



Peer Approaches for School-based and Community Wide Suicide Prevention

The Sources of Strength Model

Mark LoMurray

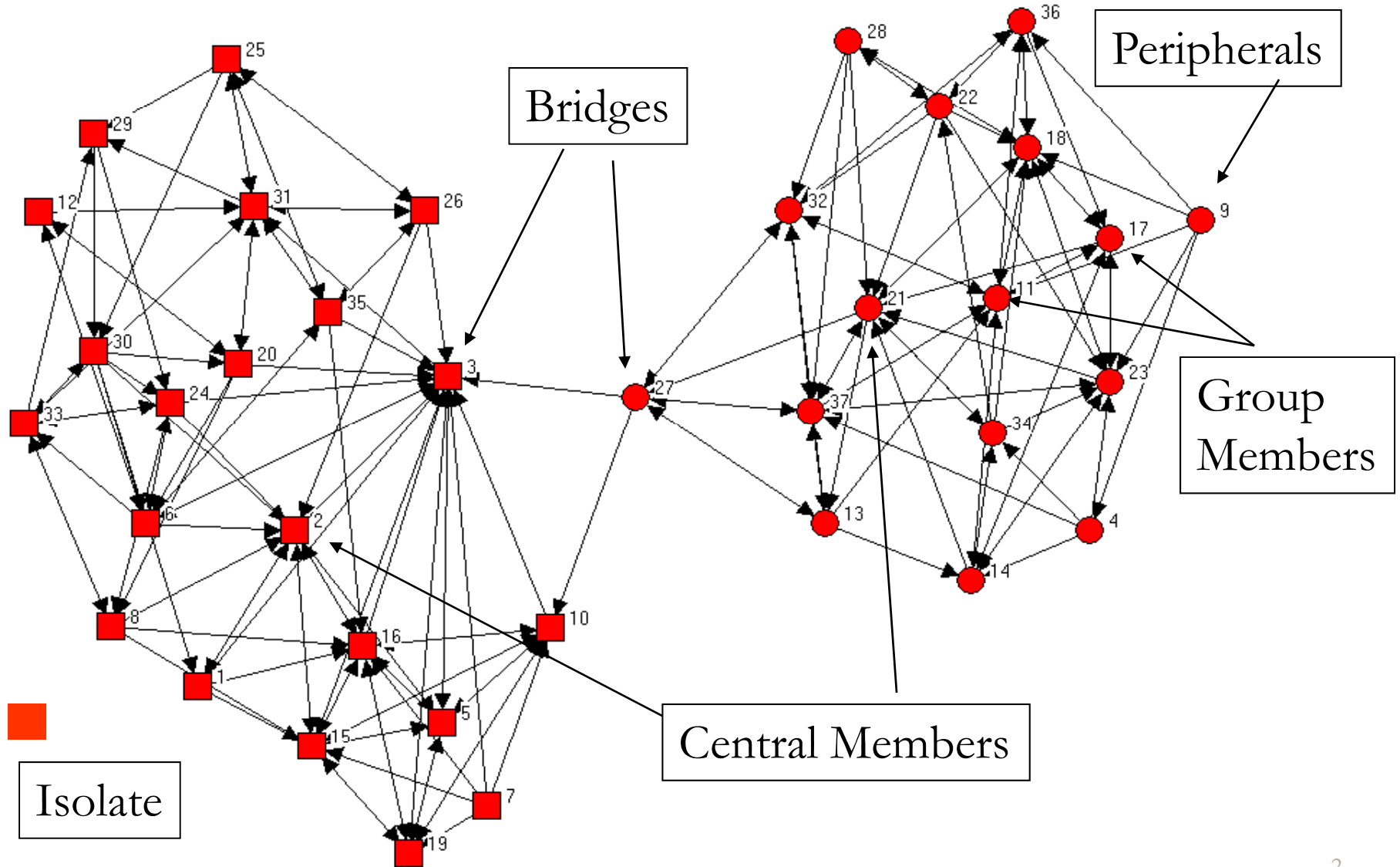
