Peer Approaches for School-based and Community Wide Suicide Prevention

The Sources of Strength Model

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Network Positions

Bridges

Central Members

Peripherals

Group Members

Isolate
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

- Medical Access
- Mentors
- Healthy Activities
- Generosity
- Spirituality
- Mental Health
- Family Support
- Positive Friends
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

Local Social Marketing
- Posters – PSA – Video
- Internet
  - 500-20000

Classroom Messages
- 100-1500 Students
- 30-120 School Staff

Individual Contacts
- 20-100 Adults
- 60-500 Peer Friends

2-4 Adults
12-50 Peers
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

![Graph showing the comparison between Control Schools and Sources of Strength Schools before and after training.](chart.png)
Acceptability of Student Help Seeking from Adults: Significantly Higher in High School Populations after Sources of Strength Training (4-months of messaging)

Means Corrected for Baseline

Control Schools

SoS Schools

p-value 0.040

2.735

2.475
Expectations that Adults at School Help Suicidal Youth: Significantly Higher in High School Populations after Sources of Strength Training (4-months of messaging)

![Graph showing means corrected for baseline between Control Schools and SoS Schools](attachment:graph.png)

- p-value 0.034
- Means Corrected for Baseline:
  - Control Schools: 2.705
  - SoS Schools: 2.991
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.