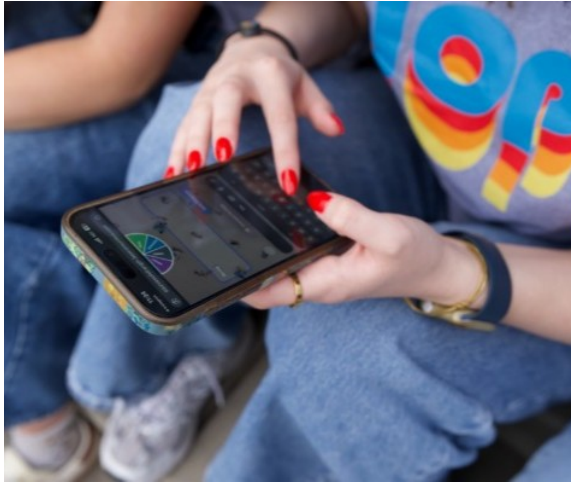


June Newsletter



Sun's Out, Strengths Out☀️

School might be out soon, but staying connected is *always* in! Keep your coping strategies and resources close at hand, right on your wrist. Our [Tap Into Strength Bracelets](#) are the perfect summer accessory to remind you that you've got this, no matter where your summer adventures take you.

[Tap Into Strength](#)

Sparking Strength for the New School Year ⚡

As you plan for next school year, we're here to bring extra Strength to your schools and communities. Availability is limited: connect with us to book your trainings!

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

Save the Date: Secure Your Spot

Interested in learning more about our Elementary AND Secondary Programs? Join an upcoming Discovery Session with our team:

- [K - 12 Programs Discovery Session on July 21st from 2 - 3 PM ET](#)

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:

- **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](#) or check out these upcoming trainings:

- **Nashville, TN:** June 15-18 (*Host: Tennessee Department of Health*)
- **Oshkosh, WI:** June 22-25 (*Host: CESA 6*)
- **Columbia, SC:** hybrid August/September (*Host: SC DBHDD*)

[Secondary Registration](#)

Plan Ahead: Renew Your Annual Licensing Fee 📦



The Annual Licensing Fee form is now available! Renewing your license gives your team access to exclusive resources on the Licensed Program Portal, 1-on-1 support from our team, rights to the Sources name and logo, and more. Within the form, you'll also select from four refreshed material box options, which includes a sneak peek of a few new items coming this fall 👁️

[Licensing Fee Form](#)

Partner Spotlight: Empowering Youth Voices with the Ohio Office of Suicide Prevention Foundation (OSPF) 📣

From launching student groups to hosting regional wellness workshops, youth-led initiatives are building a stronger network of support across Ohio. This month, we are thrilled to celebrate the incredible young leaders driving this change in Ohio.



The [OSPF Youth Advisory Council \(YAC\)](#) reviewed applications to fund local, peer-led mental health initiatives. Composed of 21 high school students from across the state, the council selected 10 impactful projects to receive a total of nearly **\$10,000** in grant funding, provided by the OSPF and the Ohio Department of Behavioral Health.

Congratulations to the YAC Grant Recipients: *Cuyahoga Falls High School, Fairview Park City School District, Berkshire Local School District, South Central Middle School, Eastern Local School District, Sciotoville Community School!* [Read more about their projects on the blog.](#)

This momentum of youth-led change is echoing across the state, driven by passionate students like **Oberlin High School junior Sylvia Nisky**. When Sylvia recognized a gap in local mental health resources, she didn't wait for a solution. She created one. Working alongside the OSPF, she advocated to bring Sources of Strength to her campus this school year.

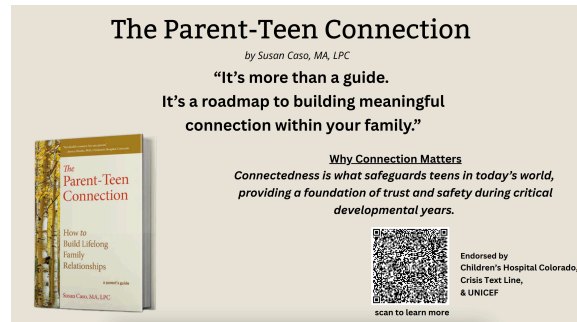
We applaud Sylvia's incredible leadership and look forward to seeing the positive impact grow! [Read more about Sylvia's story on the blog.](#)

Book Spotlight: [The Parent-Teen Connection](#)

Author: Susan Caso, MA, LPC

We are excited to share a new book recommendation with you, [The Parent-Teen Connection: How to Build Lifelong Family Relationships](#). Written by Susan Caso, MA, LPC, a licensed professional counselor with more than 20 years of clinical experience, the book gives parents a practical, research-grounded framework for building the kind of connection that protects teens - not just in crisis, but as a daily practice.

Endorsed by UNICEF, Children's Hospital Colorado, and Crisis Text Line, it bridges the gap between what clinicians know about protective factors and what parents can do at home.



This book stands out for its clinical honesty. Instead of offering empty platitudes, Susan Caso reframes the conversation by helping parents understand teen silence, cultivate genuine emotional safety, and rebuild trust after inevitable conflicts. It is an essential, practical resource for navigating modern teenage pressures.

[Check this out for more information.](#)

Staff Spotlight: Matt Hofmeister

*Elementary Team Lead and
Development Specialist*

Matt (he/him) is a National Trainer for Sources of Strength. Matt is a Licensed Clinical Social Worker who has worked for child protection, community mental health, and restorative justice. He has spent over 15 years working in schools directly with students and families, as well as at the district level, and serves as an adjunct faculty member teaching at CSU. His healthy activities include trying to dance to live music, playing rugby, and creating art. When he is stressed, he turns to family, friends and healthy activities to find balance.



What two strengths are you feeling strong in today? Family Support, Spirituality

What's one strength you want to grow in? Mental Health

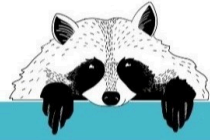
Would you rather... have a free year-long vacation OR have a free 30 minutes on the moon? Have a free 30 minutes on the moon

Would you rather find... hidden treasure OR live dinosaur? Find a live dinosaur

**Congratulations to Matt on celebrating 7 incredible years with Sources!
We wish him a wonderful and well-deserved sabbatical this June and July.**

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

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