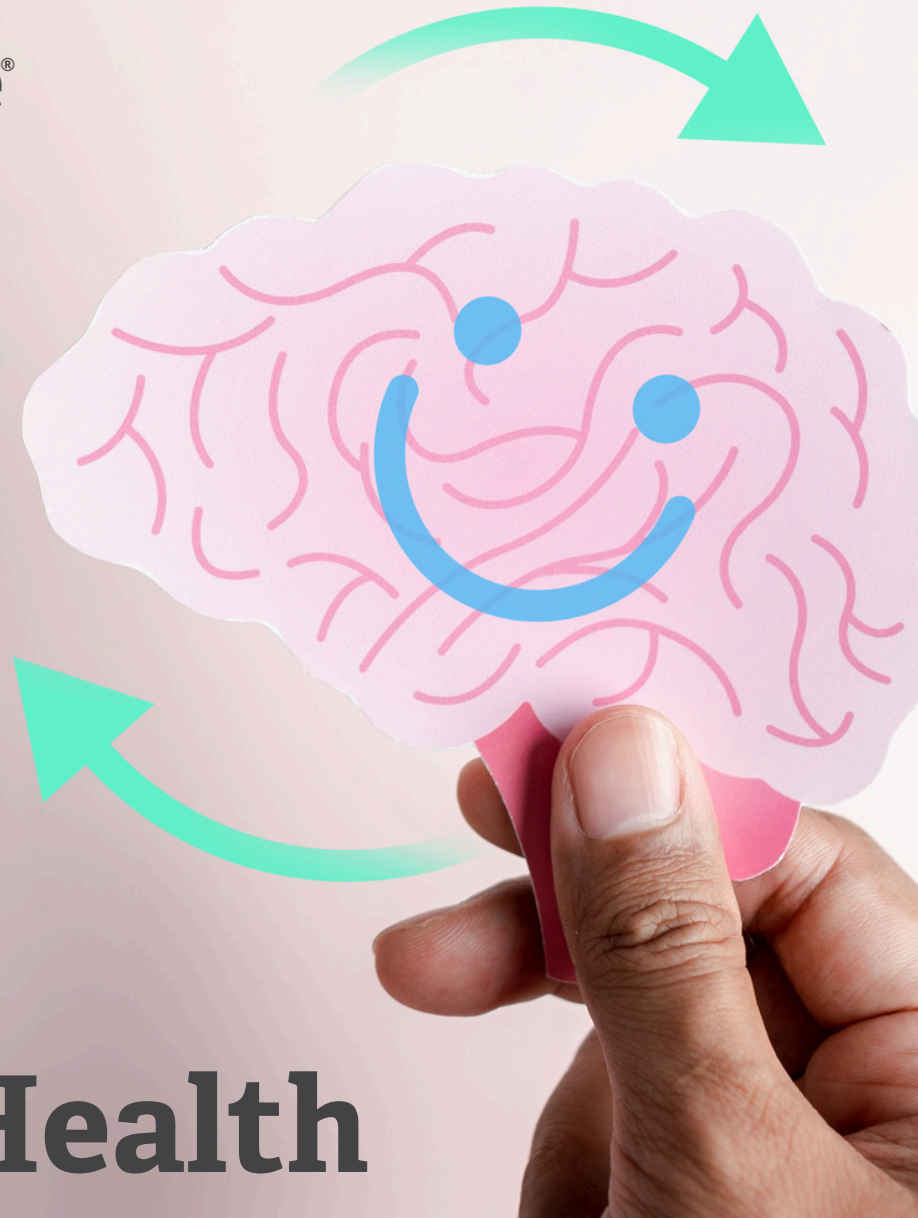




**Erika's
Lighthouse®**



Tier-1

Mental Health

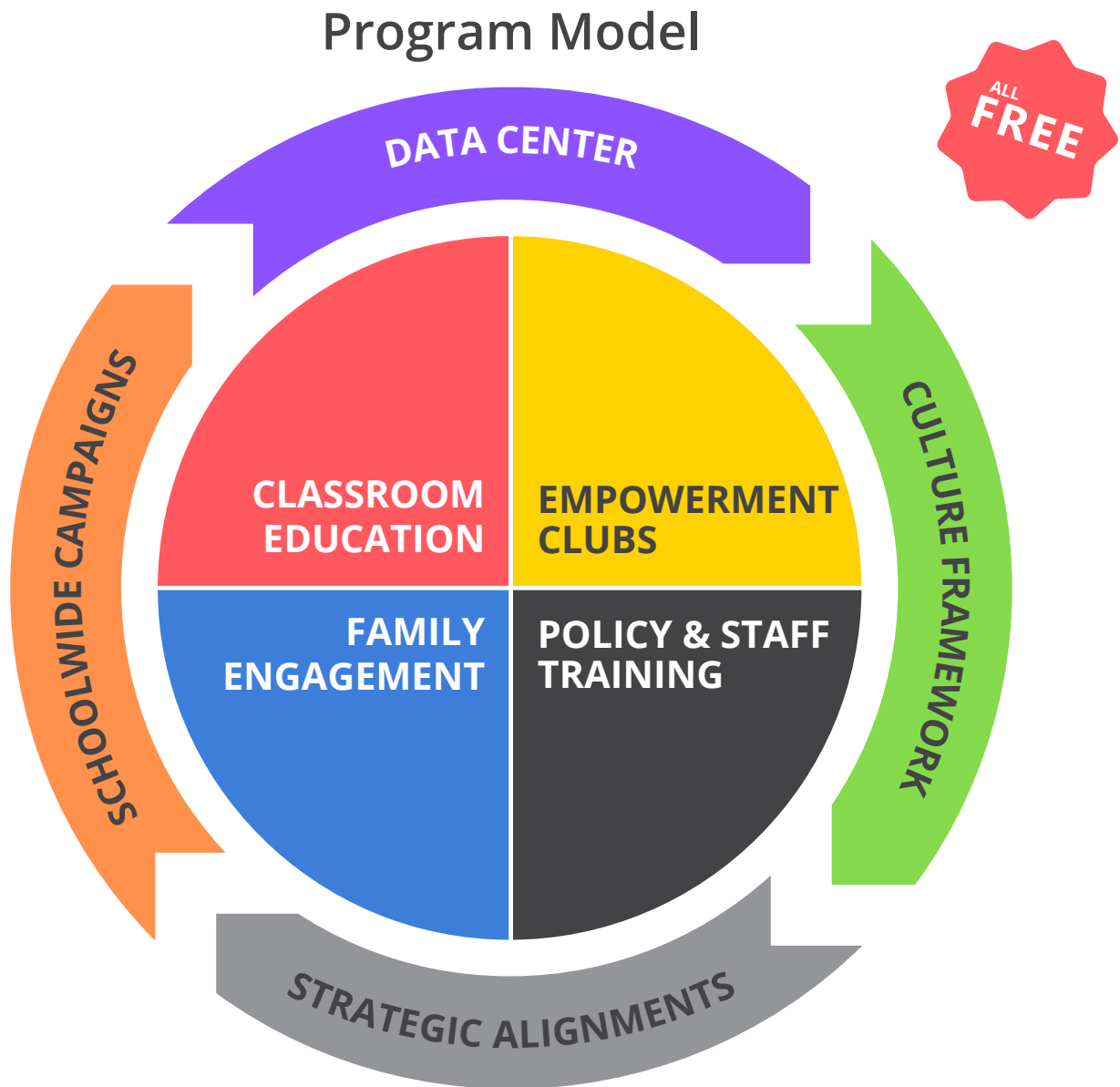
Grade 4-12 Program Catalog

Classroom Education
Empowerment Clubs
Family Engagement
Policy & Staff Training
Schoolwide Campaigns
Culture Change Framework
Data Center
Strategic Alignments





Every student deserves good mental health.