Director

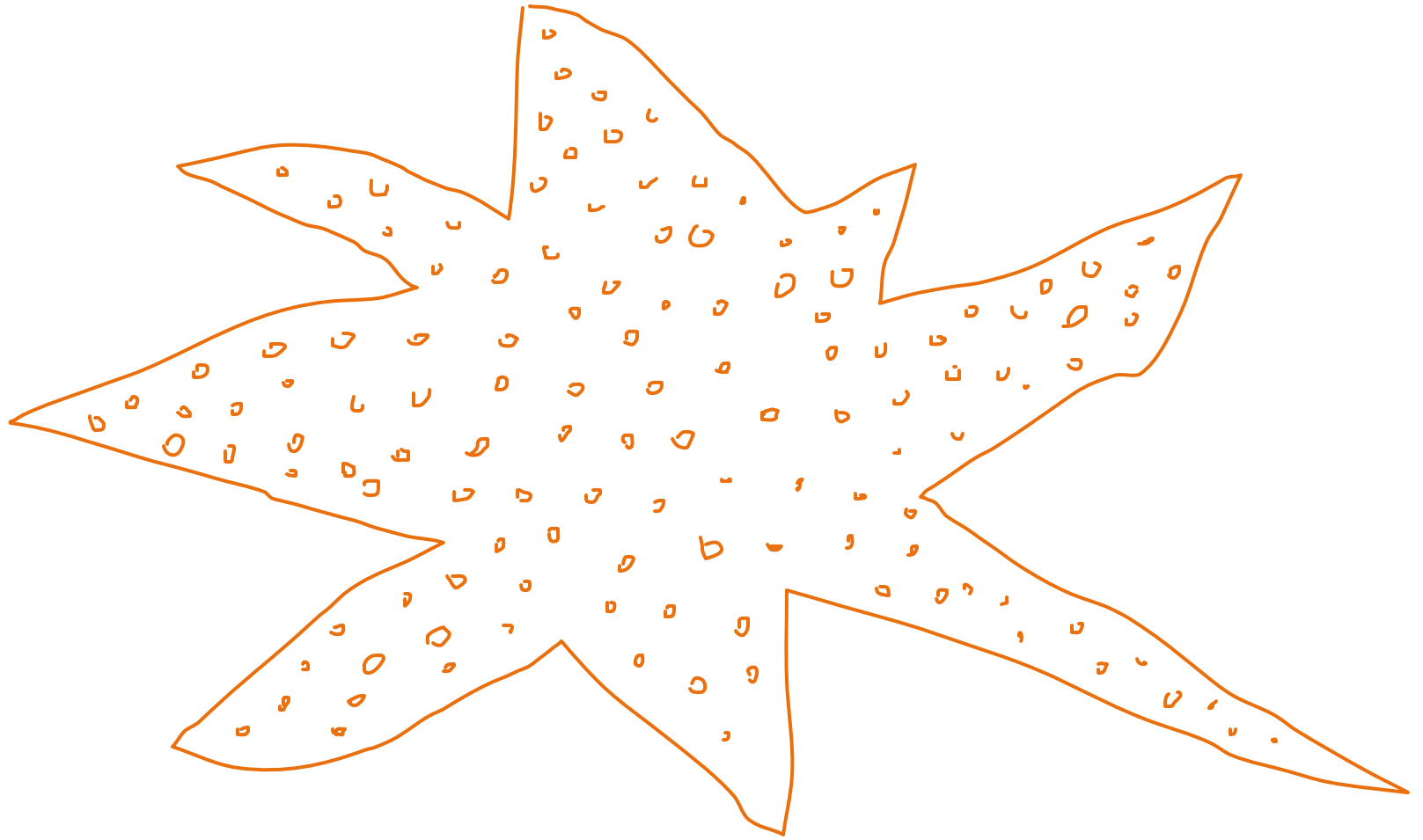
701-471-7186

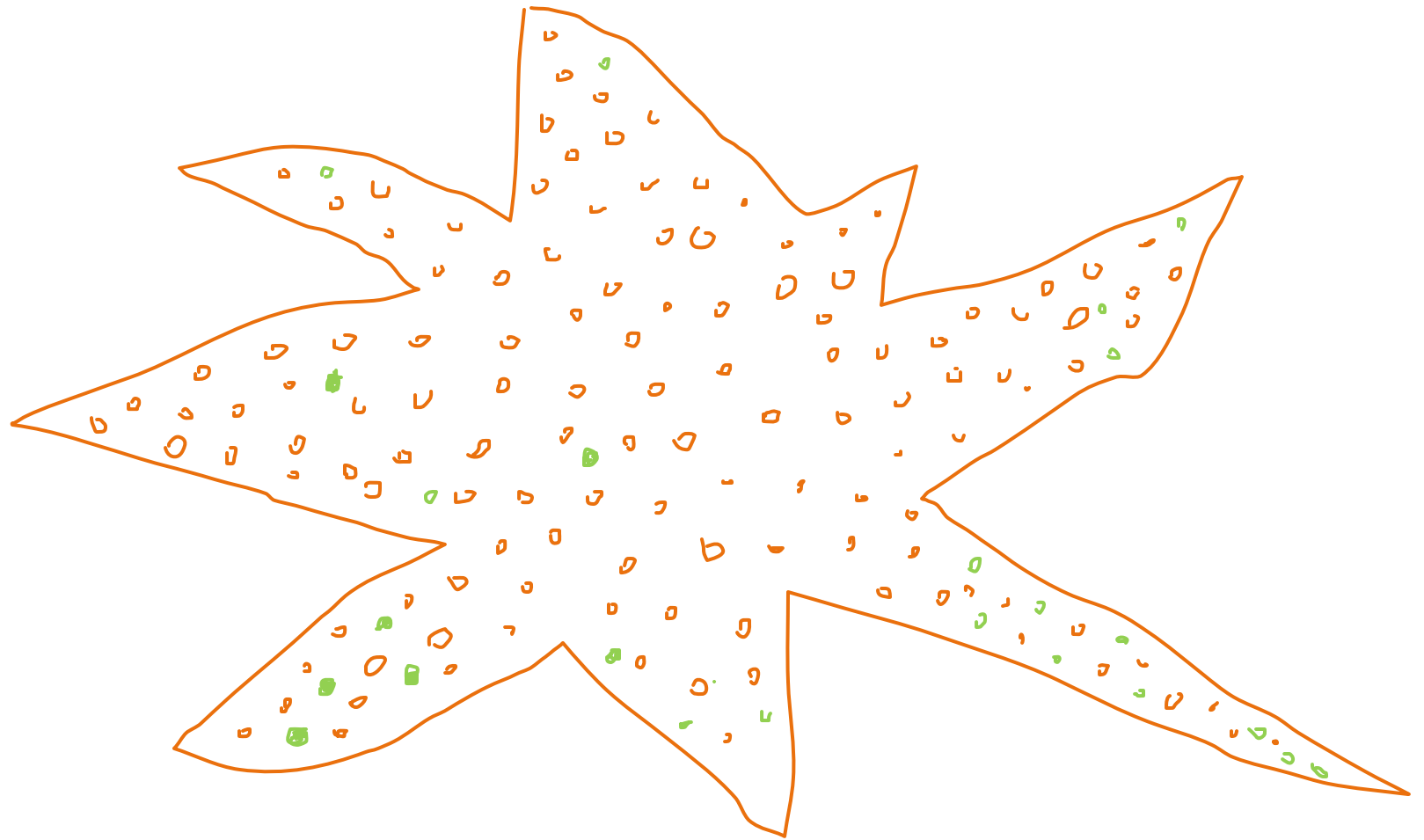
marklomurray@gmail.com



Network Positions

