RAISING RESILIENT TEEN



WELCOME!



Starting STRONG

BV well
POWERED BY BVEF

HELPING YOUR CHILD REGULATE, CONNECT, AND THRIVE

OCT 15TH

6:00 PM



DR. LORI DESAUTELS

APPLIED EDUCATIONAL NEUROSCIENCE

LEARN MORE AND REGISTER AT

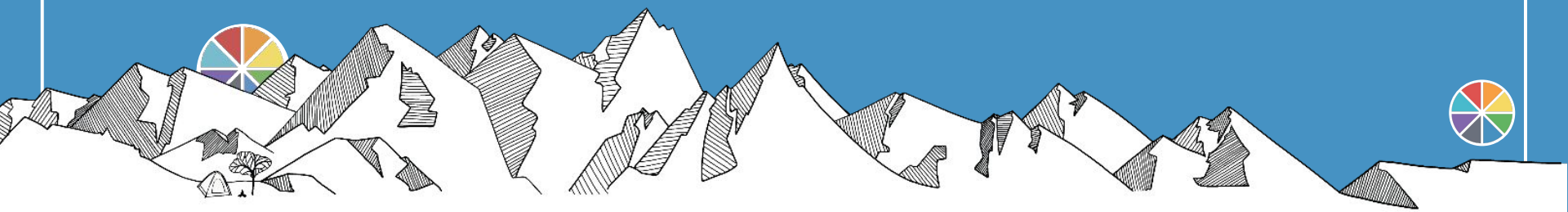
FUNDBV.ORG/BVWELL

QUESTIONS?

SUBMIT USING THE QR CODE AT YOUR TABLE



SOURCES
OF STRENGTH



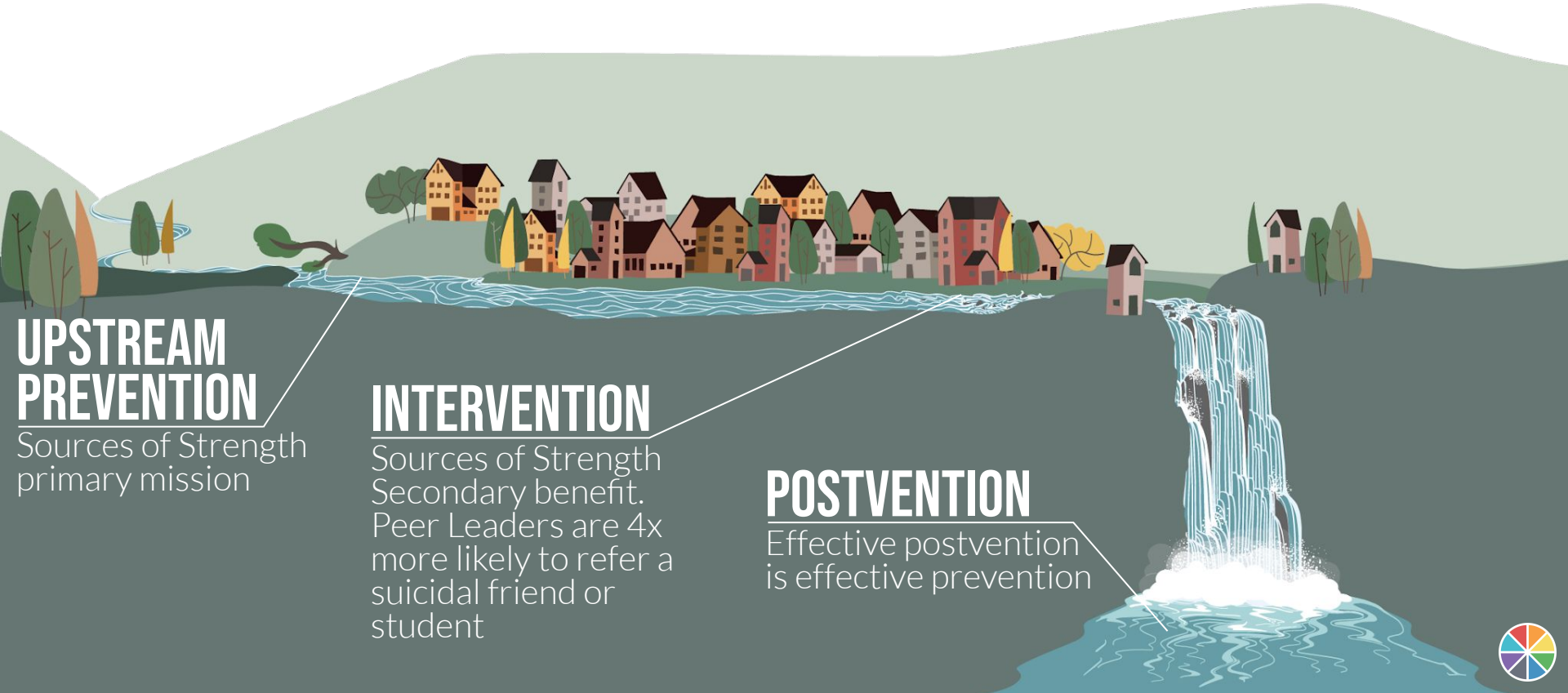
PLAN FOR OUR TIME TOGETHER

- Sources of Strength Approach
- Shift in Mindset
- Research & Evidence
- Unpack Strengths
- Family Takeaways





