

# Counselor Corner

## March 2025

This month, we want to put the spotlight on a new program being introduced to RSD East called “Sources of Strength.” This is an evidence-based, upstream suicide prevention program that launched with our 5th & 6th grade students in February. Students who demonstrate compassion toward others, leadership skills, and other positive character traits were nominated by teachers and school staff to help get this program off the ground. These students, alongside volunteer adult advisors (Corie Dructor, Michael Trescavage, Judy Watkins, Shannon Wells & Tina Wydeen) took part in an initial training on February 11<sup>th</sup> to gain more knowledge about the mission of Sources of Strength.

The overall goal of the program is to strengthen student-adult connectedness, enhance positive student coping behavior, reduce suicidal behavior, reduce bullying behavior, and reduce sexual violence behavior. The team will continue to meet regularly and introduce various campaigns school-wide in order to spread the message of Sources of Strength. This was made possible by Youth Move PA and the Office of Mental Health Substance Abuse Services, who partnered together to fund this important project. For more information, please visit: <https://sourcesofstrength.org>

### “Spring” into a Connection: Prompts to Help Engage with Others

<u>Soulful</u>	<u>Strong</u>	<u>Silly</u>
<ul style="list-style-type: none"> <li>• What color is your spirit or soul and why?</li> </ul>	<ul style="list-style-type: none"> <li>• Who in your life prepares the best meals?</li> </ul>	<ul style="list-style-type: none"> <li>• Sandwiches... cut diagonally, top to bottom, or side to side?</li> </ul>
<ul style="list-style-type: none"> <li>• What is a characteristic you highly value in another person?</li> </ul>	<ul style="list-style-type: none"> <li>• What do you value most about your family?</li> </ul>	<ul style="list-style-type: none"> <li>• Should toilet paper hang over or under?</li> </ul>
<ul style="list-style-type: none"> <li>• What's your favorite season of the year?</li> </ul>	<ul style="list-style-type: none"> <li>• What activity makes you feel your best?</li> </ul>	<ul style="list-style-type: none"> <li>• What's the most unusual thing you've ever eaten?</li> </ul>

Courtesy of: Sources of Strength Sharing Prompt Calendar