

Sources of Strength Program

HCHD Youth Suicide Prevention Plan

Student Peer Leaders Wanted

Howard County students in grades 9-12
during the 2019-2020 school year

- Create positive social change through an interactive peer leadership program
- Use your voice, and social influence to prevent suicide
- Volunteer to participate or be recruited by someone in the community (a teacher, coach, or youth group leader)
- Recruitment period: September 4 - October 4, 2019

Visit the [TeenHealthMatters](#) website for detailed information.

SOURCES OF STRENGTH PROGRAM

Sources of Strength is a best-practice youth suicide prevention project. Student peer leaders and adult advisors design and share *Hope, Help and Strength*-based messages with youth in the community to prevent suicide, bullying and substance use.

HOW does *Sources of Strength* work?

- Creates an interactive peer leadership program that influences positive social change
- Empowers students to create networks of connection and resiliency
- Increases help-seeking behaviors
- Promotes positive connections between peer leaders and adults

WHY become a *Sources of Strength* peer leader?

- Builds leadership skills, interpersonal skills, and student connections
- Use your voice, and social influence to prevent suicide

WHO is *Sources of Strength* for?

- Howard County students in grades 9-12 during the 2019-2020 school year
- Students can volunteer to participate or recruited by someone in the community--such as a teacher, coach, or youth group leader (Recruitment forms available at www.teenhealthmatters.org/get-involved)

WHAT is the time commitment to participate?

- Students selected for the program participate in a mandatory kick-off training in November 2019 (4-5 hours)
- Monthly 2-hour meetings will be held November 2019 – June 2020

WHEN is the program offered?

- Student peer leader recruitment is from September 4, 2019 - October 4, 2019
- Selections for the peer leader team will be finalized by October 11, 2019
- Peer leaders must attend the initial training on November 1, 2019

SOURCES OF STRENGTH PROGRAM

2019-2020 Peer Leader Meeting Schedule

Description	Date/Time	Location
Kick-off Event & Mandatory Peer Leadership Training; <i>Lunch provided</i>	Friday, 11/1/19 12:00 - 5:00PM <i>(Schools close 3 hours early)</i>	Oliver's Carriage House 5410 Leaf Treader Way Columbia, MD 21044
November 2019 meeting	Monday, 11/4/19 6:00 – 8:00PM	The Barn 5853 Robert Oliver Pl. Columbia, MD 21045
December 2019 meeting	Monday, 12/2/19 6:00-8:00PM	The Barn
January 2020 meeting	Monday, 1/6/20 6:00-8:00PM	The Barn
February 2020 meeting	Monday, 2/3/20 6:00-8:00PM	The Barn
March 2020 meeting	Monday, 3/2/20 6:00-8:00PM	The Barn
April 2020 meeting	Date TBD 6:00-8:00PM	The Barn
May 2020 meeting	Monday, 5/4/20 6:00-8:00PM	The Barn
June 2020 meeting	Monday, 6/1/20 6:00-8:00PM	The Barn

Dinner will be provided at all monthly meetings from 6:00-6:30 p.m.

For more information or to get involved, contact Kayla Blasher at
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