



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.



TRUSTED ADULTS

One of the best ways we can protect young people is for them to have caring, connected, and positive adults in their lives, and this is all the more important as our schools are closed. A Trusted Adult could be a parent, an older sibling, a relative, employer, teacher, coach, faith leader, or community member – anyone that a young person could reach out to. Through Sources of Strength, students identify, name, and connect to an adult they could go to if they were experiencing a difficult time or if a friend needed help.



[CLICK HERE
TO EMAIL
MRS. SCHMIT](#)

GETTING INVOLVED

Teachers and staff are encouraged to nominate students to be a part of Sources of Strength. You can also email Mrs. Schmit for more information. All students who join Sources of Strength will need to attend the in school training in September.

WHAT DO OUR STUDENTS THINK...

“SOS can provide a community and good coping habits to remind people they aren’t alone.”

“SOS is a great opportunity to meet new people and get engaged in the community.”

“It is a great way to get more experience with leadership and helps you to break out of your shell.”

“SOS is more than just a program! It’s a community. SOS helps students find support, spread hope, and show students that it’s okay to reach out when they’re struggling.”