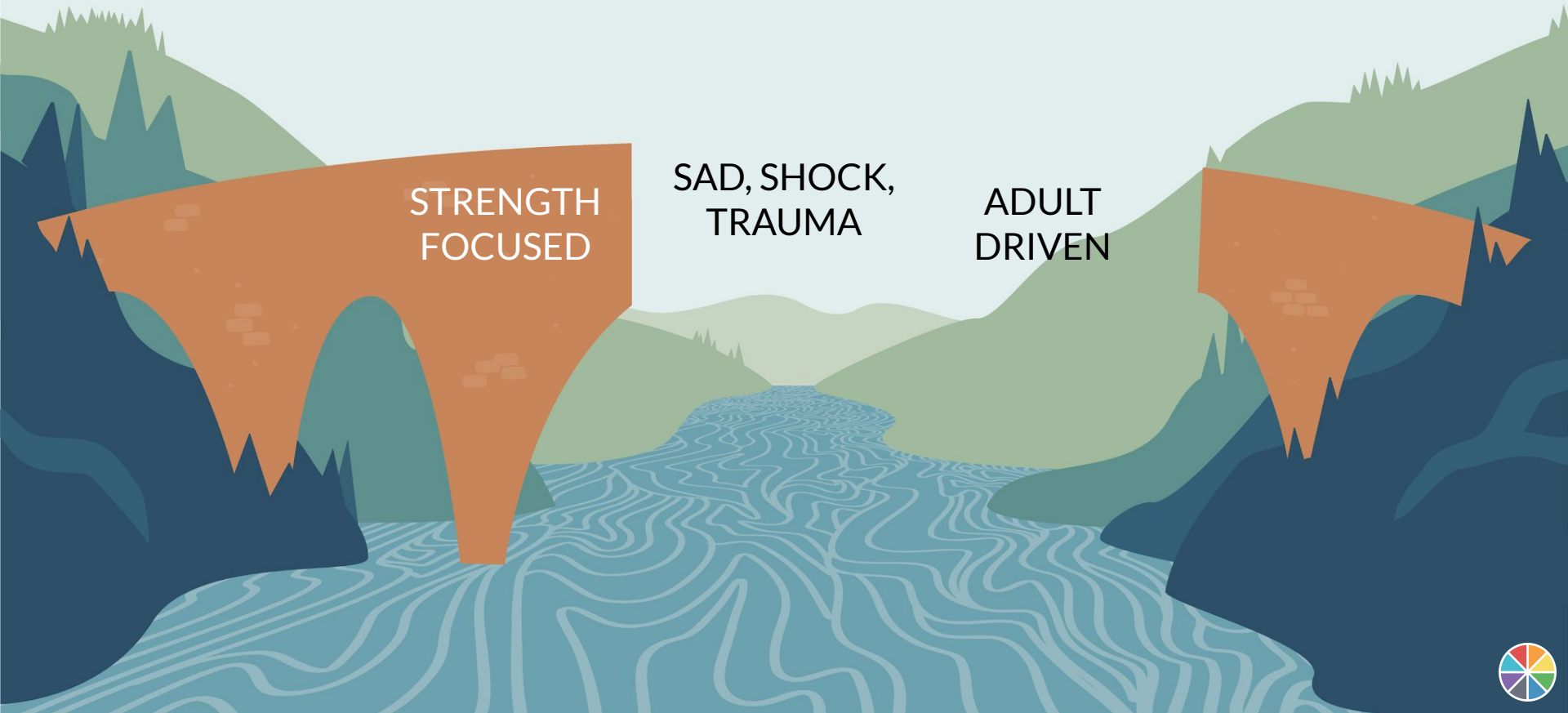
UPSTREAM PREVENTION



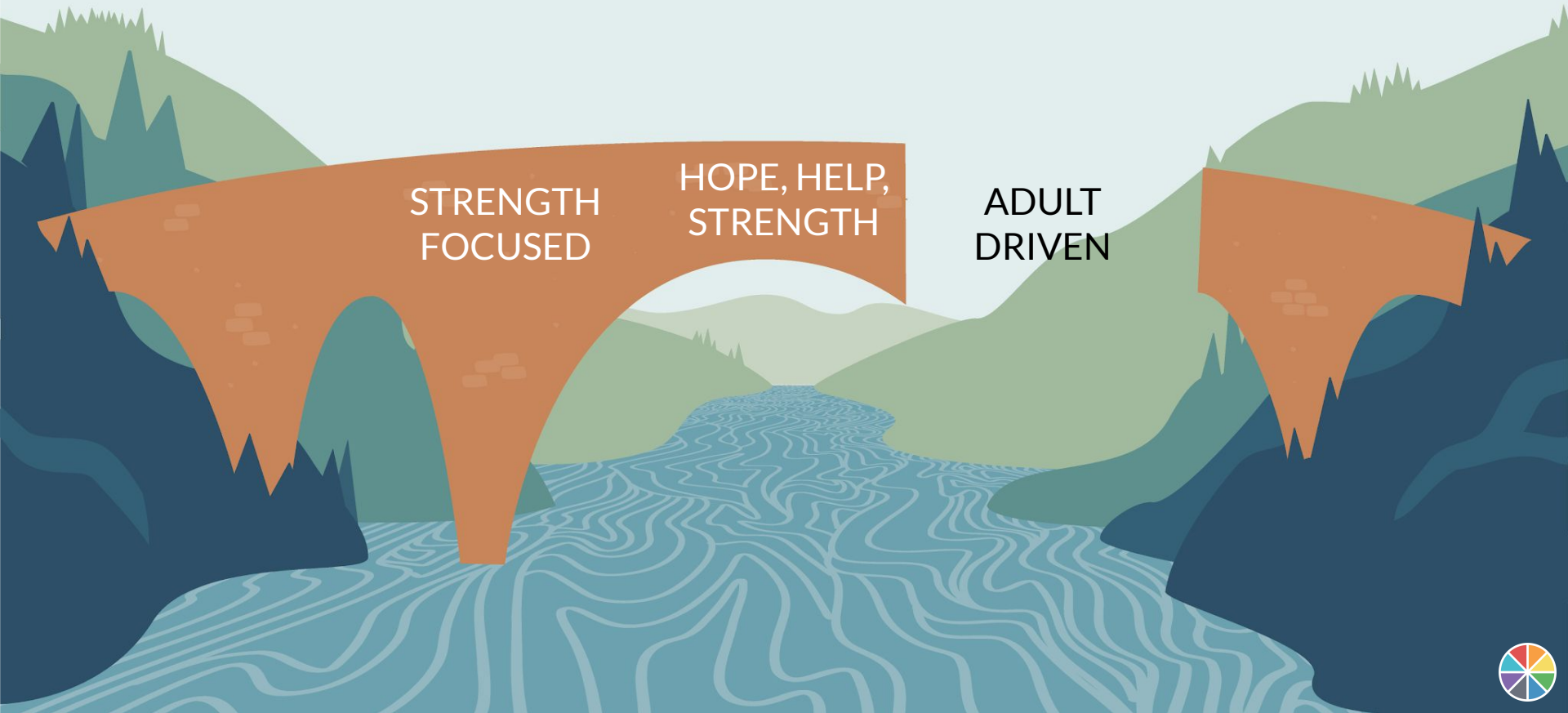
BRIDGING THE GAPS IN PREVENTION



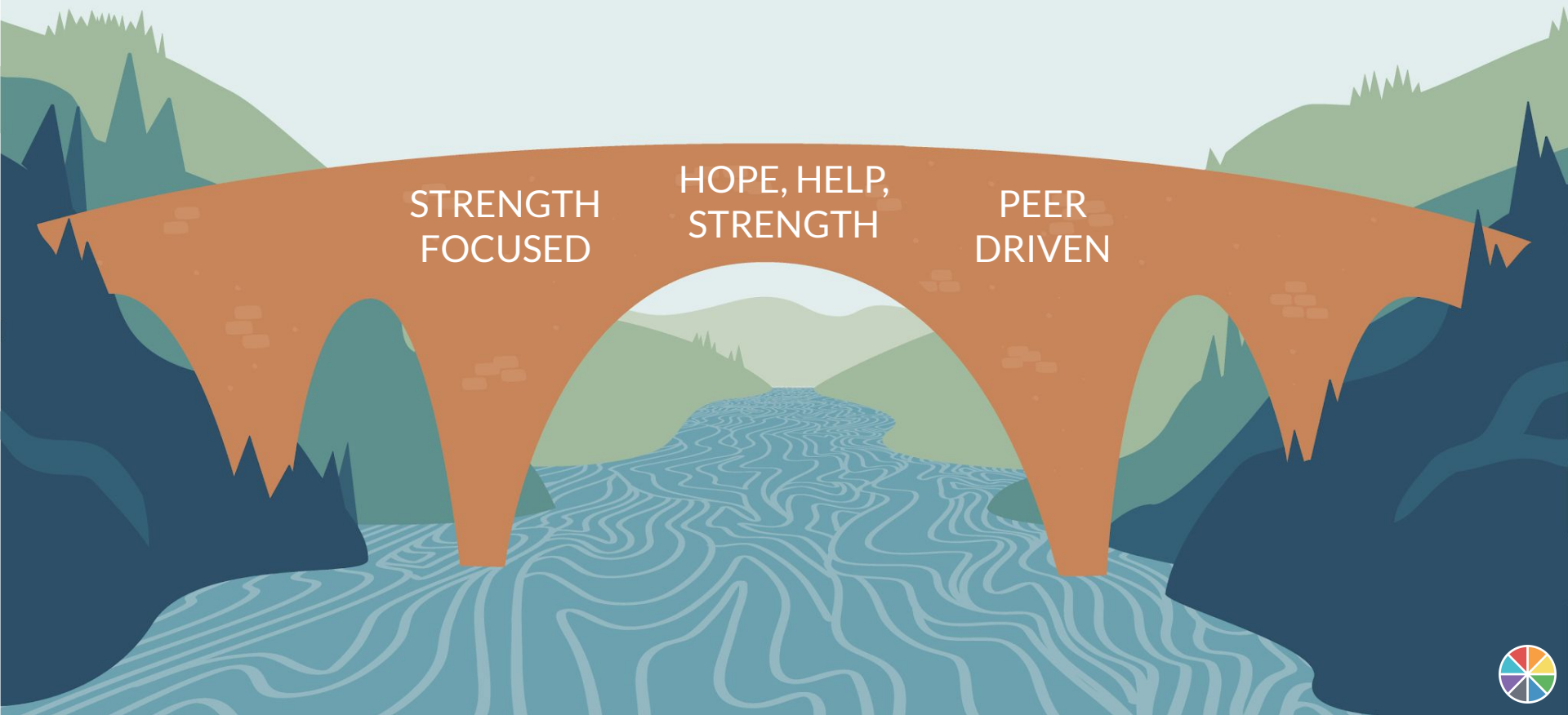
BRIDGING THE GAPS IN PREVENTION



BRIDGING THE GAPS IN PREVENTION



BRIDGING THE GAPS IN PREVENTION



RESEARCH PARTNERSHIPS

COLORADO
Department of Public Health & Environment

UNIVERSITY of ROCHESTER MEDICAL CENTER

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

University of Manitoba

Australian National University

Stanford University

NIH National Institute of Mental Health

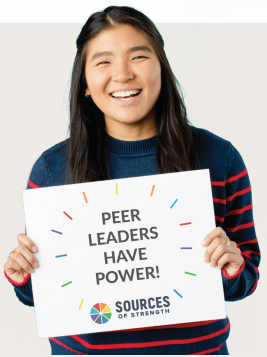
COLORADO STATE UNIVERSITY

QUESTIONS



EVIDENCE-BASED IMPACT OF SOURCES OF STRENGTH

Three Randomized Control Trials, spanning over a decade: 40k student years of program exposure



Peer Leaders can shift population-level health norms associated with reducing suicide risk

American Journal of Public Health, 2010



First universal intervention to show reduction in youth suicide mortality through an RCT