Four Pillar Model

[Classroom Education](#) | [Empowerment Clubs](#)
[Family Engagement](#) | [Policy & Staff Training](#)

Wraparound Supports

[Schoolwide Campaigns](#) | [Culture Framework](#)
[Data Center](#) | [Strategic Alignments](#)

Access all programs for free at ErikasLighthouse.org

Table of Contents

Foundational Programs

[Schoolwide Campaigns](#)

Mental Health Recharge	5
Teen Toolbox	6
Give Voice Campaign	7
Positivity Pledge	8

Tier-1 Programs

[Classroom Education](#)

Level I: We All Have Mental Health	10
Level II: Depression Awareness	12
Level III: Depression Education & Suicide Awareness	14
Program Additions & Supplements	16

[Empowerment Clubs](#)

Official Clubs	18
Affiliate Clubs	20
Awareness into Action Activities for Students	22

[Family Engagement](#)

Family Workbook Series	25
• One: We All Have Mental Health	26
• Two: Concerned About Your Child	27
• Three: Getting Help	28
Family Workshop Series	29
• I: We All Have Mental Health	30
• II: Depression & Suicide	31
Awareness into Action Activities for Families	32
Outreach and Engagement Tools	34

[Policy & Staff Training](#)

All Staff Training	37
MTSS Supports	39
Staff Wellbeing	41

Schoolwide Strategy

[Culture Framework](#)

School Culture Visioning	44
--	----

[Data Center](#)

Evaluation, Collection & Analysis	46
School Mental Health Assessment	47
School Culture Survey (BOY/EOY)	48
Program Evaluations (Pre/Post)	49
Data Center Dashboard	50

[Strategic Alignments](#)

Overview	52
--------------------------	----

About Erika's Lighthouse

Accessing Programs & Resources	53
Frequently Asked Questions	54

[Not sure where to start?](#) Page 49

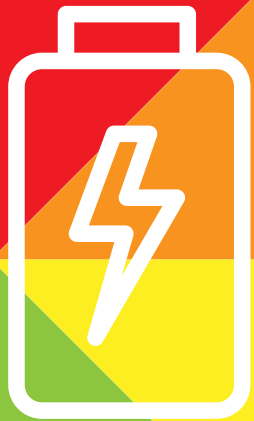
Complete the [Tier-1 School Mental Health Assessment](#) at [ErikasLighthouse.org](#) to evaluate your current programming, identify gaps and receive custom recommendations.

[Access Programs](#) Page 53

Access all of these programs and resources, for free, at www.ErikasLighthouse.org.



Schoolwide Campaigns



MENTAL HEALTH RECHARGE

5 minute classroom breaks
to boost mental health



Access Tool

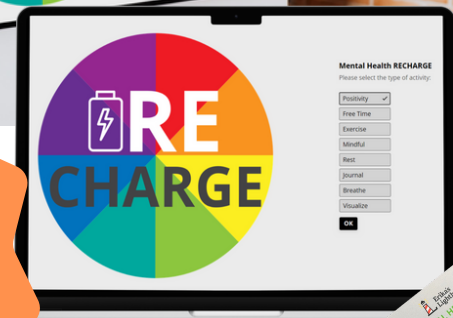
Over 50 positive coping mechanisms
that can be used by:

- Teachers
- Counselors
- Coaches
- Therapists
- Staff
- Students

They are accessible via:

- Computer
- Tablet
- Smartphone
- Classroom Projector
- Physical Cards (\$)

FREE



Bilingual



Erika's Lighthouse®

www.ErikasLighthouse.org | 5



Teen Toolbox

Self-guided **Mental Health Education** that covers:

- Stress
- Anxiety
- Depression
- Self-Harm
- Body Image
- Co-Occurring Disorders
- Suicide, and more...

Guides to **improve communication** and help-seeking relating to:

- Talking to friends
- Talking to parents
- Asking for help
- How to help a friend in need

They are accessible via:

- Computer
- Tablet
- Smartphone
- Classroom Projector

Can act as standalone education or complement Classroom Education.



