

INNOVATIVE

Sources of Strength is most commonly implemented in rural, urban and suburban middle schools and high schools, but has been adapted for a variety of populations and cultures. Previous successful implementations have included: universities and community colleges, juvenile justice facilities, LGBTQ drop-in centers, cultural centers, Latino/a groups, native/tribal groups and more.



**CONNECTED
ADULT ADVISORS**



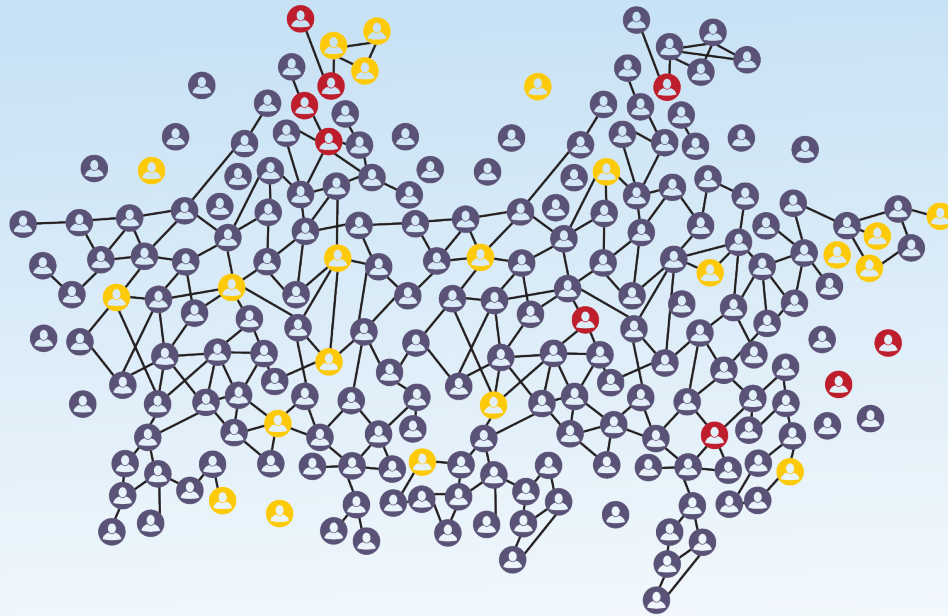
**DIVERSE PEER
LEADERS**



**STRATEGIC
MESSAGING**



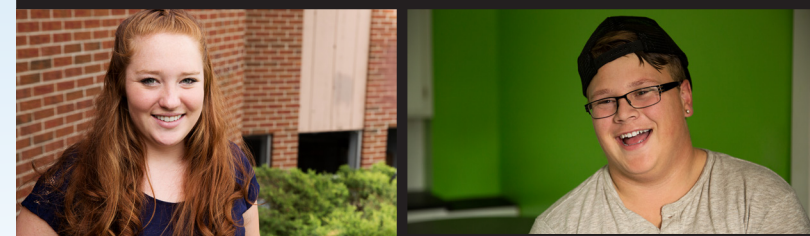
**POSITIVE
CULTURE CHANGE**



PEER LED

In the same way that a cold spreads through a classroom, attitudes, behaviors, and beliefs spread through a social network. 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. Ultimately, a Peer Leader serves as the "patient zero" of an epidemic of health, a contagion of strength, throughout their school or community.

SOURCES OF STRENGTH



**EVIDENCE-BASED,
UPSTREAM PREVENTION**

EVIDENCED-BASED

Sources of Strength is one of the most rigorously evaluated upstream prevention programs in the world. Peer Leader teams are active across the United States, Canada, Australia, and many American Indian/Alaska Native and First Nation communities. We are training new teams, in new communities, every year! While we expand, we are committed to our research partnerships that have qualified us on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) since 2012.

Program outcomes have shown:¹

- 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

Research Partnerships include:

- University of Rochester
- Stanford University
- Johns Hopkins University
- University of Manitoba
- Australian National University
- Black Dog Institute
- National Institute of Mental Health
- Centers for Disease Control

¹ Wyman, P. et. al. (2010). An outcome evaluation of the Sources of Strength suicide prevention program delivered by adolescent peer leaders in high schools. *American Journal of Public Health*, Vol. 100: 1653-1661.



SAMHSA's National Registry of Evidence-based Programs and Practices

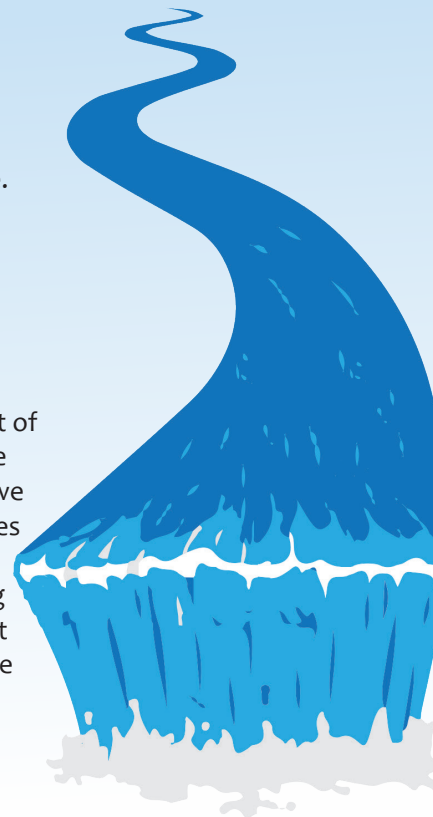
STRENGTH-BASED

Sources of Strength employs a radically strength-based approach to suicide prevention. Turning the traditional practice of identifying risk factors and warning signs on its head, Sources of Strength focuses on developing protective factors, using a model that is innovative, interactive, and radically strength-based. Using an active learning model, incorporating art, storytelling, small group sharing and games, Sources of Strength explores the eight protective factors, depicted in the wheel of strength to develop resilient individuals and communities.



UPSTREAM

Most prevention work is actually crisis-driven intervention. Our primary mission is to move upstream in the prevention cycle. We work to build resilience, increase connection, change unhealthy norms around help-seeking, break down codes of secrecy and silence, and teach healthy coping strategies to ultimately prevent the very onset of suicidality. With a comprehensive model of upstream prevention, we can impact a wide variety of issues beyond suicide alone, including substance abuse, bullying, dating violence, and truancy. We are not just committed to keeping people alive, but to helping them live healthy and full lives.



SOURCES OF STRENGTH

Mission

Our mission is to provide the highest quality evidence-based prevention for suicide, violence, bullying and substance abuse by training, supporting, and empowering both peer leaders and caring adults to impact their world through the power of connection, hope, help and strength.

Vision

We believe that many strengths are more powerful than one, and our united goal is to activate and mobilize these strengths in ways that positively change individuals and communities.

For more information, contact:

sourcesofstrength@ky.gov

Kentucky Cabinet for Health and Family Services
Department for Behavioral Health,
Developmental and Intellectual Disabilities
Division of Behavioral Health
275 E. Main Street, 4-WG
Frankfort, KY 40621



CONNECT WITH US

- 📄 sourcesofstrength.org
- ✉ contact@sourcesofstrength.org
- 📘 facebook.com/sourcesofstrength
- 🐦 [@sourcesofstrength](https://twitter.com/sourcesofstrength)
- 📷 [@sourcesofstrength](https://instagram.com/sourcesofstrength)