

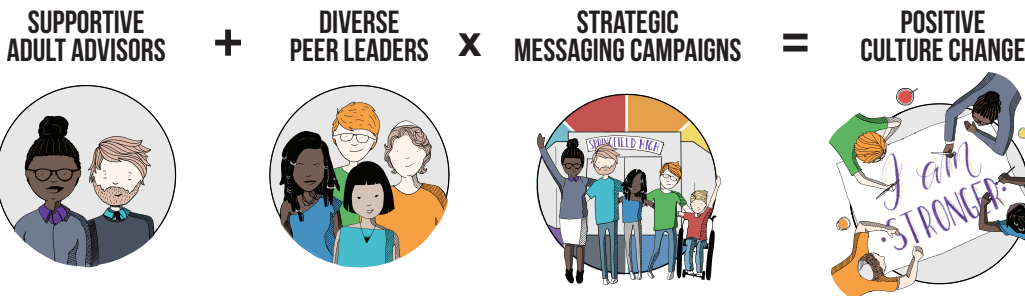
STRENGTH-BASED

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.



PEER-LED

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.



EVIDENCE-BASED

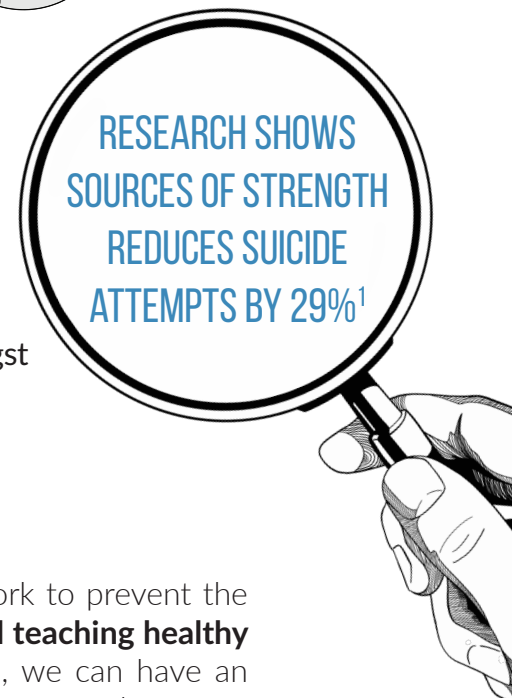
Secondary Program Highlights:

- 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

¹Wyman, P. et al. (2024). ²Wyman, P. et al. (2023). ³Wyman, P. et al. (2010).

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**.



CONNECT WITH US!

 sourcesofstrength.org
 hello@sourcesofstrength.org

 @sourcesstrength
 @sourcesofstrength



STRENGTH-BASED

At Sources of Strength, we wholeheartedly believe in the Hope, Help, and Strength each individual can cultivate in themselves and others. Everyone is invited to explore and grow eight protective factors represented in the Sources of Strength Wheel: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health.

EVIDENCE-BASED

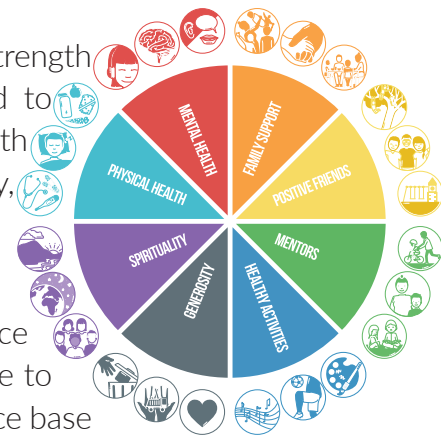
The Sources Elementary Model is featured on the Suicide Prevention Resource Center (SPRC) Best Practices Registry and is actively being studied to continue to bolster its evidence base. The curriculum is also heavily informed by the evidence base of our Secondary Program, which has shown positive outcomes of increasing healthy coping, help-seeking, increased connection and trust toward adults. The utilization of these protective factors is associated with reduced risk for suicide, substance misuse, and violence.

STUDENT CURRICULUM

The Tier 1 Student Curriculum lessons help students build healthy coping strategies and strengthen their protective factors (Strengths), fostering resilience during life's ups and downs. Students enjoy the engaging, interactive, and personally applicable content of the lessons, including the games that bring fun, laughter, and connection to the learning space. The lessons can be delivered by any staff member and are designed to be 30-40 minutes and delivered weekly throughout the academic school year.

STAFF WELLNESS

We believe that to have maximum impact with students, we need adults who are engaging with and modeling Strengths and wellness in their own lives. To facilitate effective and sustainable implementation, the Elementary Model includes a two-day Coaches Training for 1-2 staff members. Coaches will support program and curriculum implementation, and facilitate various Staff Wellness opportunities. The practice of centering Hope, Help, and Strength leads to more resilient staff, students, and communities. Coaches are also resourced to invite staff to explore personal and community wellness through brief, interactive, and engaging staff wellness activities, personal reflection tools, and scaffolded small group conversations.



**STUDENT
CURRICULUM** +



**STAFF WELLNESS
FRAMEWORK** =



**POSITIVE
CULTURE CHANGE**



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