



To: City Council
CC: Interim City Manager Mark Achen
From: Youth City Council and
City Clerk Gail Davidson
Date: April 13, 2016
RE: Sources of Strength Funding Request

City Council:

At their last meeting, the Gunnison Youth City Council (YCC) students were approached by GCSAPP's Kari Commerford and several Gunnison High School (GHS) students. That group gave the YCC a presentation on the "*Sources of Strength*" program that is underway at GHS. The program is a peer-based outreach for the prevention of suicide, violence, depression, and substance abuse. Student volunteers are trained to be peer mentors for other students who may need assistance. The trained students offer support and guide the student in need to available community resources.

64 GHS students have been trained in the program. The leaders would like to continue this training program through the summer with three leadership training sessions. Attached to this memo is a page provided by the *Sources of Strength* Program outlining the process. The Program is asking for \$3,800 from the City of Gunnison to conduct this summer's training.

The Gunnison Youth City Council members fully support this program and ask the Gunnison City Council to fund the *Sources of Strength* summer training program in the amount of \$3,800.

Thank you.

Sources of Strength Summer Program

Who: We are sources of Strength – 64 GHS Peer leaders and 20 caring adults

What is Sources of Strength: An evidence-based prevention for suicide, violence, bullying and substance abuse..

How is it accomplished: By training, supporting, and empowering both peer leaders and caring adults to impact their world through the power of connection, hope, help and strength.

Why: We believe that many strengths are more powerful than one, and our united goal is to activate and mobilize these strengths in ways that positively change individuals and communities.

SUMMER PROGRAMING –

In order to help sustain the Sources of Strength program we would like to create a youth summer program that continues the peer leadership training that has already begun, allow for new members to join and help spread the Sources of Strength mentality throughout our community.

We would like the City Council to financially contribute to the Sources of Strength program and GCSAPP in order to create this summer leadership experience. We would like to hold three sessions for high school youth.

Session 1 (tentative date July 7th and 8th or 13th and 14th) – Two day team-building camp. We envision having a “Taylor Challenge” type event where High School students who currently are Sources of Strength leaders and those who wish to join can work together to build their leadership skills, plan and create strategies for implementation. Depending on the availability of space this may take place as an overnight experience or a three day – day camp at CBMR or WSCU. Estimated cost \$60 per student x 80 = \$4800

Session 2 and 3 (Tentative dates July 18,19, 21, 22 and 25,26,28,29) – Four day small group camp (20 students each session). We will collaborate with WSCU Wilderness Pursuits or CBMR to create a four day team building camp based on the 8 Sources of Strength. Each day will consist of 2 strengths and peer leaders will engage in activities that helps process their current level of support, brainstorm how to increase support, and how to help others identify and increase support in each area. The Four day small group camp will culminate with a community project. Estimated cost \$50 per student x 20 x 2 groups = \$2,000

Total Cost = \$6,800

Requested Amount from City Council = \$3,800

GCSAPP Contribution = \$1,000 + 2 staff x 10 days x 8hr. day x \$25/hr. = \$4,000 = \$5,000

Balance = \$2,000 – will seek additional funding from local businesses contributions and fundraising.