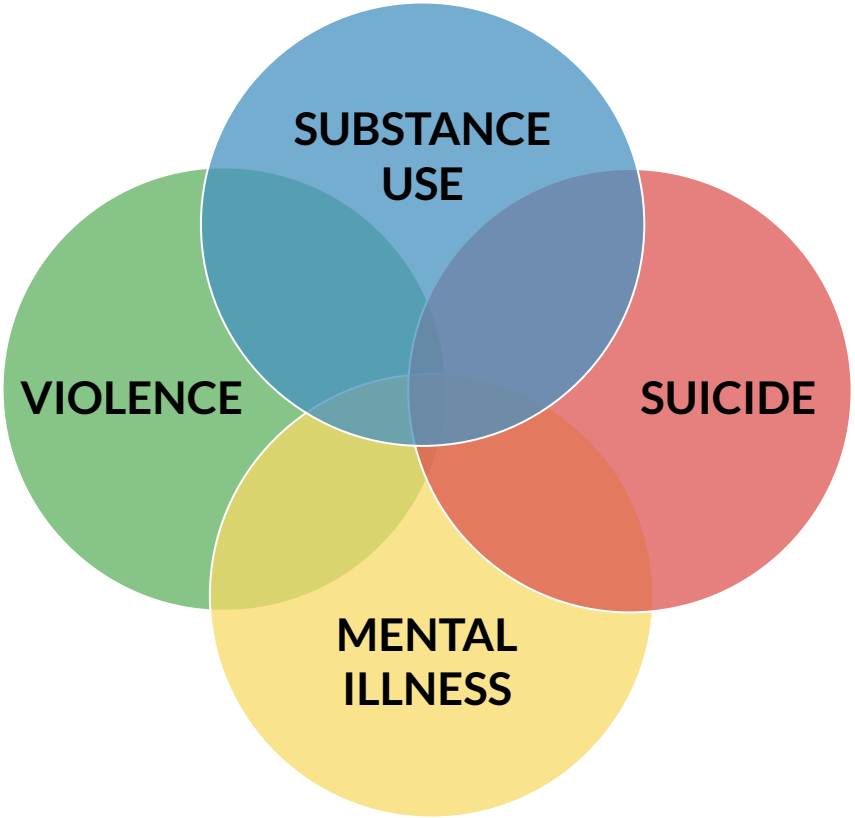
Journal of Injury Prevention, 2023



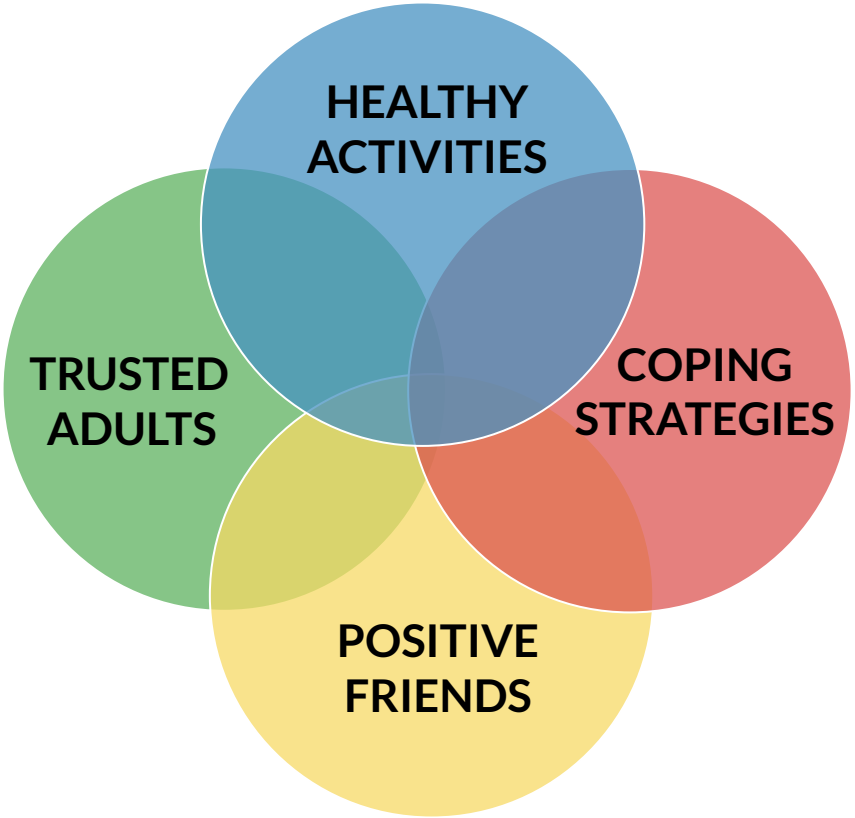
Demonstrated 29% reduction in the overall odds of new suicide attempts

American Journal of Preventative Medicine, 2025

