

# SOURCES OF STRENGTH

GLS Youth Suicide Prevention Team  
KY Division of Behavioral Health  
Sources of Strength Program Coordinator

Date

(School Name) is pleased to participate in the project to implement the best practice *Sources of Strength* suicide prevention program in our school. This project is consistent with our goals to strengthen student-adult connectedness, enhance positive student coping behavior and reduce suicidal behavior. (School Name) agrees to participate in the *Sources of Strength* program including all phases of implementation. We understand that Sources of Strength development of teams and school climate change is a multi-year process in which the peer teams grow in effectiveness from year to year. We agree to participate and support the program in this multi-year effort.

## **The school administration will support the program with the following:**

- Select a coordinator of the program who will serve as the contact person for the state/national program team. The coordinator is also an Adult Advisor.
- Select at least three Adult Advisors who will support the coordinator and advise Peer Leaders in their activities. Selection and recruitment of Adult Advisors should be done in collaboration with Sources of Strength state and/or national team members utilizing their recommendations for [ideal Adult Advisors](#). A ratio of 1-10 Adult Advisors to Peer Leaders is highly recommended. Adult Advisors and Administrators meet with Sources of Strength staff at least twice per year to review progress.
- Review school protocol or [create a protocol](#), to ensure there will be an appropriate response to students identified with life-threatening behavior (templates provided). Ensure staff is aware of and trained in school protocol.
- Foster school buy-in: Connect with key leaders, counselors and staff to describe the program and increase awareness.
- When *Sources of Strength* training begins in our school, fully support Adult Advisors to:
  - Attend 3-5 hour training for their roles in mentoring student Peer Leaders to conduct safe suicide prevention messaging and overall coordination of the program.
  - Recruit diverse student Peer Leaders ([parent permission forms provided by Sources of Strength](#)).
  - Schedule training for Peer Leaders and Adult Advisors together (4-5 hour training).
  - Provide ongoing supervision and support of Peer Leaders to complete supportive messaging activities to youth and adults over the course of the school year. Providing time and space for Peer Leader and Adult Advisor team to regularly meet.
    - We agree to continue meeting with our peer leaders at least 2x a month for the first 3-4 months after the initial training for the purpose of planning and delivering a variety of Hope, Help, and Strength messaging activities to other students. We will find time and space for the peer leaders to meet, plan, and deliver their messaging.
    - We agree to support the peer leaders in providing Safe Messaging, Sources of Strength core messaging, and messages with positive social norms: and will guide students away from sad, shock, trauma based messages.

## **Sources of Strength state/national teams will provide:**

- Certified training for (a) Adult Advisors in mentoring student Peer Leaders to conduct safe suicide prevention messaging, and (b) Peer Leader training in leveraging their social networks to create positive school climate change.
- Technical assistance from Sources of Strength to implement the full program with fidelity to the best practice model. Assist in planning for program sustainability.

[Name]

[Signature]