

Sources of Strength™: Cohort Eight Application

Youth suicide is a critical issue in Idaho. According to the Centers for Disease Control (CDC), in 2015, Idaho ranked 8th in the nation for number of completed suicides per capita for youth up to age 24. Suicide is the second leading cause of death for youth in Idaho.

In the last five years (2012-2016), Idaho has lost 105 school-aged (ages 6–18 years old) children to suicide. Twenty-seven of those children were age 14 or younger.

The 2017 Youth Risk Behavior Survey reveals that suicidal thoughts and behaviors are a serious problem among Idaho high school students: One in every **five** Idaho high school students has seriously **considered** suicide, one in **six** has made a suicide **plan** and one in every **10** has made a suicide **attempt**.

In 2016 the Idaho legislature funded ongoing suicide prevention efforts throughout the state of Idaho by establishing the Suicide Prevention Program in the Department of Health and Welfare's Public Health Division. The Idaho Lives Project was a beneficiary of these state funds and continues its core mission to prevent youth suicides with the Sources of Strength™ program. The Project focuses on training school staff and community adults in effectively responding to at-risk youth, equipping students to reach out to trusted adults when peers exhibit suicidal tendencies as well as fostering connectedness and capability strategies within school communities.



Why Sources of Strength™? The Sources of Strength™ program is one of the most rigorously researched suicide prevention programs in the country and takes an innovative, upstream approach to prevention by focusing on strengths, resiliency and connectedness rather than primarily focusing on risk factors, warning signs and stories of trauma.

This evidence-based program, centered on hope, help and strength, is based on a relational connections model that uses teams of peer leaders mentored by adult advisors to change peer social norms about help seeking and encourages students to individually assess and develop strengths in their own lives that counter a range of problems including bullying, substance abuse, mental health, and violence.

Sources of Strength™ is NOT a peer counseling program.

The Idaho Lives Project is pleased to offer the opportunity for schools to apply for participation in the Project's eighth cohort for the 2018 – 2019 school year. Below is information about applying followed by the application.

Idaho Lives Project: Implementing Sources of Strength™ in Schools

NOTE: This application is for training during the first semester of the 2018 – 2019 school year.

Participating school benefits

- Sources of Strength™ training, licensing & materials provided to the school
- Suicide prevention gatekeeper training for all school personnel and school community members
- Stipend for Sources of Strength™ activities (\$2,400 – a one-time stipend that may be carried over)
- Sources of Strength™ annual license renewal and booster training the following year
- Ongoing technical assistance from Sources of Strength™ and the Idaho Lives Project

Eligibility

- This project is for Idaho public middle/junior and senior high schools
- Elementary schools and virtual/digital schools are **ineligible** to apply for this program
- Schools previously receiving the Sources of Strength™ grant from the Idaho Lives Project will need to provide an explanation of why the program wasn't successful in a previous grant cycle and justification for a repeat grant including a detailed plan for how they will sustain the program in the future.

Participating school requirements

- Participate in two 1-hour webinars. The first webinar will occur spring of 2018, the second early in the first semester of the 2018-2019 school year.
- Commit to training by providing a location for, and involving **all** school personnel in a 2-hour suicide prevention gatekeeper training and Sources of Strength™ overview. This is a fundamental condition of participation in the Project. We will work with you to ensure that this training will fit your schedule.
- Identify and support four to eight (depending on school size) adult advisors who have high relational connectivity with students. Adult advisors will participate in one 4-hour training and another 6-hour training for adult advisors and peer leaders. Adult advisors will facilitate ongoing Sources of Strength™ activities with school peer leader teams (approx. 4 staff hours per month).
- Assist Sources of Strength™ and the Idaho Lives Project with evaluation components and other data collection on an annual basis going forward.
- Nominate student peer leader teams and allow them to conduct messaging activities.
- Obtain active parental consent for student participation and keep parents informed when they request information about the program.

Selection

- The Idaho Lives Project will determine readiness based on the information provided in this application.
- Applications are scored based on merit of the application.

It is **HIGHLY** recommended that interested applicants visit the Sources of Strength™ website for more detailed information about the program at <http://sourcesofstrength.org>.

To apply to participate in this project, please complete the following application and submit it electronically in **MS Word format** to Jennifer Dickey at jdickey@idaholives.org

Application Deadline EOD Friday, March 2, 2018

For questions or more information including application guidance, visit www.idaholives.org or contact Jennifer Dickey at jdickey@idaholives.org

Idaho Lives Project: School Application for Sources of Strength™ - Cohort 8

School Information

SCHOOL NAME:

DISTRICT NAME & NO.:

SCHOOL MAILING ADDRESS:

SIZE OF STUDENT BODY:

School Administrator Information

NAME:

EMAIL:

PHONE #:

Project Contact Person (if different from administrator)

NAME:

TITLE:

EMAIL:

PHONE #:

Person filling out application (if different from project contact)

NAME:

TITLE:

EMAIL:

PHONE #:

I have obtained approval from my school administrator to apply for this program:

Yes No Pending

Narrative

Please respond to all questions below. The narrative section (responses to questions 1-5 collectively) **must be limited** to three (3) typed pages in no smaller than 11 pt. font. **Please clearly number your responses.**

1. Please describe your school's need for the program and why your school is a good fit for the Sources of Strength™ Program.
2. Please describe any existing programs within the school and/or any community partnerships which address student personal/social issues. If you have none, describe any existing or past programs which would speak to your school's ability to manage and sustain this program.
3. Please describe your school's ability to provide and leverage support for the successful implementation and sustainability of the program. Discuss how will your school handle staff turnover to ensure continuation of this program?

4. So that we may form a clear idea of the needs of special populations within your school beyond the percentages provided for sub populations below, please describe these needs. Include information on ethnic diversity, socio-economic status, LEP, students of military families, students who are foster children, students of incarcerated parents, students identifying as LGBT, students of refugee families, students with disabilities, or any other relevant factors relating to special populations.
5. Give your best estimate of the likelihood that the staff member at your school identified to lead the Sources of Strength™ program and the current principal supporting this application will remain in these roles at this school for the next three years. This will help us gauge program stability.

For questions 6-10, please provide estimates where actual numbers are not known.

Mark estimates with "est."

6. Number of completed suicides among students, school personnel or others whose suicides significantly affected the school or school community in the:

2017-18 school year:	in which month(s)?:
2016-17 school year:	in which month(s)?:

7. Number of incidents of student suicide ideation:

2017-18 school year:	
2016-17 school year:	

8. Number of bullying/harassment incidents:

2017-18 school year:	
2016-17 school year:	

9. Race - Provide the racial profile of the student body by percentage:

Hispanic:	Asian:
White:	American Indian:
Black:	Reporting 2 or more races:
Pacific Islander:	

10. Special populations by percentage:

Percentage of LEP students:	Percentage of homeless students:
Percentage of students in foster care:	Percentage of refugee students:
Percentage of students identifying at lesbian, gay, bisexual or transgendered (LGBT):	
Percentage of students qualifying for free and reduced lunch:	