INTERCONNECTED RISK AND PROTECTIVE FACTORS



INTERCONNECTED RISK AND PROTECTIVE FACTORS



WHAT GIVES YOU STRENGTH?





FAMILY SUPPORT

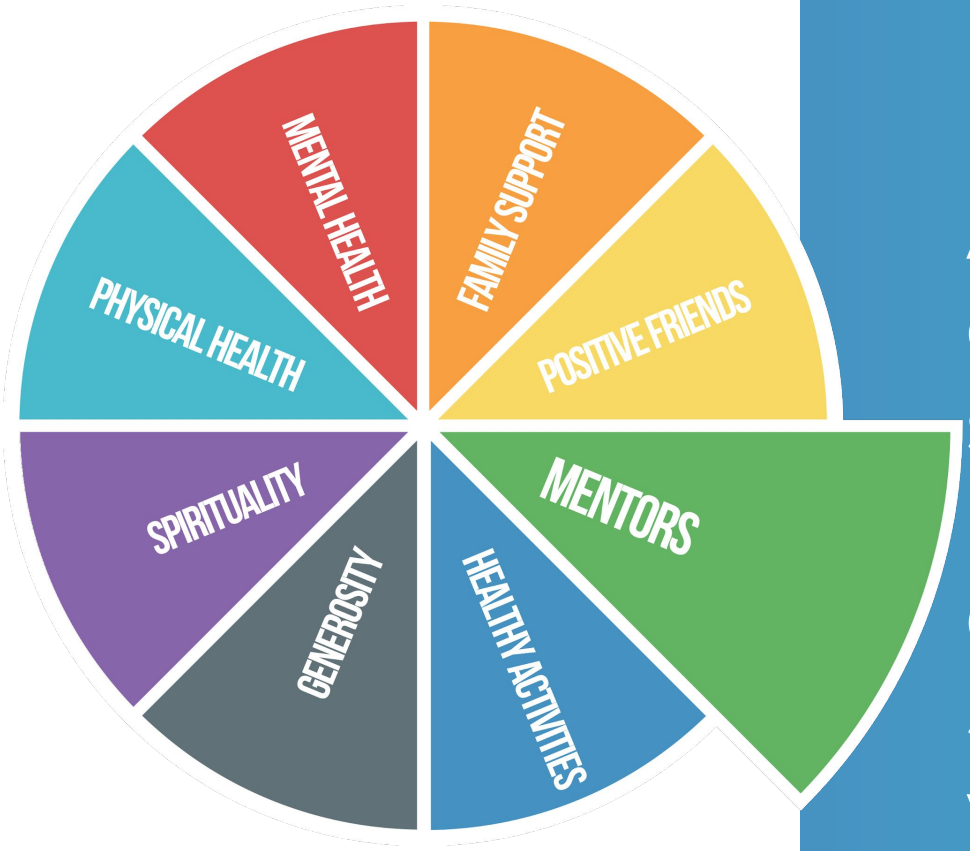
Whether related to us by blood, or by choice, these are the people who support, nurture, and care for us.