Access Tool



Erika's Lighthouse®

www.ErikasLighthouse.org | 6



An Awareness Campaign for Suicide Prevention Week

Give Voice is an opportunity to empower youth with a week of activities that will give voice to their priorities and needs for good mental health.

Monday	Tuesday	Wednesday	Thursday	Friday
Education	Help-Seeking	Awareness	Positivity	yourself

Official Partner
Campaign with

KEY CLUB®



Erika's Lighthouse®

www.ErikasLighthouse.org | 7

Take the Positivity Pledge

An Awareness Campaign for Mental Health Awareness Month

The Positivity Pledge is an opportunity to commit to 31 days focused on positive actions, helping others, self-care, and establishing good habits for positive mental health.

May is mental health awareness month

	#Share Sunday	#MentalHealth Monday	#SelfCare Tuesday	#Winning Wednesday	#SelfCare Thursday	#FamilyFriends Friday	#SelfCare Saturday
Nutrition & Well-Being	 Erika's Lighthouse	 Erikas_LH		1 Learn about the connection between nutrition and mental health. Share it.	2 Find a relaxing activity and focus on me-time.	3 Prepare a healthy meal for your family/friends.	4 Find a healthy stress reliever.
	 Erikas.lighthouse	 Erika's Lighthouse					
Gratitude	5 Share your progress!	6 Identify your trusted friends, family, adults.	7 Make a list of who/what you are grateful for.	8 Show your gratitude.	9 Make a list of traits you love about yourself.	10 Make a connection.	11 Make a list of the traits you love about someone else.
Exercise	12 Remind folks about your pledge!	13 Learn about the connection between exercise and mental health. Share it.	14 Exercise!	15 Move and do good.	16 Exercise!	17 Play a game.	18 Exercise!
Mindfulness	19 Send out positive messages.	20 Learn about other's mental health.	21 Find a relaxing activity.	22 Perform kindness.	23 Self-Reflect.	24 Reach out to someone in need.	25 Meditate and chill.
Reflection	26 Share a recap of the pledge.	27 Take time to reflect on your journey and how you can make changes in the future.	28 You did a great job. Relax a take some time for yourself.	29 Write down 3 things you found helpful from this pledge.	30 Make a list of the activities that you enjoy doing.	31 Post and share with family and friends about you taking the Pledge on social media.	

Official Partner
Campaign with

KEY CLUB®



Erika's Lighthouse®

www.ErikasLighthouse.org | 8



Classroom Education

Level I

We All Have Mental Health



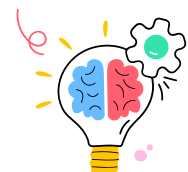
Suicide
Prevention



Evidence-
Informed



Bilingual



Skills-Based



Turn-Key &
Adaptable

Mental Health Literacy for grades 4-6

An introduction to mental health with a strong focus on help-seeking and good mental health.

Learning Objectives

This program consists of 4 engaging and interactive lessons designed to provide students with:

- increased knowledge of key concepts related to good mental health
- the ability to identify the difference between everyday feelings and overwhelming feelings
- self-advocacy and peer-to-peer intervention to promote help-seeking

Benefits

for Schools

- Foundational learning for mental health
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- All educator implementation training can be certified via Erika's Lighthouse
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs that help students manage their own mental health
- Early identification and intervention with students
- Skills-based lessons that prepare students for the future
- Fully-integrated pre/post testing to support data-informed decisions
- One-on-one implementation support

for Students

- Learn how to practice good mental health
- Recognize when feelings are overwhelming and when to ask for help
- Identify trusted adults and how to speak to them
- Better empathize and support peers experiencing mental distress
- Reduced stigma normalizes conversations

Level I: We All Have Mental Health

Key Components

One to four days of lesson plans provides flexibility to fit into any classroom.

Comprehensive **Facilitator's Guide** provide scripts and prompts to support educator confidence and fidelity.

Engaging **Student Workbooks** provides students with actionable, participatory learning.

Developmentally appropriate **Exit Tickets** promote help-seeking, early identification and intervention.

