

## Connecting to Help Resource for Oregon Elementaries (Grades 3-6)

This resource was developed for Oregon elementary schools in partnership with Sources of Strength, Oregon Health Authority, and Matchstick Consulting. The shared goal is to provide a suicide specific resource appropriate for the elementary setting to schools without immediate capacity to implement the full Sources of Strength Curriculum or those already implementing a school-wide social emotional learning curriculum or program.

The Connecting to Help resource contains professional development tools, structured lessons, games, and activities that are designed specifically for the elementary setting. Instructors are invited to model and practice health and wellness skills alongside their students. In Unit 1 students explore ways different Strengths can show up for us and identify the unique Strengths that they

have available to them. During talking circles, students practice listening skills and perspective taking as they consider the people, places, and activities that they can turn to during life's challenges. In Unit 4, each student identifies helpers in multiple contexts of their lives. Together, the class builds a classroom culture of helping. The optional lesson 4.2B includes a direct discussion of suicide which includes warning signs and connecting to help.

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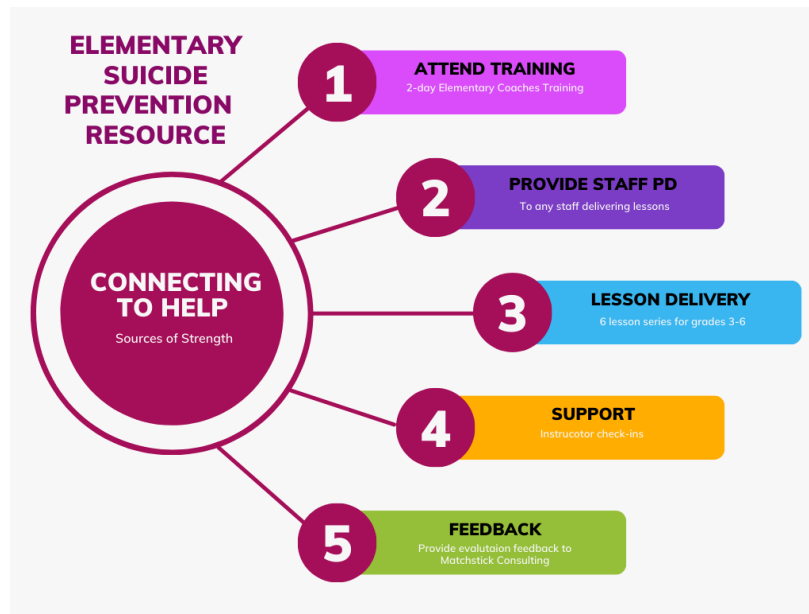
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### Connecting to Help Package includes:

- Programming for grades 3-6
- Series of 6 Prevention Lessons
- 30-minute weekly instruction
- Lesson Objectives:
  - Explore protective factors
  - Normalize Help Seeking
  - Identify Trusted Adults



**Connecting to Help Implementation Process:**



*Bringing the Sources of Strength Connecting to Help Resource to your school or district:*

<p><b>1</b> <b>ATTEND TRAINING</b> 2-day Elementary Coaches Training</p>	<ol style="list-style-type: none"> <li>1. Complete <a href="#">Interest Form</a></li> <li>2. Apply to Attend</li> </ol>
<p><b>2</b> <b>PROVIDE STAFF PD</b> To any staff delivering lessons</p>	<ul style="list-style-type: none"> <li>• Provide professional development to staff leading lessons prior to content delivery.</li> <li>• 60min and 90min PD options</li> <li>• Slides + Agenda included</li> </ul>
<p><b>3</b> <b>LESSON DELIVERY</b> 6 lesson series for grades 3-6</p>	<ul style="list-style-type: none"> <li>• Lessons 1.2 and 1.3</li> <li>• Lessons 4.1 and 4.2A or 4.2 B</li> <li>• Culminating Celebration Lesson</li> </ul>
<p><b>4</b> <b>SUPPORT</b> Instructor check-ins</p>	<ul style="list-style-type: none"> <li>• Invite staff to revisit the Strengths language</li> <li>• Celebrate help seeking &amp; connecting to help!</li> <li>• Support needs or questions from staff.</li> </ul>
<p><b>5</b> <b>FEEDBACK</b> Provide evaluation feedback to Matchstick Consulting</p>	<ul style="list-style-type: none"> <li>• Evaluation Survey</li> <li>• Invitation to attend Focus Group</li> </ul>

## RESOURCE INSIGHTS:

These pull out lessons represent a selected portion of a comprehensive Tier I Sources of Strength Elementary (K-6) curriculum available at little to no cost to Oregon elementary schools through funding provided by Oregon Health Authority.

You are invited to explore the full Sources of Strength (3-6) Curriculum content and lessons:

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To expand your prevention programming to include access to the entire Sources of Strength Elementary Curriculum, please contact to learn how [darci@matchstickpdx.com](mailto:darci@matchstickpdx.com)