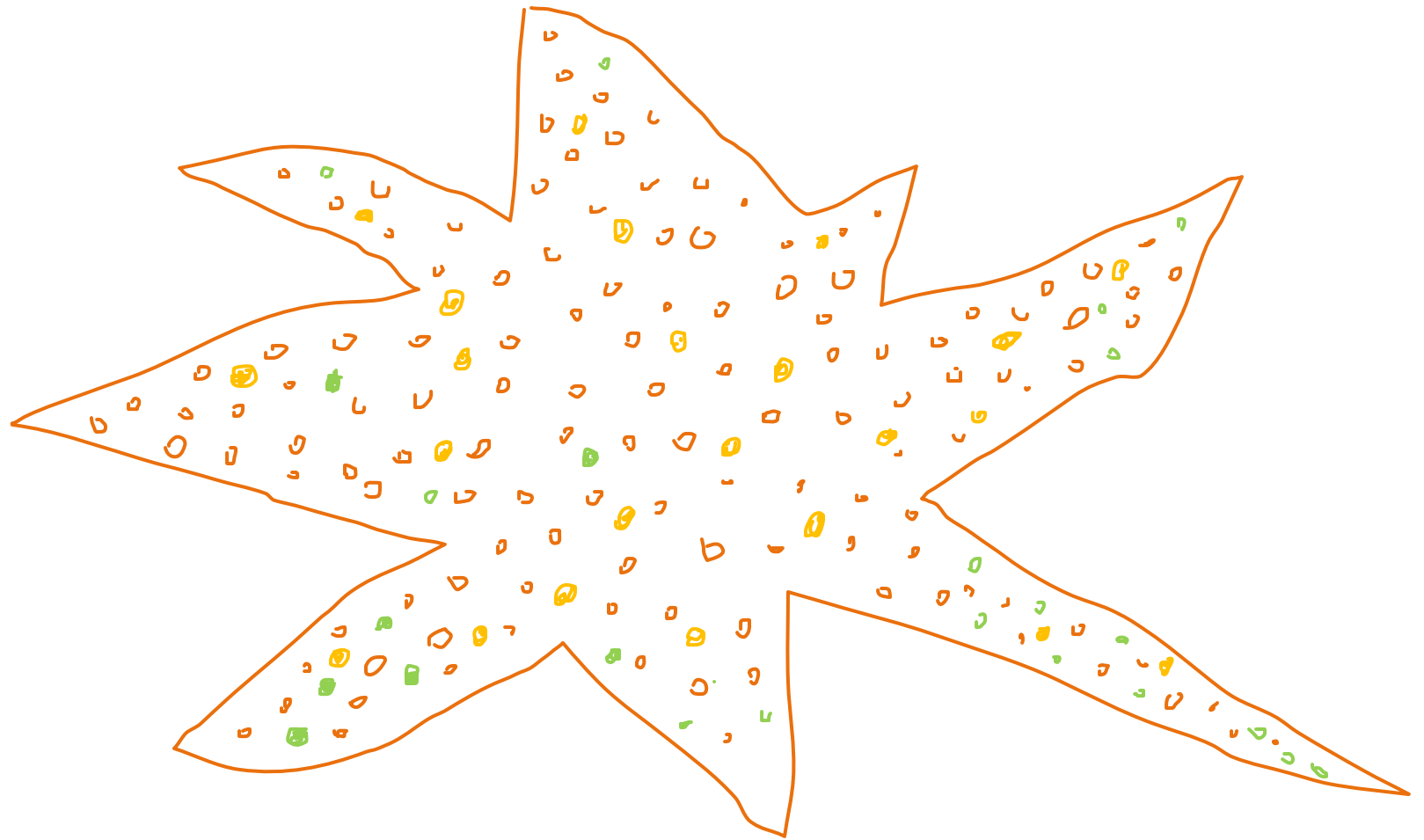


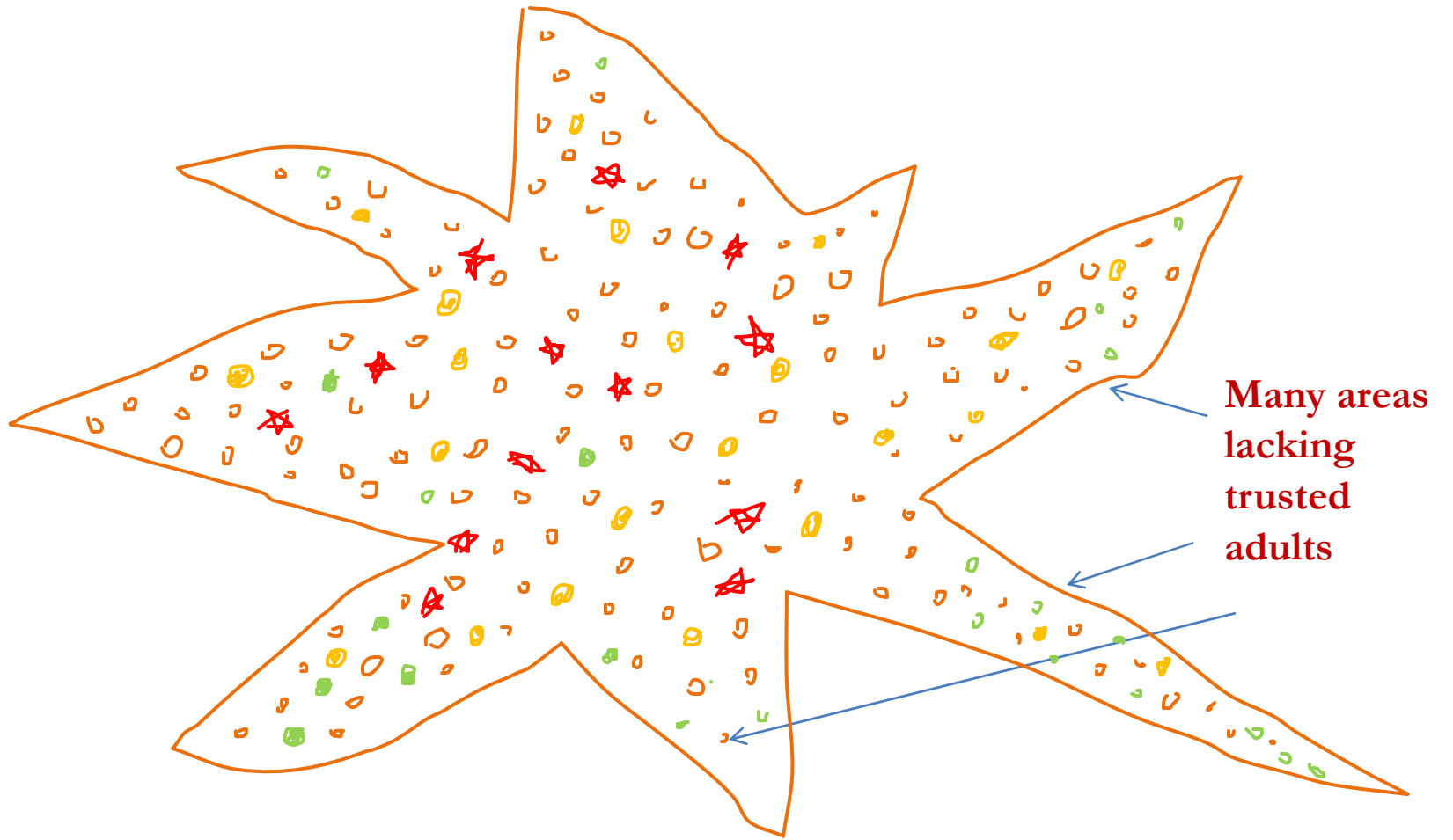




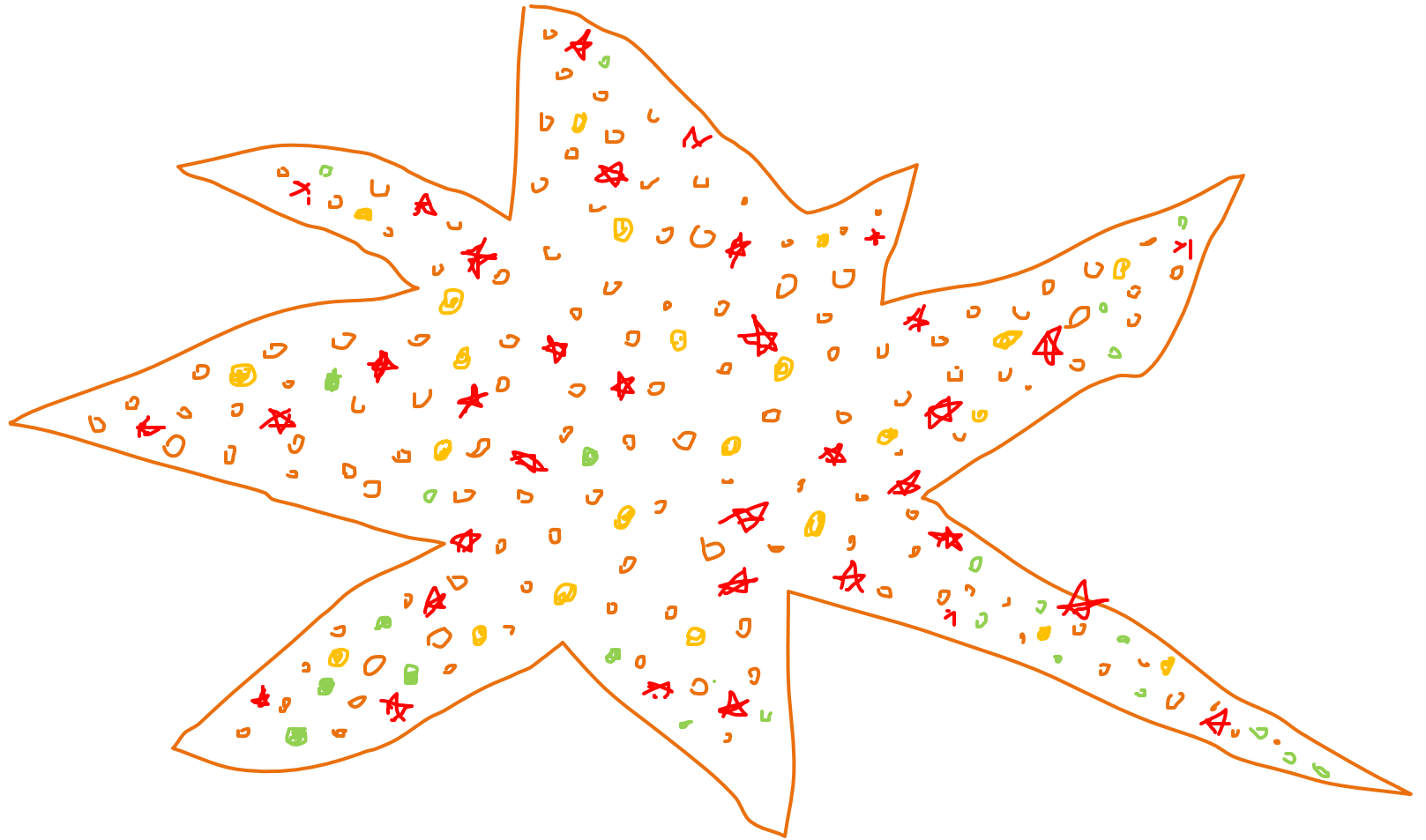
Youth who attempt suicide are harder to reach

- They are much less likely to have trusting relations with adults
- They have fewer friends
- Those friends they have are likely to feel positive towards suicide





