



# SPRING CHECK-IN SURVEY

*Complete the survey to receive a **NEW RESOURCE!***

## April Newsletter

### Upcoming Trainings & Events

#### Elementary Coaches Trainings

Are you ready to take the first step in Elementary Implementation? Join an upcoming 2-day Coaches Training. Check out these upcoming virtual and in-person trainings:

- **National Virtual:** April 21-22
- **Oshkosh, WI:** May 6-7 (Host: CESA 6)
- **Frankfort, KY:** June 23-24 (Host: Kentucky BHDID)
- **National Virtual:** August 4-5
- **National Virtual:** October 7-8

[Elementary Registration](#)

#### Secondary Train-the-Trainer (T4T)

Join our 4-day [National-hosted T4T Session in Denver from June 22-25](#) to become a Certified Local Trainer! Check out these upcoming trainings:

- **New York, NY:** June 2-5 (Host: NYS Office of Mental Health)
- **Nashville, TN:** June 15-18 (Host: Tennessee Department of Health)
- **Columbia, SC:** June 15-18 (Host: South Carolina DBHDD)
- **Oshkosh, WI:** June 22-25 (Host: CESA 6)

[Secondary Registration](#)

Interested in learning more about our programs? Join an upcoming Discovery Session with our team:

- [Elementary Discovery Session on May 12th from 3 - 4 PM ET](#)
- [Secondary Discovery Session on May 27th from 3 - 4 PM ET](#)



#### [Mental Health Month Wellness Session: May 13th from 1 - 3 PM ET](#)

Join an *interactive virtual session* that brings professionals together to support collective wellness. This experience will deepen the understanding of protective factors and leave attendees with renewed energy and strategies to strengthen their well-being.



## May the 4th: Spirituality Campaign Invitation ★

Join us on **Monday, May 4th**, to celebrate **Spirituality** in your school or community! Spirituality strengthens mental health by connecting us to the people, places, and practices that lift us up and feel connected. [Sign up](#) to receive intergalactic themed, ready-to-use resources and activities.

*Many ways to lift our spirits, there are. Discover you must.*

- **People** who support and uplift us
- **Places** that feel calm, inspired, and grounded
- **Practices** that help us reset, reconnect, and find balance

[May the 4th: Resource Sign Up](#)

## Partner Spotlight: YouthLine in Action 🏀



The youth-adult connections sparked during **March Mentor Madness** across the country have been incredible to see. This month, we are proud to feature our national partner, [YouthLine](#). YouthLine provides vital, nationwide peer-to-peer support for youth and young adults via call, text, or chat. [Read more about YouthLine's impact \(and access free resources!\) on our blog.](#)

If you'd like to share your story, submit our [Spotlight Nomination Form](#).

## Elementary Spotlight: East Gresham Elementary School

Sources of Strength aims to spread **Hope, Help, and Strength** across our school communities. While we often focus on how our curriculum transforms students, its true power lies in the **resilience** that ripples through the entire community, starting with our educators themselves.

When teachers and staff embrace these Strengths, they don't just teach a lesson; they model a lifestyle of **wellness** that transforms the classroom environment from the inside out.

This month, we are thrilled to spotlight **Sonya Kaidanov**, a School Counselor at **East Gresham Elementary School**. Sonya shares a powerful personal journey of how teaching these lessons



"re-trained" her own brain, helping shift her mindset to one of reflexive optimism and hope.

Beyond her own growth, she provides an inspiring look at how these tools are creating life-saving breakthroughs for students. [Read more about Sonya's story on our blog.](#)

## Secondary Spotlight: Green Mountain High School

We are thrilled to feature **Sophie Oliver** and **Linn Poston**, dedicated peer leaders at **Green Mountain High School** who are making a profound impact through the Sources of Strength program and have become pillars of support within their school community.



Their commitment to fostering mental health awareness and building a culture of connectivity serves as an inspiring example of how **student-led initiatives** creates lasting, positive change. Recently, Sophie and Linn channeled their passion into a **Sources of Strength-themed capstone project** that brought the entire campus together.



Through a vibrant spirit week that engaged over **300 participants**, they highlighted different protective factors on the Wheel each day. Their efforts extended beyond the classroom as they raised over **\$4,000 for a local charity** during winter performing arts concerts. By blending advocacy with action, Sophie and Linn have not only strengthened the culture of Green Mountain High, but have also provided vital resources for suicide prevention and mental health support. [Read more about their inspiring capstone project on our blog.](#)

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**SPRING** into action with new gear 



Join the 12,500 people across North America who are Tapping Into Strength by grabbing your own **Tap Into Strength Bracelet** and **Hope T-shirt**. To learn more, [explore additional resources on our website](#) or [watch the Timpanogos Peer Leader team](#) demonstrate how easy it is to Tap In! Head to our store to get yours today!

Tap Into Strength

### Message from Jaymie, Director of Operations 🌟

"I've had the unique privilege of working with Sources of Strength since 2018 and spent the last four years as the Director of Program Operations. Now with eight years under my belt, I'm getting to use one of Sources of Strength's amazing benefits, an **eight-week sabbatical!** I'll be **out of the office** throughout April and May, and upon my return, I'll be transitioning into a **new role** at the company. I'm looking forward to this time of rest and rejuvenation, and to welcoming a new Director into the Operations team." *Thank you, Jaymie, for everything you continue to do to bring Hope, Help, and Strength to communities!*

### Staff Spotlight: Kelsey Hopstad

National Trainer - Team Lead



Kelsey (she/her) is a National Trainer based out of our Denver office. She has years of experience in prevention and mental health promotion. She's worked closely with communities in her home state of Washington to establish coalitions, strengthen organizational ties, and empower people to bring positive change. She is most excited by building communication and connections between students, staff, and **Trusted Adults**. Her **Healthy Activities** include playing games, exploring linguistics, and experiencing carbohydrates. She's also credited as inspiration for Vanessa Carlton's 2001 hit "A Thousand Miles."

**What two strengths do you feel strong in?** Family Support & Generosity 🙌

**What's one strength you want to grow in?** Physical Health! I'm drinking water, sleeping enough, taking deep breaths, & taking breaks from my screen. 💪

**What's your favorite game to play?** Uno, Group Charades, Telestrations, Imposter, and 123 Look! 🎲

**What's your favorite book?** My favorite reads recently: Dungeon Crawler Carl, Starter Villain, Nothing to See Here, Twice 📖

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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