Erika's Lighthouse®

THE PROGRAM

Erika's Lighthouse Data Center was developed to be a comprehensive data evaluation and collection system for any school, anywhere. The goal is to support schools in making data-informed decisions around student needs, effective programs and resources and offer guidance on how to best analyze the data.

THE PLAN

1 **Tier 1 Mental Health Assessment:** Identify an individual or small group to administer the assessment. The results will help identify areas of programmatic strength and need in the building.

2 **School Culture Survey:** Send survey to all school staff, students and families
- Administer early year survey within the first three weeks of school
- View the results on the data center
- Review data and make programmatic decisions for the school year
- Administer late year survey within last 3 weeks of the school year

3 **Implement programs and administer pre/post-tests**
- Classroom Education
  - Level I, II, III
- Empowerment Clubs
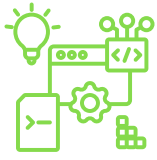- Family Workshops
- Staff Training

4 **Access results via the Data Center**
- Individual School ID is located on your Resource Portal
- All survey data is provided at no cost and is available to any school
- No identifying information will be collected

5 **Contact Erika's Lighthouse if you have questions or would like additional program recommendations**

Access these free resources online at
www.ErikasLighthouse.org/Portal

INTEGRATION WITH OUR PROGRAM PILLARS

Erika's Lighthouse suite of programs are designed to act as standalone initiatives or work together as a comprehensive tier-1 program for school communities. Here are suggestions to support a holistic implementation:

When implementing Data Center and:

EMPOWERMENT CLUBS

Empowerment Clubs offer students the opportunity to be leaders in their schools. Through student-led campaigns and initiatives, called Awareness into Action Activities, young people can reduce stigma, normalize conversations, promote good mental health and encourage help-seeking.

- Two weeks before implementing Classroom Education, the Empowerment Club can use the Beacon of Hope Door Signs activity to identify trusted adults in the school.
- During Classroom Education implementation, the Empowerment Club can complete Teen Bookmarks or Lunchtime Education activities.
- Two week after implementing Classroom Education, the Empowerment Club can use the Footprints Activity to remind students there are trusted adults available to help and support them.

FAMILY ENGAGEMENT

Family Engagement educates and equips families around mental health, depression and suicide. Through workshops, workbooks and other resources, school communities can seamlessly bring families and parents into the conversation to support youth at home.

- Three weeks before implementing Classroom Education, send the Family Engagement Email/Letter Template with information about resources.
- During Classroom Education implementation, provide the Family Engagement Bookmark to students to take home as another opportunity to start a conversation at home.
- Students that are identified via the referral card can be provided an additional Family Engagement Bookmark to take home.
- Two weeks after implementing Classroom Education, send a Family Engagement Follow-up Email/Letter Template to families with links to Intervention Language for Families and the Depression Discussion Guide.

SCHOOL POLICY & STAFF DEVELOPMENT

School Policy & Staff Development are designed to educate and equip school staff around mental health, depression and suicide. Recognizing the signs and symptoms, understanding their role as a trusted adult and understanding how to promote an inclusive school culture will support everyone.

- Six weeks before implementing Classroom Education, consider engaging or creating a Mental Health Task Force to ensure resources and actions are aligned.
- Three weeks before implementing Classroom Education, use the All Staff Training to prepare everyone in a building shared values and vocabulary around being a trusted adult.
- During Classroom Education implementation, provide staff the Mental Health Checklist, Classroom Accommodation Sample and Intervention Language for Educators.

FOCUS ON THE WHOLE SCHOOL CULTURE

If ready, prepare your whole school with our School Culture Framework and Four Pillar Scope & Sequence. Leverage all Four Pillars to promote an inclusive school culture around mental health.