

# Sources of Strength Program Update

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School Board Committee of the Whole

2/2/21



# Sources of Strength

- Strength based, peer led, mental health/suicide prevention program
- Year 3 of grant funded program implementation at East and Denfeld
- Uses the power of peer mentors to increase effectiveness, support and buy in from students regarding mental well-being
- To date '20-'21
  - 56 Peer Leaders and 23 Adult Advisors trained at East
  - 29 Peer Leaders and 13 Adult Advisors trained at Denfeld
  - Large group meetings held e/o week and small interest team meetings on the off week.

# Sources of Strength

## Program Goals and Activities

- Spread strength based messaging of Hope, Help and Strength through the school community to prevent suicide, bullying and substance use.
- Use the power of peer relationships and trusted adult advisors to create a culture of normalizing help seeking behavior.
- Targeted campaigns and layered messaging
  - District Community Messaging on Mental Health
  - Get the Word Out
  - CONNECT through Synchronous Learning
  - What Helps Us