POSITIVE FRIENDS

Positive Friends lift us up, make us laugh, are honest with us, and are there for us when we need them.



MENTORS



A Mentor is an experienced person who shares their insight to help guide us and help us draw on our own Strengths to be the best version of ourselves.

WE ALL NEED A PERSON

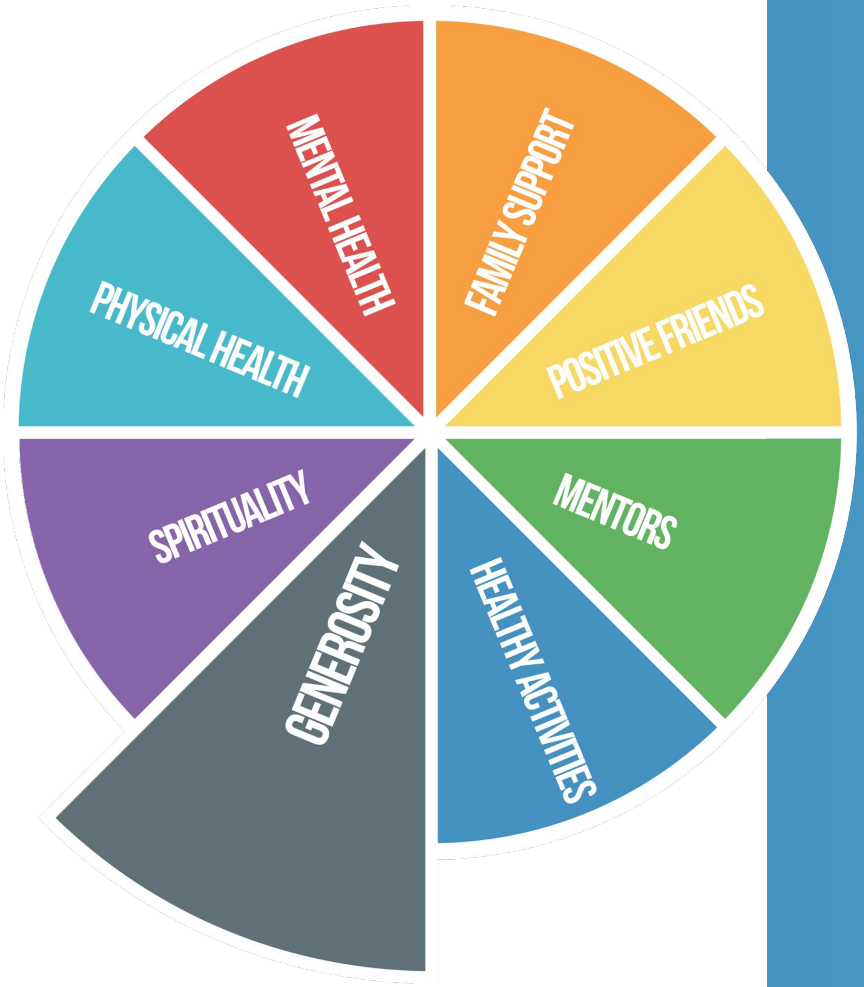
Snap-Clap-Stomp

QUESTIONS

HEALTHY ACTIVITIES

When we feel stressed, Healthy Activities - whether they are social, physical, or emotional - help us unwind, lift our mood, and gain clarity.