Many areas
lacking
trusted
adults



Connections Model: Expands A Surveillance Model



Gatekeeper Training – Screening
Focus on Warning Signs

Identify and Refer

Mental Health
Treatment

Sources of Strength



A Connections Model

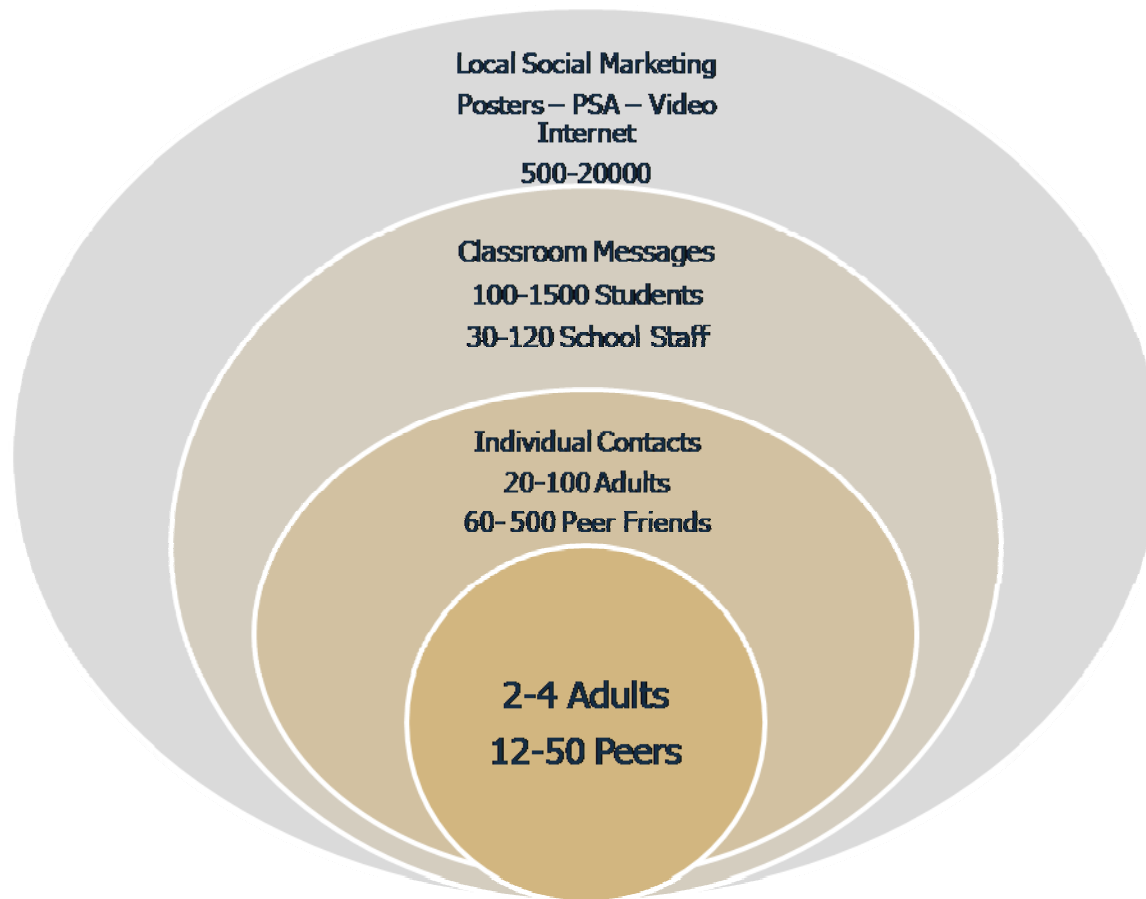
Sources of Strength

- A focus on developing multiple sources of support
- A strength-focused approach
- Bring peers and adults together for prevention power
- Use peer connections to change peer social norms about adult help seeking, strengths
- Spread Hope, Help, Strength messages, not stories of trauma – local faces and voices

Sources of Strength Process

- Awareness Phase -Engage leaders/ administrators
- Review protocol
- Identify and train key adult advisors (2-6 hr)
- Train school or community staff (20 m – 1.5 hr)
- Recruit peer leaders
- Train peer leaders with adult advisors (3-4 hr)
- Peer leaders with adult support begin 5 action steps and HOPE, HELP, STRENGTH MESSAGING (3-5 months)

