

Sources of Strength

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So what IS Sources of Strength?

advisors/videos “What is Sources of Strength?”?



How many students have been involved?



Over the last two years over 100 students have been trained as peer leaders at each high school.



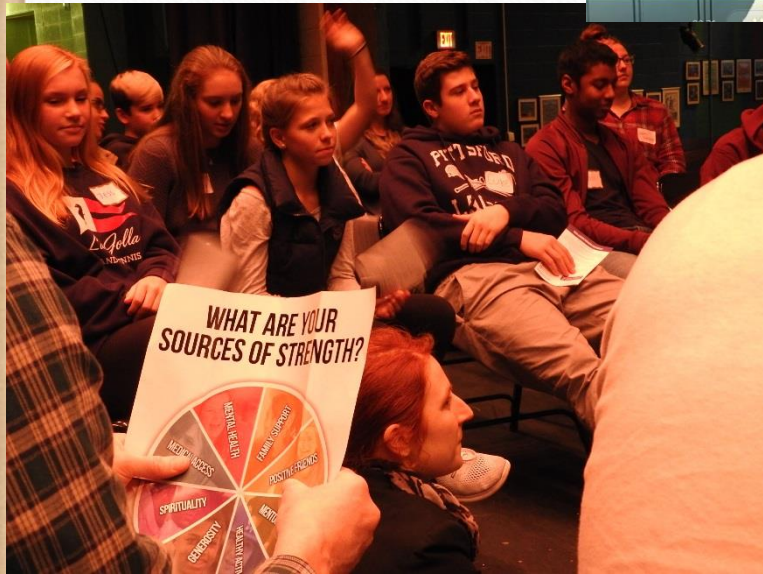
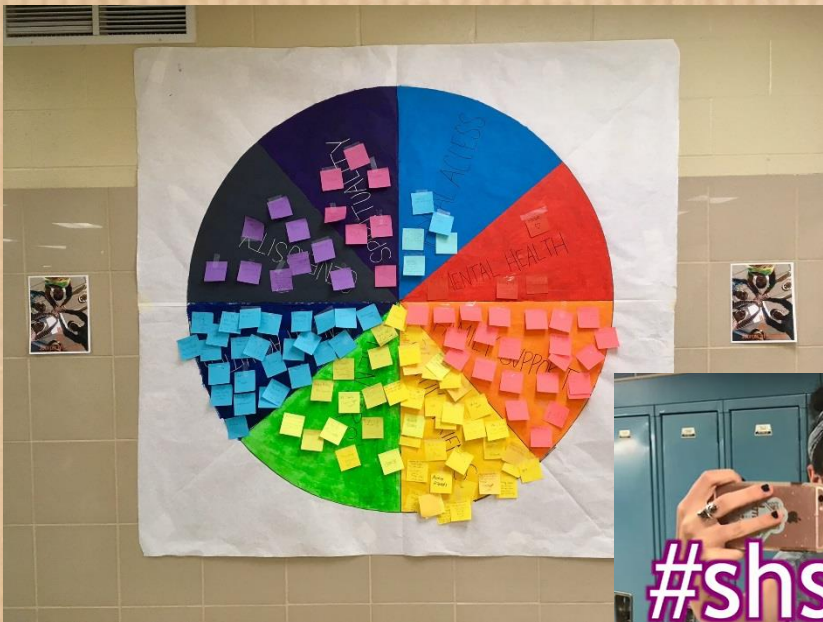
A total of 20 staff at each high school have been trained as Adult Advisors.



Over 90% of students have been exposed to a Sources of Strength campaign

Campaigns

- **MHS**
 - Gratitude journal
 - Thank you postcards
 - Monthly focus on one strength
 - Rainbow classic color week
- **SHS**
 - Wheel of Strengths!
 - Trusted Adult lesson postcards and paper chain
 - Naming a strength



Data: Of the 90% of MHS and SHS students who have seen a Sources of Strength campaign..



65% say that they've learned better ways to handle tough times in their lives



65% say that they know more about how to get help for a suicidal friend



62% say they know more adults they trust to get help for a suicidal peer



62% say that they've increased their own 'Sources of Strength'



Mission...



Moving forward...

- Another full day training scheduled at both high schools
- Recruiting more adult advisors
- Ensuring that all students are represented through the peer leaders
- Continuing our messaging
- Developing campaigns unique to each high school.