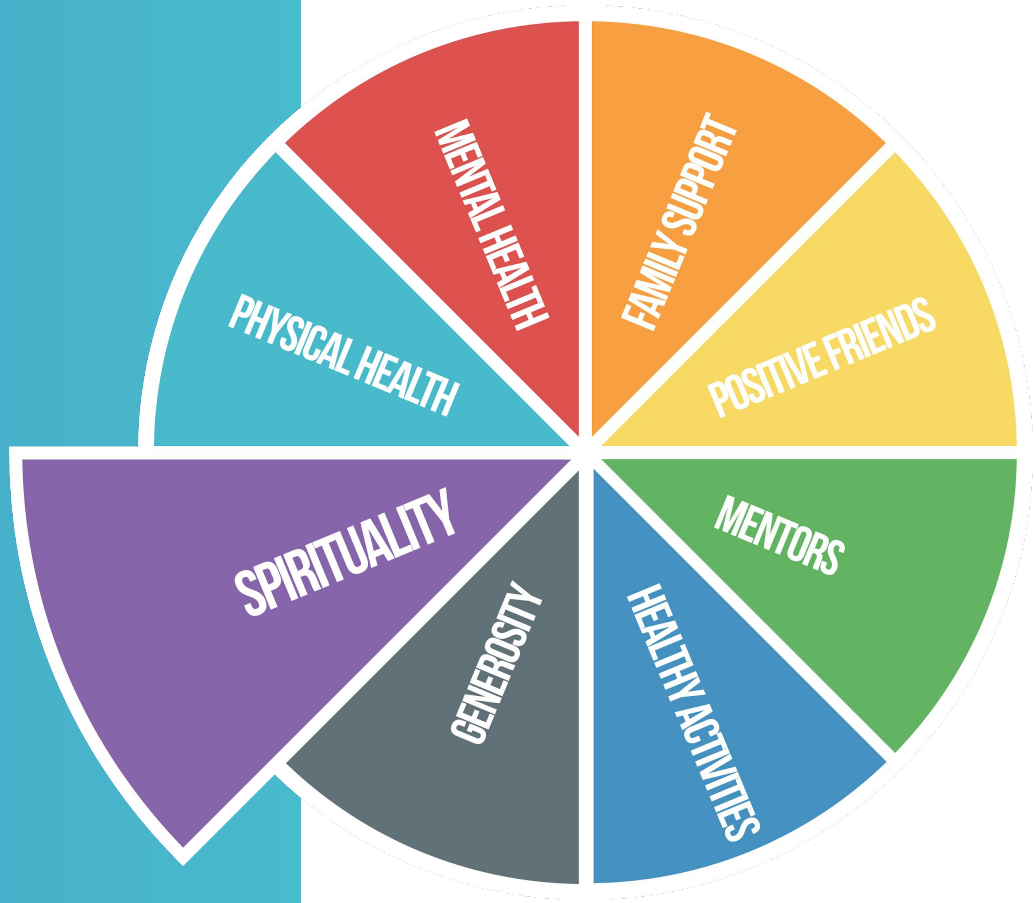


GENEROSITY

Generosity can look a lot of different ways, from donating money or time, to being kind to others. Big or small, these acts can make an impact on how we feel, too.

SPIRITUALITY

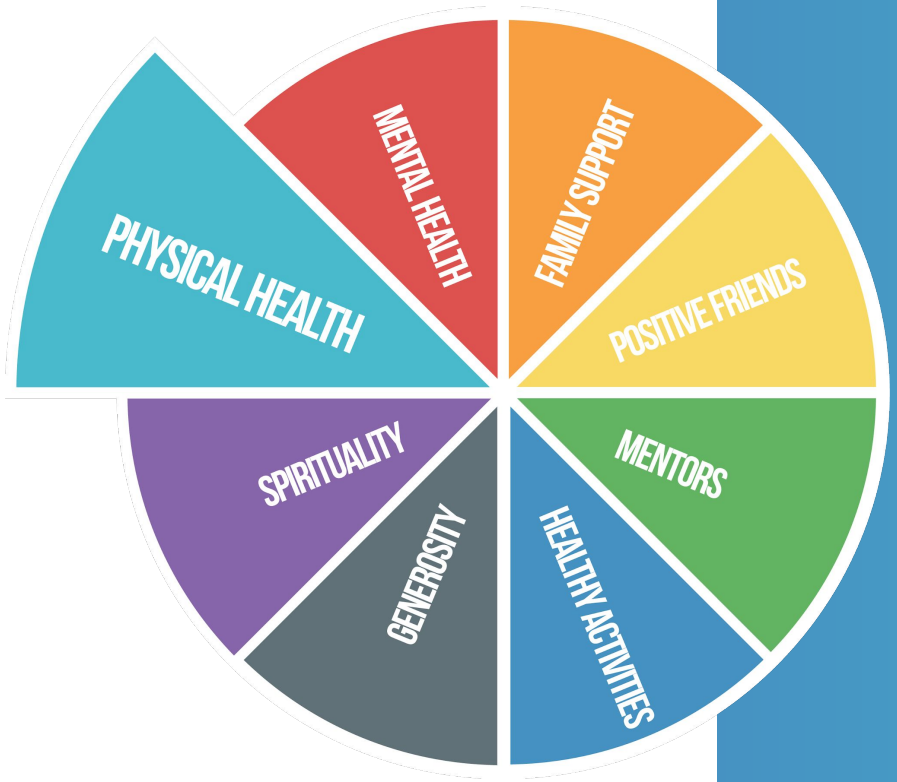
What gives us a sense of purpose and connection. What lifts our spirit up, through activity, gratitude, or connection.



WE ALL
NEED ONE ACTION

QUESTIONS

PHYSICAL HEALTH



When we are ill or injured, we can get connected to medical care for our bodies, hearts, and minds.

MENTAL HEALTH

Mental Health is about identifying when we're struggling, and exploring what practices, people, or Strengths might help.