Optional **Skills Check** evaluates skill development and knowledge gained

Fully automated **Pre/Post Evaluations** helps educators, counselors and administration make data-informed decisions.



4 Day Lesson Plan

Pre-Test Evaluation

Lesson One

- Video: English | Spanish | UK
- Facilitator Guide
- Slideshow (Google, PPT | Spanish)
- Charades Cards (Spanish)
- Notice & Wonder Chart (Spanish)
- Classroom Signs (Spanish)
- Exit Tickets (Spanish)
- Bookmarks (Spanish)

Lesson Two

- Facilitator Guide
- Slideshow (Google, PPT | Spanish)
- Stress Article
- Managing Stress for Level I (Spanish)
- Coping Strategies Signs/Directions (Spanish)
- Coping Diary (Spanish)
- Exit Tickets (Spanish)

Lesson Three

- Facilitator Guide
- Slideshow (Google, PPT | Spanish)
- What Would You Say/Do Worksheet (Spanish)
- Trusted Adult Worksheet (Spanish)
- Exit Tickets (Spanish)

Post-Test Evaluation

Lesson Four (Skills Check)

- Facilitator Guide
- Vocab Check
- Knowledge Check
- Managing Strong Emotions
- Assessment Activity Worksheets (Spanish)

1 Day Lesson Plan

Pre-Test Evaluation

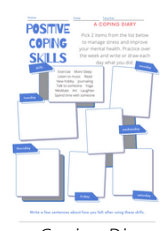
Lesson

- Video: English | Spanish | UK
- Facilitator Instructions
- Slideshow (Google, PPT | Spanish)
- Exit Ticket (Spanish)

Post-Test Evaluation



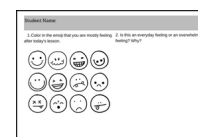
Level I Video



Coping Diary



Notice & Wonder Chart



Exit Ticket



Say or Do



Trusted Adults

Level II

Depression Awareness



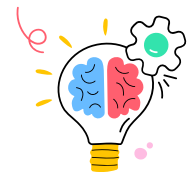
Suicide
Prevention



Evidence-
Informed



Bilingual



Skills-Based



Turn-Key &
Adaptable

Depression Education for grades 5-9

An introduction to depression with a strong focus on help-seeking and good mental health.

Learning Objectives

This program consists of 4 engaging and interactive lessons designed to provide students with:

- knowledge of key concepts related to identifying depression
- self-advocacy and peer-to-peer intervention to promote help-seeking
- awareness of how they can support their own mental health and well-being

Benefits

for Schools

- Foundational learning for mental health and depression
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- All educator implementation training can be certified via Erika's Lighthouse
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs that help students manage their own mental health
- Early identification and intervention with students
- Skills-based lessons that prepare students for the future
- Fully-integrated pre/post testing to support data-informed decisions
- One-on-one implementation support

for Students

- Learn how to practice good mental health
- Recognize when feelings may indicate mental distress
- Identify trusted adults and how to speak to them
- Better empathize and support peers experiencing mental distress
- Reduced stigma normalizes conversations



Erika's Lighthouse®

Level II: Depression Awareness

Key Components

One to four days of lesson plans provides flexibility to fit into any classroom.

Video library of eight **Student Stories** that provide customization, diversity and representation that reflects individual classrooms.

Comprehensive **Facilitator's Guide** provide scripts and prompts to support educator confidence and fidelity.

Engaging **Student Workbooks** provides students with actionable, participatory learning.

Developmentally appropriate **Self-Referral Cards** promote help-seeking, early identification and intervention.

Optional **Skills Check** evaluates skill development and knowledge gained

Fully automated **Pre/Post Evaluations** helps educators, counselors and administration make data-informed decisions.



