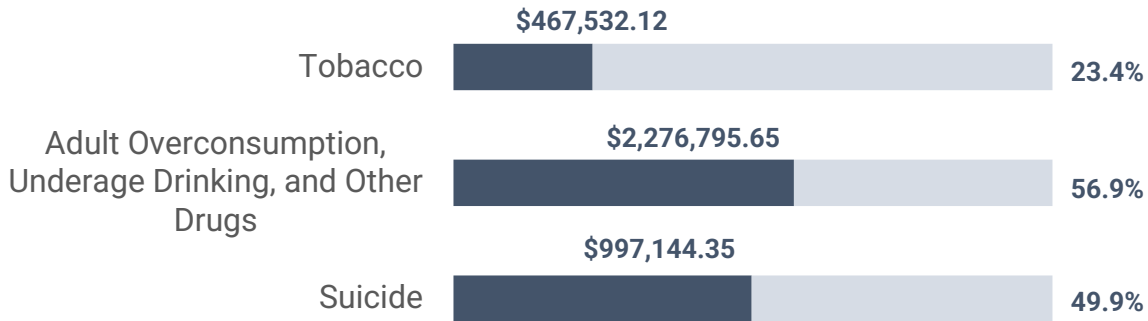




# FY 2023 | QUARTER 5 REPORT

Community Prevention Grant (CPG) Period: July 2022 – June 2024  
 Quarter 5: July 2023 – September 2023

## Amount Spent by Prevention Funding Area, YTD



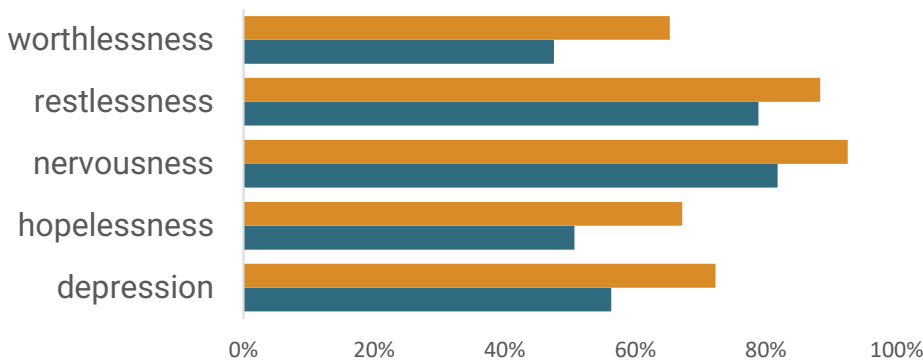
## Data Snapshot | Social Support and Mental Health among Youth

Family support and bonding, as well as a connection to a caring adult, are important protective factors in substance use and suicide prevention. The majority of students (83%) report having an adult in their community with whom they can talk about their problems if needed. However, females are more likely (56%) to report talking to their parents in the last seven days about their thoughts and feelings than males (42%); and are more likely (50.6%) to report talking to their parents about the dangers of alcohol, tobacco, or drug use in the past years (males, 46.3%).<sup>1</sup>

## Female students report higher rates of experiencing poor mental health than male students.

Percentage of students who reported that at any time during the past 30 days they felt...

Out of all students, although females report higher rates of poor mental health experiences, over half of males also reported experiencing poor mental health in the past 30 days.<sup>1</sup>



## Topic Highlight | Sources of Strength

Sources of Strength (SOS) is a mental health promotion program for youth that aims to educate about and create healthy norms and culture around resiliency, help-seeking, coping, and belonging using the power of peer networks and education. The focus is on building upstream protective factors to prevent adverse outcomes.<sup>2</sup>

SOS is usually implemented in a school-based setting but can also be adapted to fit other youth-serving organizations such as after-school programs, community centers, detention facilities, and faith- and culture-based groups. Selected peer leaders work with adult advisors to create campaigns involving the entire community that focus on building strengths and skills. The program is evidence-based for suicide prevention and can be found in multiple best-practice registries. By focusing on strengths and protective factors instead of risk factors, SOS aims to also impact youth substance use, violence, and bullying.<sup>2</sup>

While it is important to ensure the core aspects and activities of the program are implemented, communities can make relevant adaptations to fit their own contexts. Implementation varies in each school because it is driven by youth decision-making and messaging.<sup>3</sup>

Some reported examples of SOS activities\*\* include:



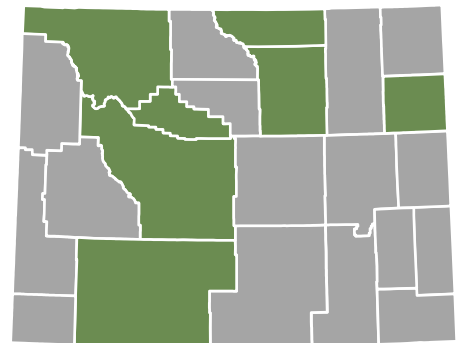
Peer leaders teaming up with other local groups to work on their generosity strength, like donating collected canned goods to a local food pantry.



Peer leaders and adult leaders meeting to discuss the development of their first campaign of the school year.

7

**counties** reported activities related to Sources of Strength in FY23. Of those who reported activities, approximately **273 adult advisors and peer leaders** participated in training with SOS.



\*\*Note: Activities are only what is reported under the CPG; some schools/communities may participate in SOS without the use of CPG funds and, therefore, are not required to report data.

<sup>1</sup>Prevention Needs Assessment (2022)

<sup>2</sup>Sources of strength. Retrieved from [sourcesofstrength.org/](https://sourcesofstrength.org/)

<sup>3</sup>WYSAC (2021), Sources of Strength Fidelity Assessment