Prevention Power in Rural Connections

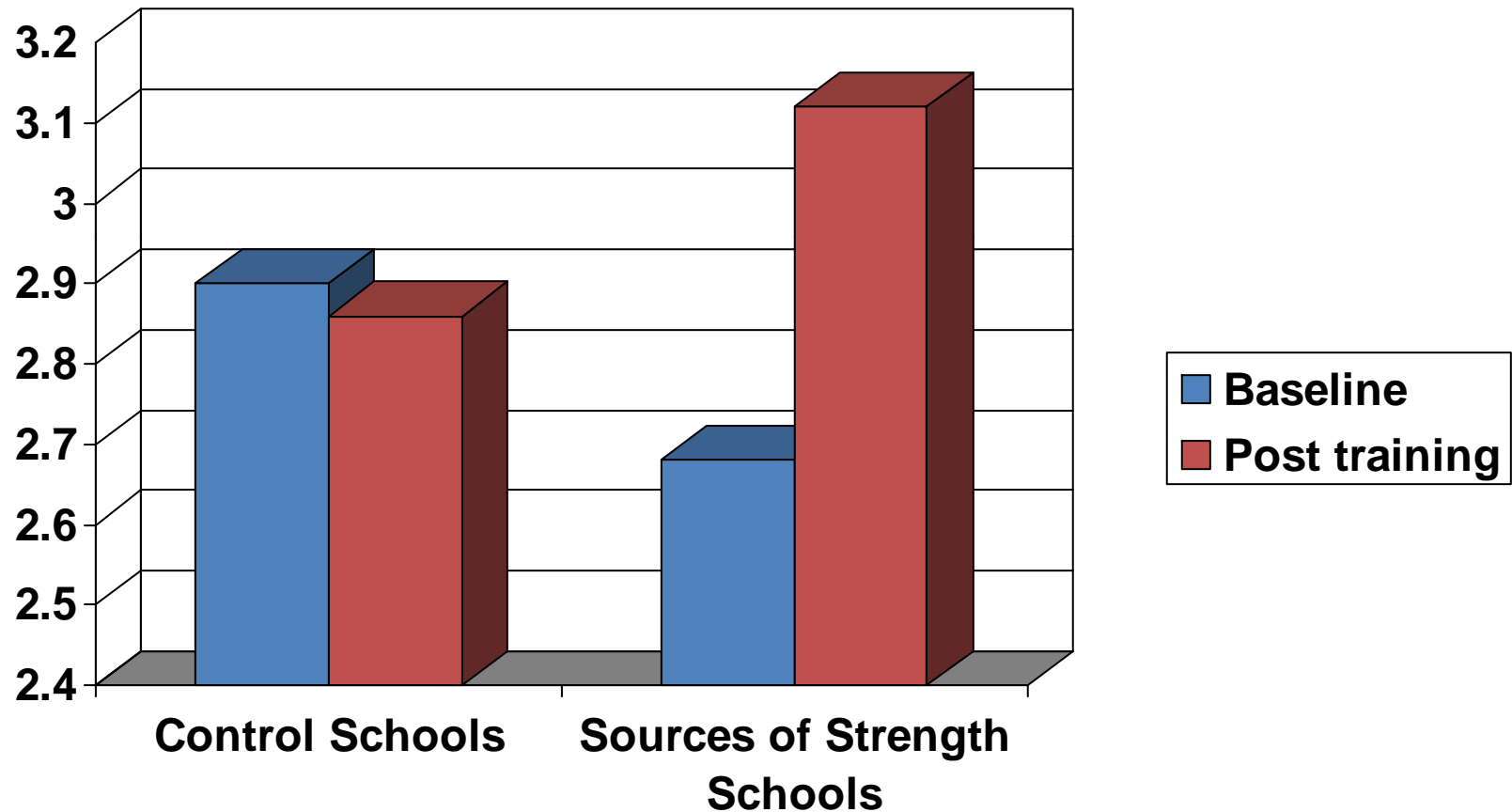




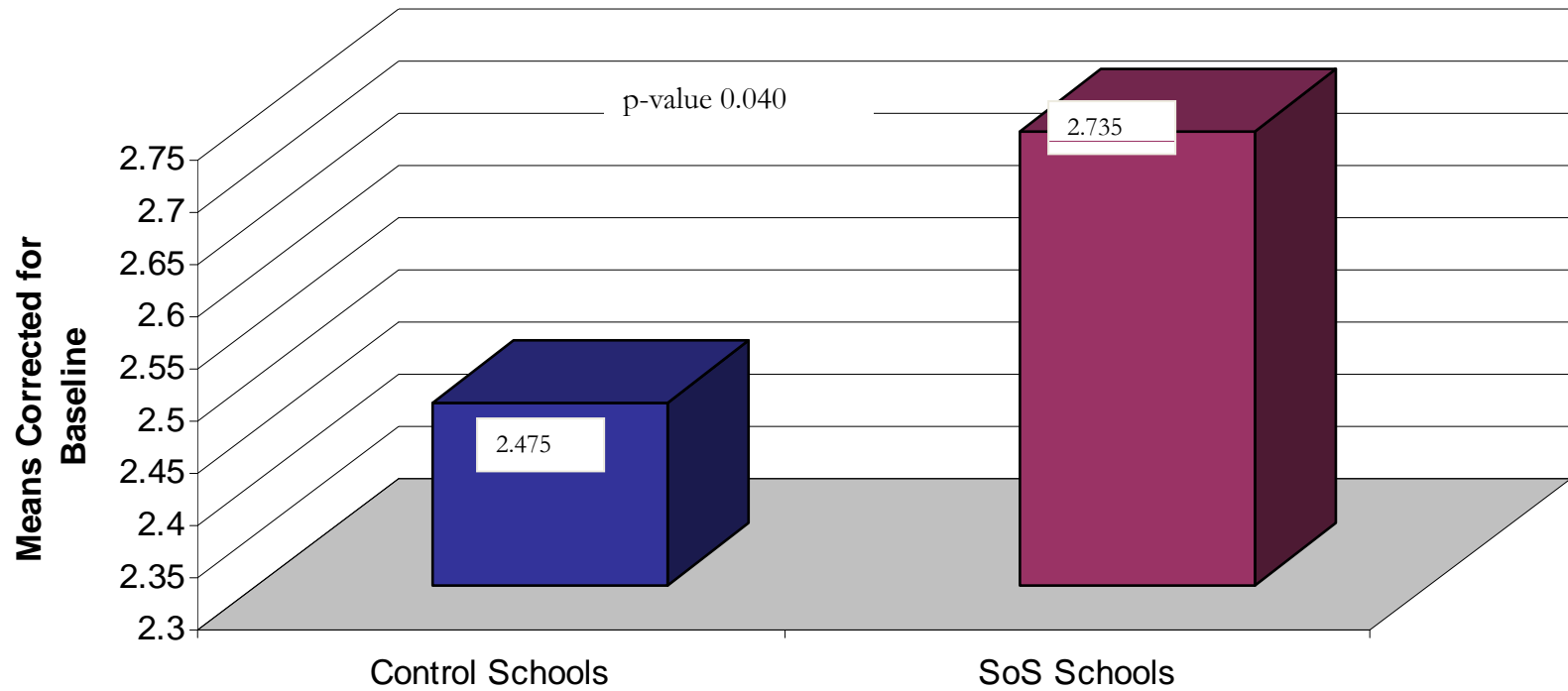
As part of Action Step 2 all students at Perry HS, NY are naming their Trusted Adults and forming a growing circle of trust

Sometimes...
you feel so alone.