4 Day Lesson Plan

Pre-Test Evaluation

Lesson One

- Video Segment: Vimeo | YouTube | Google
- Facilitator Instructions
- Student Workbook (Spanish)
- Slideshow (Google, PPT | Spanish)
- Self-Referral Cards (Spanish)
- Student Bookmark (Canva | (Spanish, Canva)

Lesson Two

- Video Segment: Vimeo | YouTube | Google
- Facilitator Instructions
- Student Workbook (Spanish)
- Slideshow (Google, PPT | Spanish)

Lesson Three

- Video Segment: Vimeo | YouTube | Google
- Facilitator Instructions
- Student Workbook (Spanish)
- Slideshow (Google, PPT | Spanish)

Post-Test Evaluation

Lesson Four (Skills Check)

- Facilitator Instructions
- Student Workbook (Spanish)

1 Day Lesson Plan

Pre-Test Evaluation

Lesson

- Full Video: Vimeo | YouTube | Google
- Facilitator Instructions
- Self-Referral Cards (Spanish)
- Slideshow (Google, PPT | Spanish)

Post-Test Evaluation



Level II Video



Student Bookmarks



Program Slideshow



Erika's Lighthouse®

Level III

Depression Education & Suicide Awareness



Suicide Prevention for grades 8-12

An introduction to depression and suicide with a strong focus on help-seeking and good mental health.

Learning Objectives

This program consists of 4 engaging and interactive lessons designed to provide students with:

- Increased knowledge of key concepts related to depression and suicide
- Increased empathy and understanding toward young people with depression
- Increased self-advocacy and peer-to-peer intervention
- Increased ability to identify and access valid and reliable sources of information
- Increased awareness of how they can support their own mental health and well-being and contribute to a positive mental health culture in their school and community.

Benefits

for Schools

- Foundational learning for depression and suicide
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- All educator implementation training can be certified via Erika's Lighthouse
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs that help students manage their own mental health
- Early identification and intervention with students
- Skills-based lessons that prepare students for the future
- Fully-integrated pre/post testing to support data-informed decisions
- One-on-one implementation support

for Students

- Learn how to practice good mental health
- Recognize when feelings may indicate mental distress, depression and suicidal ideation
- Identify trusted adults and how to speak to them
- Better empathize and support peers experiencing mental distress
- Reduced stigma normalizes conversations



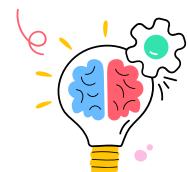
Suicide Prevention



Evidence-Informed



Bilingual



Skills-Based



Turn-Key & Adaptable

Level III: Depression Education & Suicide Awareness

Key Components

One to four days of lesson plans provides flexibility to fit into any classroom.

Comprehensive **Facilitator's Guide** provide scripts and prompts to support educator confidence and fidelity.

Engaging **Student Workbooks** provides students with actionable, participatory learning.

Developmentally appropriate **Self-Referral Cards** promote help-seeking, early identification and intervention.

Optional **Skills Check** evaluates skill development and knowledge gained

Fully automated **Pre/Post Evaluations** helps educators, counselors and administration make data-informed decisions.



4 Day Lesson Plan

Pre-Test Evaluation

Lesson One

- Video Segment: Vimeo | YouTube | Google
- Facilitator Instructions
- Student Workbook (Spanish)
- Slideshow (Google, PPT | Spanish)
- Self-Referral Cards (Spanish)
- Student Bookmark (Canva | (Spanish, Canva)

Lesson Two

- Video Segment Lesson 2: Vimeo | YouTube | Google
- Facilitator Instructions
- Student Packets:
 - Callie (Spanish)
 - Mason (Spanish)
 - Alan (Spanish)
 - Jasmine (Spanish)
 - Edgar (Spanish)
 - Mac (Spanish)
- Slideshow (Google, PPT | Spanish)

Lesson Three

- Video Segment: Vimeo | YouTube | Google
- Facilitator Instructions
- Student Workbook (Spanish)
- Slideshow (Google, PPT | Spanish)

Post-Test Evaluation

Lesson Four (Skills Check)

- Facilitator Instructions
- Student Workbook (Spanish)
- Skill Check Rubric (Spanish)

1 Day Lesson Plan

Pre-Test Evaluation

Lesson

- Full Video: Vimeo | YouTube | Google
- Facilitator Instructions
- Self-Referral Cards (Spanish)
- Slideshow (Google, PPT | Spanish)
- Student Stories

Post-Test Evaluation



Level III Video



Student Bookmarks

SELF-REFERRAL CARD

Please fill out the **ENTIRE** card, fold it in half and turn it in to your teacher.

