



SOURCES OF STRENGTH

NEMOURS CHILDREN'S HEALTH

6-MONTH
GRANTEE REPORT
2025 GRANT

The first of two reports from 100 Women Strong's 2025 grantee

Overview

100 Women Strong's 2025 grant supported the scaling of the Nemours Children's Health Sources of Strength (SOS) program. This program focuses on youth mental health with an upstream, peer-led suicide prevention model and is designed to build social-emotional protective influences among youth to reduce the likelihood that vulnerable youth will become suicidal. SOS trains youth as Peer Leaders (PL) and connects them with caring, positive, diverse mentors who serve as Adult Advisors (AA) within the school and community.

How It's Gone So Far

- 1** Objective: Increase the number of adults in Central Florida who have been designated as an SOS Provisional or Certified Local trainer

Progress: Nemours Children's Health hosted a four-day Train the Trainer (T4T) session in February 2025, with 26 participants. Of the participants, 11 were from the Boys and Girls Club (BGCCF) and 15 were from nine agencies representing Orange, Osceola, Seminole, Brevard, Lake and Hillsborough counties.
- 2** Objective: Conduct PL and AA trainings on the Sources of Strength model during the first quarter of 2025

Progress: The Regional Trainer and five provisional trainers have conducted three PL trainings with 60 BGCCF youth members. Additionally, ten adults have started training in this program.
- 3** Objective: Increase community awareness of youth mental health and the importance of trusted adults in the lives of youth

Progress: Two of the nine planned community outreach peer-led campaigns have happened, with three more currently underway.
- 4** Objective: See an improvement in self-reported measures of SOS resiliency core competencies

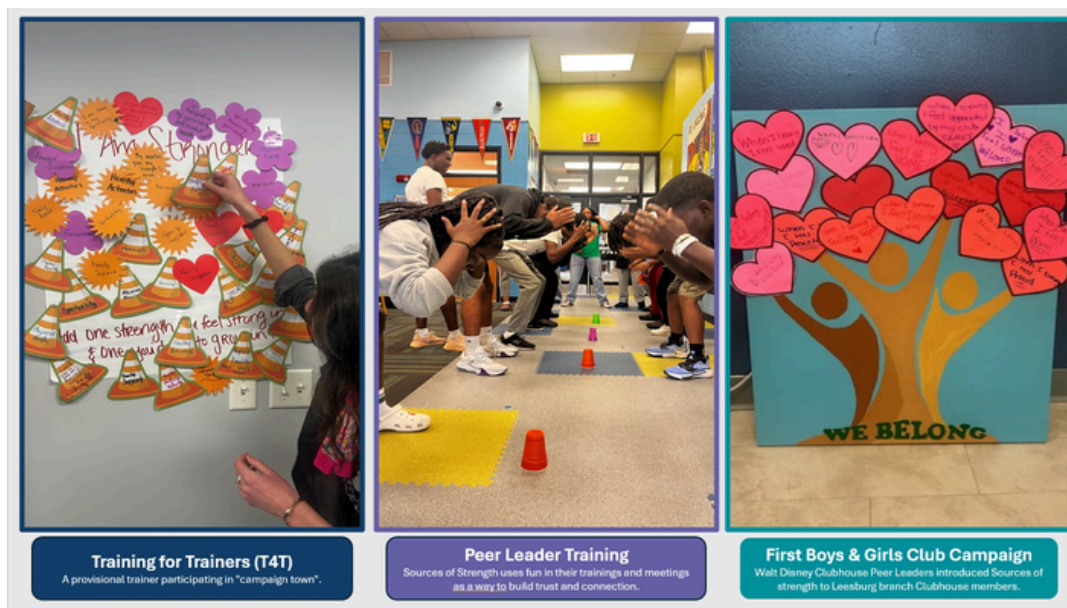
Progress: Forty-five initially trained PLs completed the resiliency pre-survey, and surveys from a summer cohort are currently being collected to establish a baseline. Additionally, five AAs completed the resiliency pre-survey, and an additional training is scheduled in early August to establish a baseline.

Overall, the grant has demonstrated strong early impact, and we look forward to following its continued progress in the second half of the year.

Program Pivots & Problem-Solving Highlights

As relationship-centered grant-makers, we invite grantees to openly share how they've navigated unexpected challenges during implementation. These reflections help us learn together—strengthening future project design for both the grantee and the grant-maker.

The mid-school-year launch of the program presented several logistical challenges, including conflicts with existing after-school schedules, limited time for marketing the Train-the-Trainer [T4T] session, and difficulties recruiting Adult Advisors through traditional outreach methods. To adapt, the T4T was rescheduled to February with shorter daily sessions to accommodate staff availability, and provisional trainers stepped in as interim Adult Advisors. Peer Leader retention was also affected by end-of-year transitions, prompting the creation of a new summer cohort to sustain momentum and prepare for continued implementation in the upcoming school year.



The above collage is from one of the Youth Mental Health Awareness Campaigns

Program Testimonial

"When we ran our campaign at the Leesburg branch, one of the members openly shared he felt he didn't have any strengths and didn't belong. By the time our campaign was done, he identified some strengths in his life and that belonging wasn't about fitting in...but about being valued for being different."