

## STRENGTH-BASED

Sources of Strength employs a radically strength-based approach to suicide prevention. Moving beyond a primary focus on risk factors and warning signs, Sources of Strength focuses on developing protective factors, using a model that is innovative and interactive.

## UPSTREAM

Our vision is to empower a well world. By moving upstream in the prevention cycle we can not only prevent a variety of adverse outcomes, but can begin to cultivate wellbeing for individuals and communities.



## EVIDENCE-BASED

Sources of Strength is one of the most rigorously evaluated upstream prevention programs in the world. Program outcomes have shown:

- Increase in connectedness to adults
- Increase in school engagement
- Increase in likelihood to refer a suicidal friend to an adult
- Increase in positive perceptions of adult support
- Increased acceptability of seeking help
- Largest increases amongst students with a history of suicidal ideation

## PEER-LED

Sources of Strength utilizes the power of peer social networks to spread messages of Hope, Help and Strength throughout entire communities. Sources of Strength is peer led, but we don't train Peer Leaders to be "junior psychologists" or peer counselors; we empower them to leverage their social influence as an agent of change in their school.

CARING, CONNECTED AND  
POSITIVE



SUPPORTIVE ADULT ADVISORS

+

INFLUENCE WITHIN THEIR SOCIAL  
GROUP



DIVERSE PEER LEADERS

X

ENGAGE, INTERACT AND APPLY



STRATEGIC MESSAGING CAMPAIGNS



=




POSITIVE SOCIAL NORMING



POSITIVE CULTURAL CHANGE

## CONNECT WITH US!

 [sourcesofstrength.org](https://sourcesofstrength.org)  
 [contact@sourcesofstrength.org](mailto:contact@sourcesofstrength.org)

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## 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 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-INFORMED

The curriculum is 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.



## COACHES TRAINING

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. We are just as focused on supporting and empowering adults as we are students.

## UNIVERSAL CURRICULUM

The lessons are Tier 1, universal, classroom-based and can be delivered by classroom teachers, SEL specialists, counselors, or paraprofessionals. Lessons are designed to be 20-30 minutes in length depending on the grade level. Each lesson aligns with CASEL's core competencies: social-awareness, self-awareness, self-management, relationship skills and responsible decision-making. The lessons are designed to give students and adults opportunities and tools to develop Strengths and healthy coping strategies leading to resilience in the face of life's ups and downs.

**COACHING**

+



**CURRICULUM**




=

**POSITIVE  
SOCIAL NORMING  
& CULTURE CHANGE**



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