Name _____

Teacher _____

Period _____

After hearing the presentation,

☐ I would like to talk to a trusted adult in the next 24 hours.

☐ I would like to talk to a trusted adult in the next week.

☐ I do not need to talk to a trusted adult.

Self-Referral Card



Erika's Lighthouse®

Classroom Education

Optional Program Additions



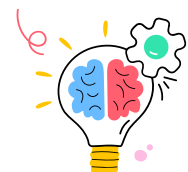
Suicide Prevention



Evidence-Informed



Bilingual



Skills-Based



Turn-Key & Adaptable

Supplementals to curriculum to further learning

Resources that dive deeper into help-seeking, good mental health and the signs & symptoms of depression.

Good Mental Health

- Managing Stress Worksheet
- Managing Your Depression
- Positive Coping Mechanisms
- Mindfulness Activity
- Mental Health Recharge – 5-minute breaks

Depression Education

- Jeopardy-Style Mental Health
- Shared Vocabulary
- Warning Signs and Symptoms
- A Primer on Depression
- Mental Health Posters: About Depression
- Say Something
- Sadness, Grief, Depression

Help-Seeking

- Supportive Conversations with Peers
- Overcoming Barriers to Asking for Help
- Help-Seeking Worksheet
- Text From A Friend Simulation
- Text From A Friend
- Trusted Adults Worksheet

Benefits

for Schools

- Allow for greater focus on areas that need additional development
- Leverage resources to diversify lesson plans for year after year implementation
- Provide supplemental lessons throughout the school year

for School Professionals

- Provide more positive coping mechanisms
- Advance help-seeking through trusted adults
- Increase knowledge gained with further depression education

for Students

- Learn how to practice good mental health
- Recognize when feelings may indicate mental distress, depression and suicidal ideation
- Identify trusted adults and how to speak to them



Erika's Lighthouse®

www.ErikasLighthouse.org | 16



Empowerment Clubs

Empowerment Clubs

Official Clubs



**\$500 per club
available**



**Training
Modules**



Bilingual



**International
Peer Network**



**Turn-Key &
Adaptable**

Student-led messaging for grades 4-12

Extracurricular club that empowers students to be leaders in their schools around good mental health

Program Objectives

This program consists of training modules and year-round activities to:

- increased knowledge of club members in being mental health champions in their school
- promote good mental health, help-seeking and knowledge around mental health
- host schoolwide activities to engage students around mental health
- reduce stigma and normalize conversations through student-led initiatives

Benefits

for Schools

- Student-led mental health messaging to support staff-led efforts
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- All student training can be certified via Erika's Lighthouse
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs that help students manage their own mental health
- Early identification and intervention with students
- Fully-integrated pre/post testing to support data-informed decisions
- One-on-one implementation support
- Up to \$500/club in grants to underwrite activities

for Students

- Promote good mental health messages to peers
- Gain valuable leadership skills
- Demonstrate student engagement for college
- Identify trusted adults and how to speak to them
- Better empathize and support peers experiencing mental distress
- Reduced stigma normalizes conversations



Erika's Lighthouse®

www.ErikasLighthouse.org | 18

Empowerment Clubs: Official Clubs

Key Components

Three Training Modules to equip club members as mental health champions in their schools.

Comprehensive **Guides** provide support to recruit, engage and activate the club and student body.

Helpful **Ready-to-Use Resources** that improve recruitment, engagement, behavior change and school culture.

Engaging **Activities** that focus on key areas of development for student understanding and knowledge around mental health.

Available **Financial Support** (up to \$500) for clubs to host meetings and schoolwide activities around their buildings.

Fully automated **Pre/Post Evaluations** helps students, educators, counselors and administration make data-informed decisions.



