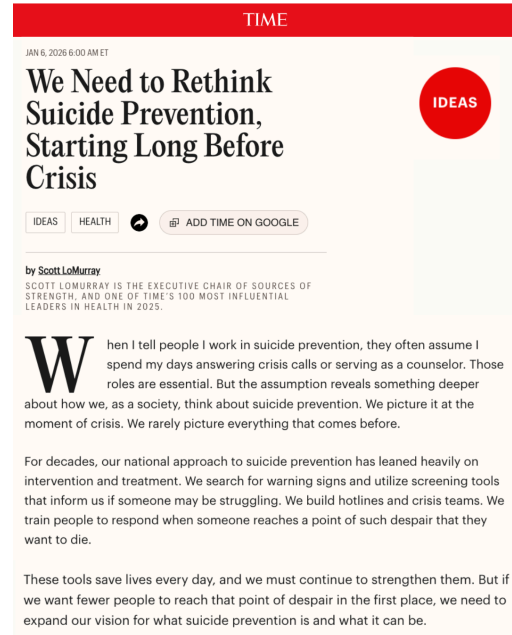


# February Newsletter

## Sources in the News: Reframing Suicide Prevention in TIME

In a recent [TIME article](#), our Executive Chair, Scott LoMurray, challenges us to rethink suicide prevention by moving **upstream**. While crisis lines and hospital care are vital, Scott advocates that we must also focus on the "leading causes of life," to include connection, belonging, and resilience to stop people from reaching a crisis in the first place.

[Scott's TIME Article](#)



## Upcoming Events

- Interactive Winter Wellness Session, February 11th from 3-5 PM ET
- Elementary Discovery Session, March 10th from 3-4 PM ET
- Secondary Discovery Session, March 11th from 3-4 PM ET

### Event Registrations

#### Elementary Coaches Trainings

Join a 2-day National Virtual Coaches Training to take the first step with implementing our Elementary Program:

- February 11-12
- April 21-22
- August 7-8

[Elementary Registration](#)

#### Secondary Train-the-Trainer

Register for a 4-day Train-the-Trainer (T4T) to become a Certified Local Trainer to support implementation:

- Oregon T4T: March 2-5
- Iowa T4T: April 13-16
- Colorado T4T: June 22-25

[Secondary Registration](#)



## 🏀 Mentor March Madness 🏀

Are you ready to celebrate the **real-life MVPs** in your community? This year, we're inviting your team to join March Mentor Madness, a fun and flexible national campaign that's all about cheering for the **Mentors and Trusted Adults** who support us every day! Sign up below to receive *free* campaign resources!

### Mentor March Madness Resources



### Trusted Adult Campaign

Mentor March Madness is a form of a **Trusted Adult Campaign**. If you're looking to highlight the Trusted Adults in your community outside of Mentor March Madness, check out our additional **campaign resources!**

### Trusted Adult Campaigns

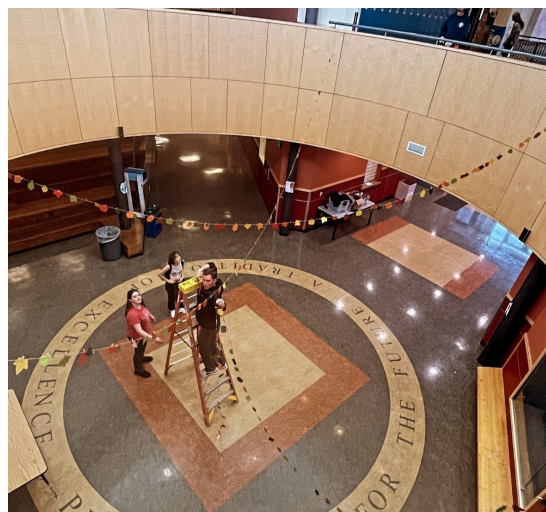
## ✨ PLAC Highlight: Quinn Snell ✨

### How Sources has Impacted My Life: Quinn Snell's Leadership Journey

*11th Grade Student at Corvallis High School in Corvallis, Oregon*

When Quinn Snell first signed up for the Sources of Strength class, the feeling was one of nerves and hesitation. Not knowing exactly what to expect, Quinn took a leap of faith. "I didn't really know what Sources of Strength was. My Sources of Strength class was incredibly small. I got to build a close, special bond with everyone in the class."

Those deep, meaningful connections provided a safe space to explore new ideas and provided a powerful launchpad for leadership. "Sources of



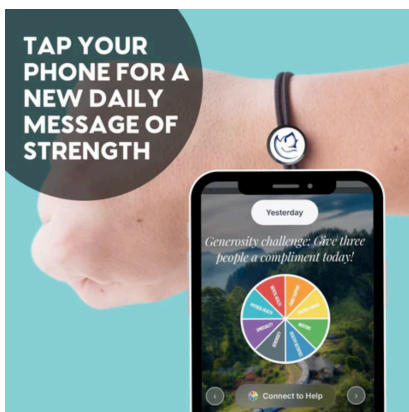
Quinn's journey is a powerful reminder of how stepping outside your comfort zone can lead to lasting

Strength started off my leadership skills with a bang. I felt important and a valuable asset to the school's community; I felt like I was doing something that mattered to people."

community impact and personal growth. Quinn shared, "And I will forever remember the impact that Sources had on me." *Read more on the Source blog below!*

## Quinn Snell's Leadership Journey

### Stock up on SWAG



Since their launch last fall, the TAP into Strength Bracelets found their way to the wrists of over 12,500 individuals across North America. To support their successful use, you can [access more resources on our website!](#)

TAP Bracelets



Wear your heart (and hope) on your sleeve! Designed to celebrate teams spreading Hope, Help, and Strength across their communities! Grab one for yourself or suit up the whole team to build connections and community.

Hope T-Shirt

### Staff Spotlight: Sarah Brummett

*Introducing our new Sources of Strength  
Chief Operating Officer ✨*



Sarah (she/her) brings over a decade of leadership at the state and national level, championing a comprehensive approach to preventing suicide and promoting well-being. Sarah jumped at the chance to join the Sources of Strength team where she's able to support an organization aligned in mission, values, impact, and prioritizing people. Sarah brings a wealth of extraneous trivia information and a dance challenge championship from her youth to the table! Sarah recharges her batteries by spending time at home snuggling with her house hippos Roxy and Edith, her partner Mike, testing out new recipes, and tending to their growing garden (when the Colorado season's right).

**What Strengths are you feeling strong in?** Mentors & Mental Health 📖 🌱

**What's one Strength you want to grow in?** Healthy Activities. I'm an inside cat in the winter and need to better solidify healthy winter activities that don't reinforce my natural instinct to hibernate! ❄️

**What are some of your hobbies?** Reading, gardening, and cultivating an enriching life for my pups 🐕

**Would you rather: see everything in slow motion or see everything in fast forward?** Have the ability to freeze frame time (Saved by the Bell 'timeout') 🔔

*Welcome to the Sources of Strength Team, Sarah! We're happy you are here!  
Check out our [Leadership Blog](#) and message from our CEO, Jarrod Hindman!*

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  
Lakewood, CO 80227

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