share Your Stories](#)

Secondary Program



Annual Licensing Fee

It's that time of the year again! If you haven't already, please **renew your \$750 Annual Licensing Fee** to keep your Secondary Program active for this school year by **October 31st!** *The Annual Licensing Fee includes the following:*

- Licensed Program Portal Access
- Digital Resource Package
- Implementation Materials (\$250 value)
- Use of the Sources Logo

- Continued AA Online Access
- 1-on-1 National Team Support

- Recognition as an Active Sources Program
- Exclusive Webinars

[Submit The Annual Licensing Fee](#)



National Peer Leader Advisory Council (PLAC)

Thank you to everyone who submitted a **PLAC Application**. We will announce the new members soon! In the meantime, check out our **National PLAC Blog**.

[Check Out The PLAC Blog](#)

New FUN Resources

We are **PUMPED** about our new merch and thrilled to share exciting options! Show your Sources spirit with our new [Sources of Strength Pennant Flag](#), grab our new [GIANT Strengths Wheel Parachute](#) (14 foot, that's huge!) to play games while building relationships and connections, and add our colorful [2025-2026 Hope T-Shirt](#) (only ten bucks!) to your collection to spread hope in your community! Check out these new arrivals on our [store](#)!



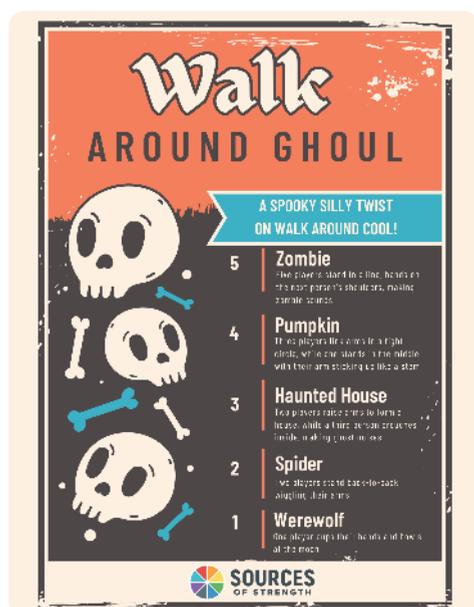
[Pennant Flag](#)



[Giant Parachute](#)



[Hope T-Shirt](#)



Fall Games Feature: Walk Around Ghouls

With Spooky Season upon us, enjoy [Walk Around Ghouls](#) this fall!

Walk Around Ghouls TWISTS

- 5 people - Zombie 🧟
- 4 people - Pumpkin 🎃
- 3 people - Haunted House 🏠
- 2 people - Spider 🕷️
- 1 people - Werewolf 🐺

Check out our Fall Games below!

[Download Fall Games](#)



Jane (she/her) comes to Sources of Strength with a background in classroom teaching and Social Emotional Learning implementation. Jane's passions include: social emotional and mental health literacy, themed crosswords, mountain trails, becoming emotionally invested in sports games, using imagination as a tool for social change, and freshly baked pastries. Jane is lucky to have some outrageously lovely humans (and animals) in her life who help her feel happy and strong.

What's an activity that CALMS you? Doing crosswords, taking care of my houseplants, watching reality TV 📺

What's an activity that ENERGIZES you? Cooking with friends, getting out on a mountain trail, singing pump-up songs at top volume in the car (with windows closed), watching live sports ⚽

What's your favorite game to play? A favorite Sources game of mine is Reverse Charades - it always leads to a good laugh! 😂

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!

Sources of Strength

PO Box 27032
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