

What is Sources of Strength?

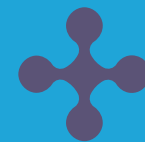
"Sources of Strength is the first suicide prevention program involving peer leaders to enhance protective factors associated with reducing suicide at the school population level." - American Journal of Public Health

Sources of Strength is the only evidence-based model that engages youth as peer leaders, and school staff as adult allies in the implementation of intentional campaigns to foster belonging, hope, and connection. Rather than a focus on reducing negative outcomes, SOS focuses on building desired states of being.



Implementation of Sources of Strength (SOS):

- Peer Leader and Adult Advisor trainings are facilitated separately and are preferably facilitated on back to back days
- Peer Leaders and Adult Advisors will develop positive messaging campaigns of hope, help, and strength that will take place throughout the school year
- All schools implementing the SOS program will have the opportunity to participate in a statewide community of practice, connecting schools from across the Commonwealth of Pennsylvania identifying successes and challenges
- Youth MOVE PA will provide ongoing support to all schools implementing SOS by offering additional training and educational opportunities

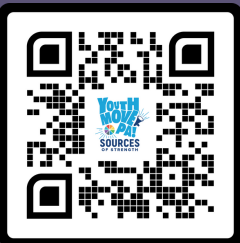


What Schools Implementing SOS Receive

- \$2000 Stipend for SOS messaging campaign material
- Ongoing technical support from Youth MOVE PA
- Ongoing technical support from SOS National Staff



Interested in bringing Sources of Strength to your middle school or high school?



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<https://youthmovepa.wildapricot.org/Sources-of-Strength>



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