



# SOURCES OF STRENGTH

NEMOURS CHILDREN'S HEALTH  
BOYS AND GIRLS CLUBS OF CENTRAL FLORIDA

## The Charitable Investment

**In 2024, 100 Women Strong members voted to invest in youth mental health for its next grant.**

100 Women Strong's (100WS) Women's Health & Wellbeing White Paper supported the need to invest in mental health initiatives.

The data showed a great need among local adolescents:

**More than half of Central Florida adolescents (11-17) reported frequent suicidal thoughts.**

100 Women Strong granted \$85,100 to Nemours Children's Health to support the scaling of the Sources of Strength program.

### Grant Overview

This grant funded the expansion of the Sources of Strength, which is a best practice, strength-based, upstream suicide prevention and mental health promotion program, significantly strengthened the partnership between Nemours Children's Health and Boys & Girls Clubs of Central Florida, building the foundation to expand the Sources of Strength program across the region. It increased local capacity by training a cohort of future trainers and advancing BGCCF staff toward certification, positioning the program to reach more youth across 39 clubs and five counties. Implementation exceeded expectations, with youth and staff reporting meaningful cultural shifts, stronger relationships, and improved coping and help-seeking behaviors. The work also sparked a shared vision for a full K-12 resiliency pipeline, aligning both organizations around long-term impact. Overall, the grant not only supported program delivery but also created sustainable momentum for systems-level change in youth mental health.

### At a Glance

**550+**

YOUTH WERE REACHED BY THE SOS MODEL BY PEER LEADERS

**80%**

OF PARTICIPANTS RECOGNIZED GROWTH IN THEIR PERSONAL STRENGTHS

**87**

INDIVIDUALS WERE TRAINED IN THE SOS MODEL

**16**

HOURS OF TRAINING PER INDIVIDUAL WERE PROVIDED BY SOS NATIONAL

### Meet a Peer Leader



*Carlota*

From a quiet 4th grader to a confident 6th grade Peer Leader, Carlota now helps lead student campaigns, co-facilitates mental health conversations, and takes initiative in planning outreach. Her growth is inspiring others to find their voice.

## Meet a Peer Leader



Jaccari

Jaccari, a Peer Leader, has grown into a positive force in his community. His nomination as King of the Bradley Otis Winter Ball reflects the confidence and connection he's built through the Sources of Strength program.

## This grant is a great example of:



SCALING A PROGRAM THAT IS ALREADY WORKING



PARTNERSHIP

“Expanding Sources of Strength into the community equipped young leaders at the Boys & Girls Club of Central Florida to become ambassadors of hope, modeling help-seeking and lifting up their peers. The ripple effect has been a stronger, more connected community where resilience is visible and lived every day. We couldn't have done it without our Community Health team at Nemours championing this work in partnership with the Boys & Girls Club!”

*-Lisa Spector*

Lisa Spector, MD, FAAP  
Division Chief of Developmental Behavioral Pediatrics of Central Florida and Member of 100 Women Strong

## Digging Deeper

- 1 Built sustainable local leadership:** 25 adults completed training, with 5 now serving as provisional trainers and 2 close to full certification, positioning the program for long-term growth within the community.
- 2 More than doubled program reach:** 60 youth and 27 adults were trained in the SOS model, equipping them to implement the program effectively and extend its impact.
- 3 Activated youth-led community engagement:** Peer leaders reached 550+ individuals through creative campaigns that encouraged open conversations and reduced stigma around youth mental health.
- 4 Strengthened resilience and trusted connections:** Participants reported measurable gains in coping skills and help-seeking behaviors, with nearly 75% connecting with a trusted adult and 80% recognizing growth in their personal strengths.

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**LEARN MORE**  
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