

# Straight from the Source

\*In this interactive series, we will highlight information, resources and opportunities within the Rock Ridge community\*

## THIS WEEK'S SPOTLIGHT: **Sources of Strength**

**DID YOU KNOW?** Rock Ridge (along with all middle and high schools in Loudoun County) has a **Unified Mental Health Team** comprised of Administrators, School Counselors, Nurse, School Psychologist, School Social Worker, Student Assistance Specialist and Special Education Supervisor. Our mission is to promote student health and wellness through school-wide activities, interventions and supports. Faculty and parent feedback is incorporated into team planning.



### WHAT YOU NEED TO KNOW:

Rock Ridge is a Sources of Strength community! Sources of Strength is a strength-based, evidence-based program of upstream prevention designed to spread the message of Hope, Help and Strength to young people. Sources of Strength leverages social connections to promote help-seeking behavior and engagement in wellness strategies. This initiative has been proven to increase health and resilience in young people as they connect with the support systems and opportunities available to them in their home, school and community. This initiative is school-wide and will rely on support from families and community partners to achieve its greatest potential.

### WHAT YOU CAN DO:

1. Encourage your student to become a Sources of Strength Peer Advisor! Peer Advisors are leaders in our school community across all social groups and interests who want to advance the message of Hope, Help and Strength with their peers.
2. As a community member, let us know how you might like to help us advance the message of Hope, Help and Strength through a positive messaging campaign in the community.

### WEEKLY WELLNESS TIP:

Rituals and traditions play an important role in easing our transitions. Enjoy your last bit of summer and mark the start of the school year with a fun family tradition, new or old.

### QUESTIONS OR FEEDBACK FOR OUR UNIFIED MENTAL HEALTH TEAM?

Let us know by emailing the Student Assistance Specialist, Fiona Brown, at [Fiona.brown@lcps.org](mailto:Fiona.brown@lcps.org)