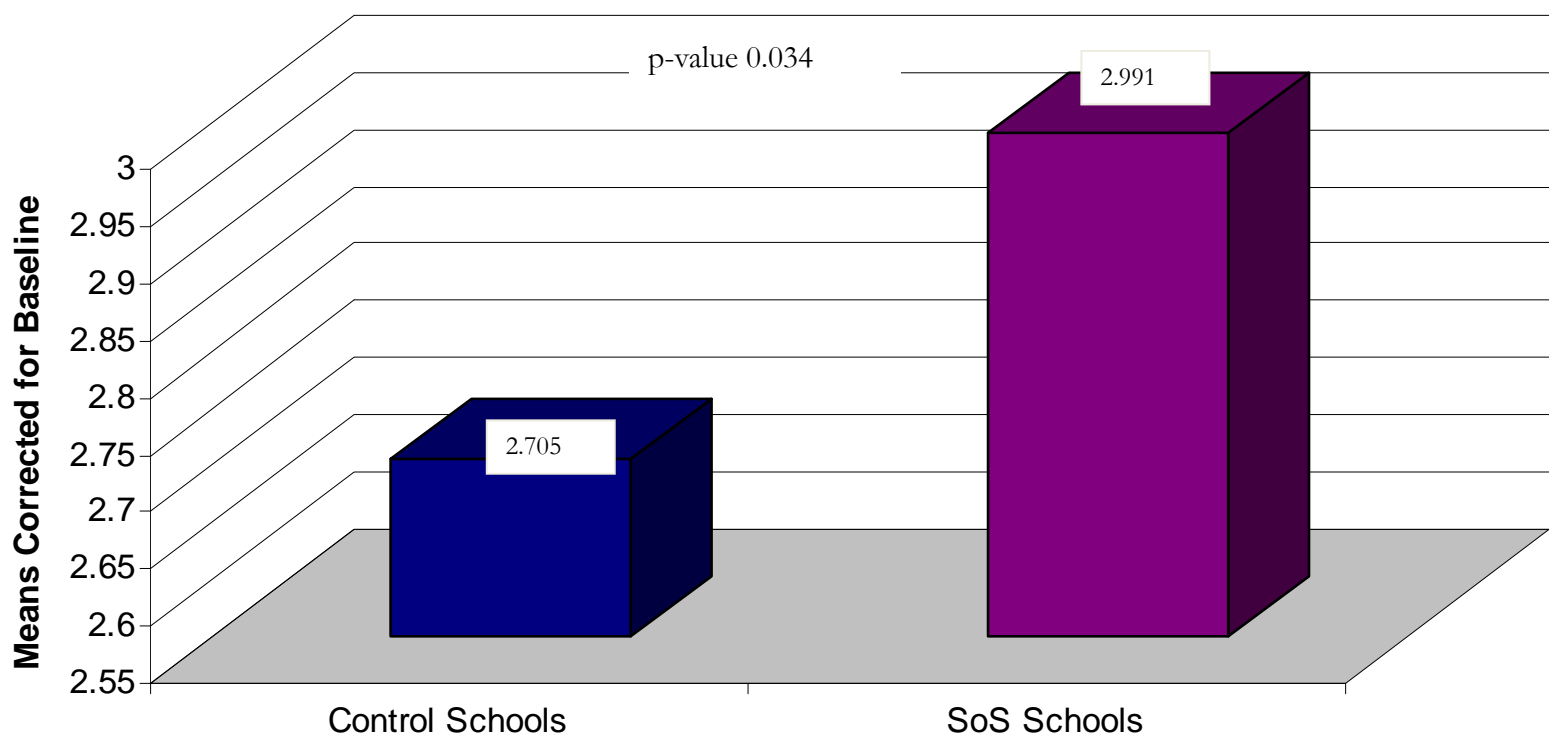
Help-Seeking Norms of Peer Leaders increased by training ($p < .05$) in Cobb County GA, North Dakota and NY



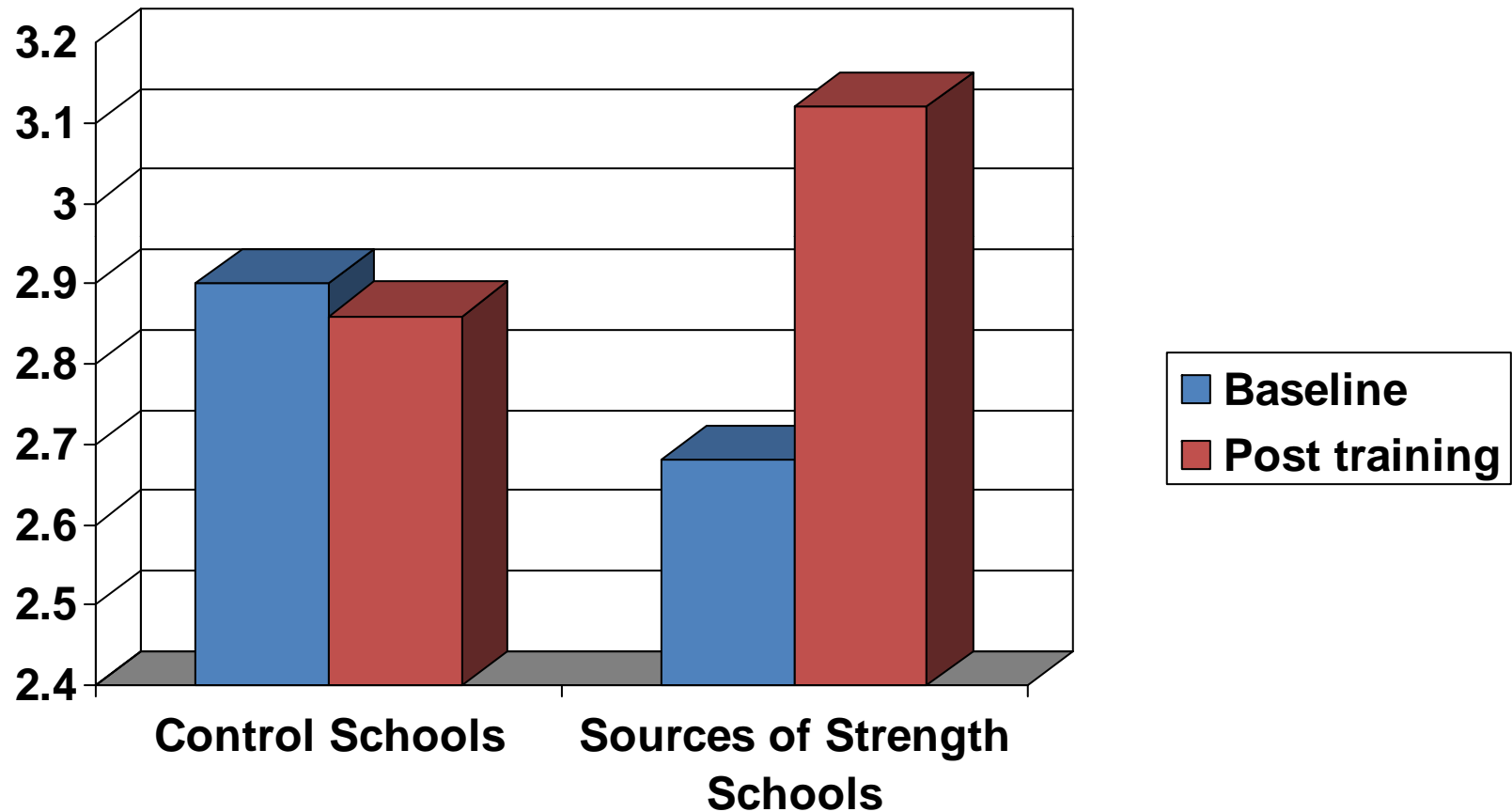
**Acceptability of Student Help Seeking from Adults:
Significantly Higher in High School Populations after *Sources of Strength* Training (4-months of messaging)**



