

Sources of Strength

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Sources of Strength is an evidence-based program that helps prevent suicide, substance abuse, and bullying through positive social norming. The mission of Sources of Strength is “to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults” (Sources of Strength, n.d.). Sources of Strength focuses on 8 key factors to promote strength when students are experiencing difficulties, hardship, or struggle to effectively cope. The Sources of Strength curriculum promotes mentoring through family support, positive friends, mentors, healthy activities, generosity, spirituality, medical access, and mental health. Promoting strong supporters, activities, and positive caring individuals surrounding a group of students will allow students at risk to feel supported and cared about during times when they struggle most. By decreasing the amount of children that experience environments conducive to substance abuse or suicidal ideation, students can be better equipped to effectively cope and thrive. This poster presentation will outline the Sources of Strength program at UWG and in the Carrollton community as well as provide an overview of evaluation and implementation.

Discovering Sources of Strength . (n.d.). Retrieved from <https://sourcesofstrength.org/>