988 LIFELINE

DIAL:988

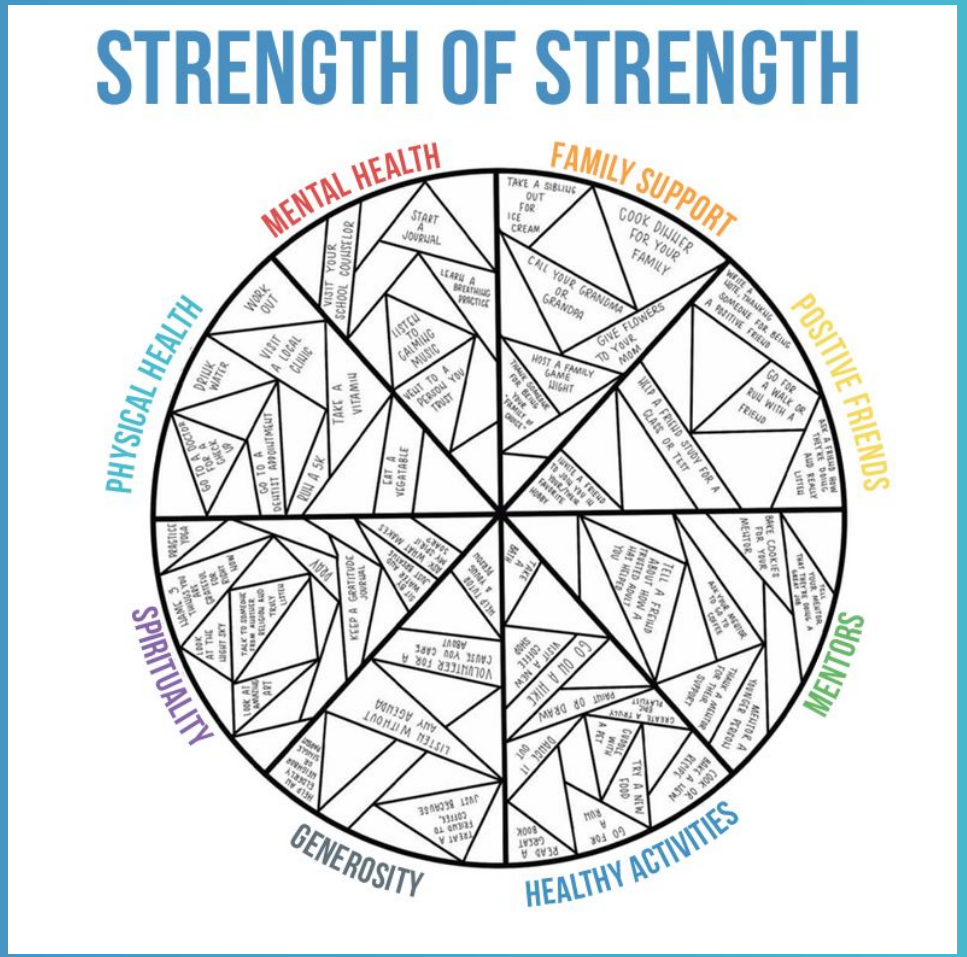
TEXT: 988

988LIFELINE.ORG

The suicide and Crisis Lifeline provides callers with trained crisis counselors as well as resources and supports nearby.



TAKEAWAYS



PROMPTS FOR TABLE TALK

SOURCES OF STRENGTH

FAMILY SUPPORT	• What unique traditions do we have in our family? • What makes a person "family"? • Who do you consider to be your "family of choice"? • How do you show Family Support to others?
POSITIVE FRIENDS	• What makes a person a Positive Friend? • Who is your most Positive Friend and why? • When has a Positive Friend been honest with you and it helped? • When has a Positive Friend helped you in a difficult time?
MENTORS	• Who is a Mentor for you & what do you appreciate about them? • Who is a Trusted Adult that makes you feel safe to be yourself? • What adult do you most commonly ask for help, whether with school, a social issue, etc? • How can a Trusted Adult gain your trust?
HEALTHY ACTIVITIES	• What are your favorite calming, Healthy Activities? • What are three Healthy Activities you enjoy? • What are your favorite energizing Healthy Activities? • What is a Healthy Activity you might like to try or learn about?
GENEROSITY	• How has a person been generous towards you? • How are we generous towards our community? • What is one way you can show Generosity today? • What is your favorite way to be generous?
SPIRITUALITY	• How do we experience Spirituality as a family? • What are spiritual or gratitude practices that help you? • Where are spiritual places for you? • Name three things you are grateful for today.
PHYSICAL HEALTH	• How can we remember to drink water throughout the day? • How did you take care of your Physical health today? • Do you feel like you have slept enough this wee? How do you know? • What is one healthy food item you want for dinner tomorrow?
MENTAL HEALTH	• What helps you feel like you belong to your self or a group? • When you feel overwhelmed, who helps you feel calm? • When you are angry, what activity helps you cool down & cope? • When you feel sadness, who are the people you want to connect with?

QUESTIONS FROM QR CODE

SOCIAL MEDIA

INSTAGRAM	@sourcesofstrength
TIKTOK	@sourcesstrength
FACEBOOK	/sourcesofstrength
WEBSITE	sourcesofstrength.org

BLUE VALLEY SOURCES OF STRENGTH

THANK YOU!

PLEASE TAKE 1 MIN TO FILL OUT OUR BRIEF SURVEY



RAISING RESILIENT TEEN



THANK YOU!