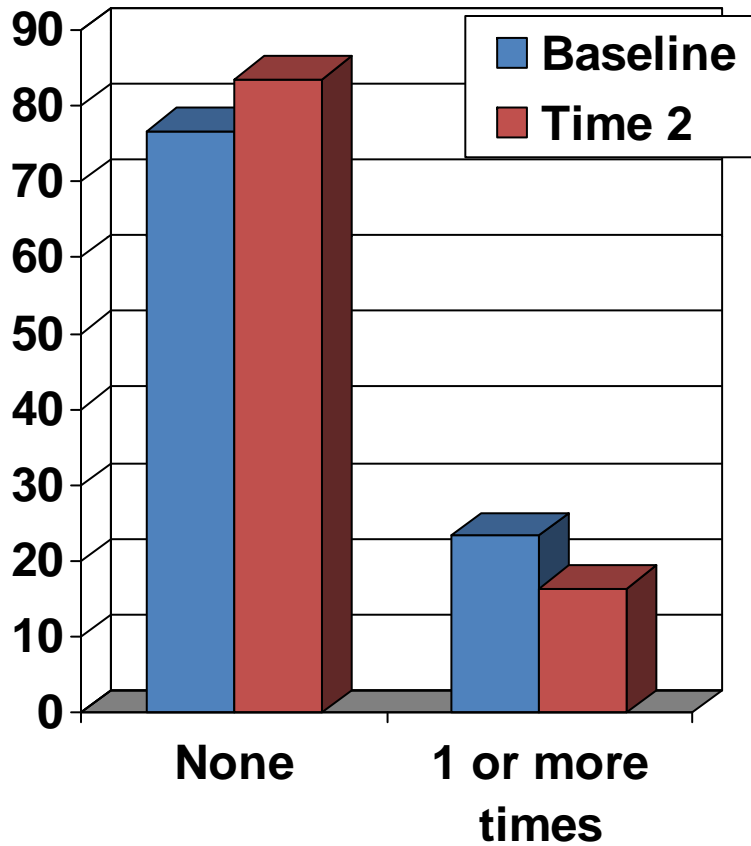
Expectations that Adults at School Help Suicidal Youth:
Significantly Higher in High School Populations after *Sources of Strength* Training (4-months of messaging)



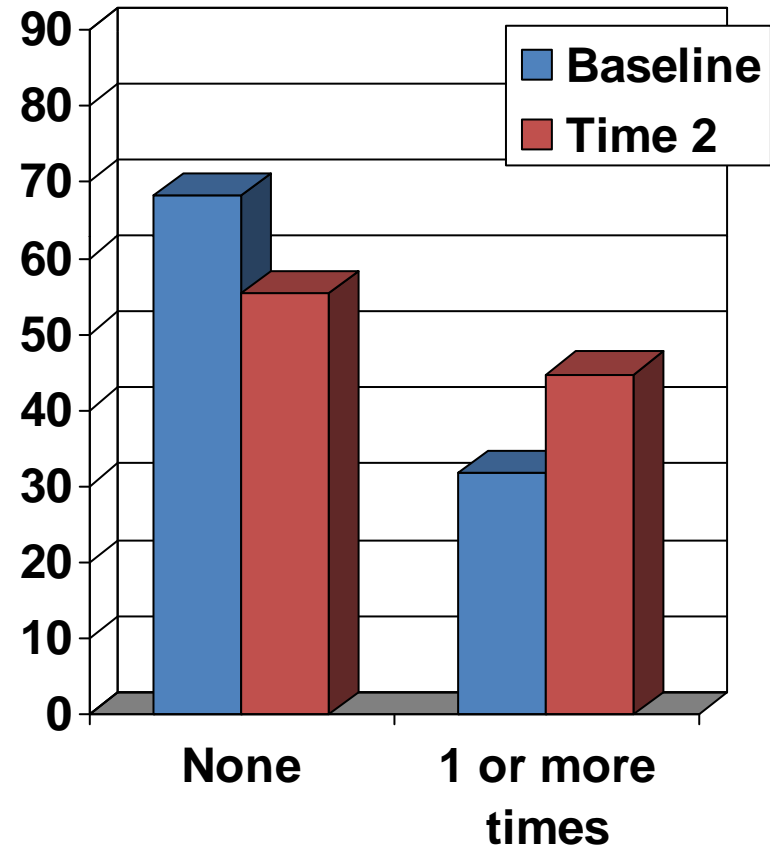
Help-Seeking Norms increased by training ($p < .05$)



Referred a Suicidal Peer to Adults: 2-fold increase by training (p<.05)



Control Schools



Sources of Strength Schools

Expectations that Adults Help Suicidal Youth:
Largest Increase for Students in Population with Suicide Ideation Histories after Sources
of Strength Training

Four months after Sources of Strength training teens with suicide ideation histories were comparable to non-suicidal teens in control schools

