



INDIVIDUAL TRAINING GUIDE

This four-module, pre-recorded training is intended to be completed individually. Registrants will receive a Certificate of Completion upon watching all videos and completing accompanying quizzes. See below for the topics covered in each part of the training.



THE PLAN

1

Watch the pre-recorded training videos

Please complete the **Pre-Training Test** and **Post-Training Test** if completing two or more parts of the Training

- **Welcome to the Erika's Lighthouse Staff Training**
 - Erika's Lighthouse Core Messages & Programming Focus
 - Erika's Lighthouse Free Programs
- **Part 1: Signs & Symptoms of Depression & Suicide**
 - Current Statistics on Youth Mental Health
 - Signs & Symptoms of Depression
 - Signs & Symptoms of Suicide
 - Shared Risk Factors & Warning Signs
- **Part 2: Helping a Student**
 - Being Sensitive & Trauma-Informed
 - Being a Trusted Adult
 - Intervention Language
 - Following School Policy
 - Protective Factors
- **Part 3: Crisis Intervention**
 - What is a Crisis?
 - De-Escalation Strategies
 - Assessing Suicide Risk
 - Self-Care & Wellness

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Complete the required Erika's Lighthouse **Report on Impact Form** letting Erika's Lighthouse know that you participated in this staff training.