Program Overview

Who Am I?
Tally Iskovitz, LPC
Sunnyside Therapy

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Tally Iskovitz, Program Coordinator
OneNTen
Our mission is to serve LGBTQ+ youth and young adults ages 11-24. We enhance their lives by providing empowering social and service programs that promote self-expression, self-acceptance, leadership development, and healthy life choices.

Bridging the Gaps in Prevention:

Adult-Driven ➔ Peer-Led
Sad ~ Shock ~ Trauma ➔ Hope ~ Health ~ Strength

Upstream Prevention

Postvention
Effective Postvention is Effective Prevention

Sources of Strength
Secondary Benefit
Peer Leaders are 4x more likely to refer a suicidal friend or student
KICK-OFF WORKSHOP

“What brings me happiness?”

“What do I do when I feel anxious, sad, or lonely...?”
Thankfulness Challenge

Name __________________________

I am thankful for:

#thankfulnesschallenge   #sourcesofstrength
Impact of Sources of Strength
Cluster Randomized Control Trial (NIMH, SAMSHA Funding)
18 Schools; 880 Peer Leaders; 3,780 Students

Peer Leaders
Increased healthy coping attitudes
More connections to adults
4X more likely to refer a peer to an adult
Largest benefit seen in students previously more disconnected

School Population
Increased acceptability of seeking help
Increased perception that adults help suicidal peers
Largest benefit seen in students with a history of suicide attempts
