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## NEWS RELEASE

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### **Opportunity for North Dakota Schools to Receive Suicide Prevention Program**

BISMARCK, N.D. – Blue Cross Blue Shield of North Dakota (BCBSND) [Caring Foundation](#) is partnering with Sources of Strength and the North Dakota Department of Health (NDDoH) to provide funding to 15 new schools to implement Sources of Strength, a universal suicide prevention program designed to build resiliency around middle and high school youth. Schools interested in applying for funding should fill out a short [application](#) by December 1 on the BCBSND Caring Foundation website at [www.ndcaring.org](http://www.ndcaring.org) > Impact Areas > Grant Programs > CaringforKids.

Sources of Strength is being implemented in fifty schools across North Dakota and many are seeing positive results. A recent survey of Sources of Strength students revealed that nearly half of the surveyed students helped connect a struggling peer to a caring adult since implementing the program. “Sources of Strength is evidence-based and effective,” said Alison Traynor, director of the Suicide Prevention Program for the NDDoH. “It is one of the first suicide prevention programs to use peer leaders to increase student resiliency to prevent suicide across the entire school.”

BCBSND Caring Foundation Executive Director Pam Guleson shared, “We’re happy to provide schools access to this needed and valuable program. Schools are where students spend a majority of their day and is where they build close relationships and interact with peers. The goal is for students to learn valuable skills on how to better handle stress and address their feelings, enabling them to live healthier and full lives.”

For more information on Sources of Strength or other evidence-based suicide prevention programs, visit [www.ndhealth.gov/suicideprevention](http://www.ndhealth.gov/suicideprevention). For questions regarding the application, call 701-277-2160.

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