

Sources of Strength



KPBSD School Board Presentation May 6, 2024

Sources of Strength

Sources of Strength (SOS) is a strength-based upstream suicide prevention program with shown effectiveness in both preventative upstream and intervention outcomes.

SOS utilizes the power of peer social networks to speak messages of Hope, Help and Strength throughout entire communities. SOS is peer led, but students are not trained to be “junior psychologists, or peer counselors: SOS empowers students to leverage their social influence as an agent of change in their school.





SOURCES
OF STRENGTH

SOS Sites in KPBSD

Homer Flex

Kenai Alt

Kenai Middle School

Nikiski Middle and High School

Ninilchik

Soldotna High School

Skyview Middle



Homer Flex and Ninilchik Peer Leader Training



Peer Leader Training - Central Pen - September, 2023



"Real generosity is doing something nice for someone who will never find out." ~Frank A. Clark~



Bathroom Stall Flyers to teach about different parts of the wheel-- example from Generosity week!



loving
Caring
esteem
Family
good

KPBSD posts flyers as a community service. Such posting does not constitute an endorsement for or against the materials and viewpoints expressed in them.



Ninilchik SOS - Mattea Peters AA



Working on our circle of strengths schoolwide wall display. All students will have the opportunity to write in their own strengths on color cards corresponding to different slices of the wheel!



Kenai Alternative - SOS Team Building Activity

Students attended the peer leader training in September SOS students supported KMS color run and a vaping cessation discussion

“They did participate in the vaping session and did a great job of sharing their experiences and struggles with vaping. I was really proud of their honesty and willingness to participate.”
Shannon Dosko, Adult Advisor K Alt

COLOR RUN

FUN=CONNECTION

You are the source of strength for our school! So many people and places in our community care and contribute to these fun activities because you matter.

Kenai Middle School





“If I Can” Chris Koch

Motivational Speaker



**Join us at
Kenai Middle**
Everyone is welcome!
**Jan. 22nd @
10 am**

**Presented by KMS
Sources of Strength
We are the equity,
rooted in 100%
community.**



CHRIS KOCH **“IF I CAN”**

RAVE DANCE

Coming again Friday, May 3rd from
7pm-9pm

Open to all grades

\$5 admission + bring money for
extra glow swag, snacks, tattoos,
face paint and hair tinsel

Live DJ!





Nikiski - Clover Campaign



Easter Egg Encouragement Event

Sources of Strength Funding

The KPBSD Sources of Strength Program is funded entirely by competitive grants such as the Suicide Awareness Prevention-Postvention (SAPP); Spirit of Youth and GCI Suicide Community Prevention Grants. Without this funding, KPBSD would not have Suicide Prevention programming in schools.