Plan & Implement

- Elementary School Clubs
- Middle School Clubs
- High School Clubs

Host A Meeting

- About Us Video
- Sample Meeting Agenda
- Ice Breaker Ideas (Canva)
- A Year of AAAs
- Guest Speaker Ideas (Canva)

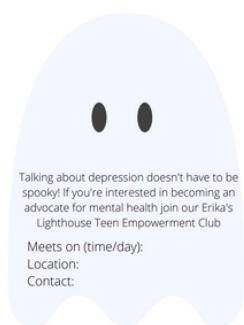
Training Modules

- Module I: Mental Health 101
- Module II: Being a Trusted Peer
- Module III: Be a Mental Health Leader

Over 70 Awareness into Action Activities clubs can use to take action in their schools.

Recruitment Activities

- Teen Club Recruitment Poster (High school) (Canva) (MS, HS)
- Let's Spread Positivity (Canva) (ES, MS, HS)
- Let's Talk About Mental Health (Canva) (MS, HS)
- You've Been Tapped! (Canva) (MS, HS)
- Morning Announcements (Elementary) (Canva) (ES)
- Morning Announcements (Middle School) (Canva) (MS)
- Morning Announcements (High school) (Canva) (HS)
- Empowerment Club Locker/Mailbox Slips (Canva) (ES, MS, HS)
- Ghost Lollipops (October) (Canva) (MS, HS)
- Halloween Recruitment Poster (October) (Canva) (MS, HS)
- Winter Recruitment (Fall & Winter) (Canva) (MS, HS)
- We Love Good Mental Health (February) (Canva) (MS, HS)
- All Year-Round (Canva) (MS, HS)
- Spooky Halloween (Canva) (MS, HS)
- Warm-Up Winter (Canva) (MS, HS)
- We Love Mental Health Valentine's Day (Canva) (MS, HS)
- Build Leadership Skills with Erika's Lighthouse (Canva) (MS, HS)
- Change Your School, Change the World (Canva) (MS, HS)
- Keep Calm and Break the Stigma (Canva) (MS, HS)
- Keep Calm and Spread Empathy (Canva) (MS, HS)
- Empowerment Club Flyer



We love good mental health!



Empowerment Clubs

Affiliate Clubs



Mental health partner for existing clubs

Extracurricular club partner that empowers students to be leaders in their schools around good mental health

Program Objectives

This program consists of training modules and year-round activities to:

- support existing clubs, like Key Club or SADD, to host mental health service projects and campaigns in their schools
- promote good mental health, help-seeking and knowledge around mental health
- reduce stigma, normalize conversations and enhance school culture
- host schoolwide activities to engage students around mental health

Benefits

for Schools

- Student-led mental health messaging to support staff-led efforts
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs that help students manage their own mental health
- Early identification and intervention with students
- Fully-integrated pre/post testing to support data-informed decisions
- One-on-one implementation support

for Students

- Promote good mental health messages to peers
- Gain valuable leadership skills
- Identify trusted adults and how to speak to them
- Better empathize and support peers experiencing mental distress
- Reduced stigma normalizes conversations



**Trusted
Partner with
Existing Clubs**



**Training
Modules**



Bilingual



**International
Peer Network**



**Turn-Key &
Adaptable**



Erika's Lighthouse®

Empowerment Clubs: Affiliate Clubs

Key Components

Three Training Modules to equip club members as mental health champions in their schools.

Helpful **Ready-to-Use Resources** that improve recruitment, engagement, behavior change and school culture.

Engaging **Activities** that focus on key areas of development for student understanding and knowledge around mental health.

Fully automated **Pre/Post Evaluations** helps students, educators, counselors and administration make data-informed decisions.



Plan & Implement

- Elementary School Clubs
- Middle School Clubs
- High School Clubs

Host A Meeting

- About Us Video
- Sample Meeting Agenda
- Ice Breaker Ideas (Canva)
- A Year of AAAs
- Guest Speaker Ideas (Canva)

Training Modules

- Module I: Mental Health 101
- Module II: Being a Trusted Peer
- Module III: Be a Mental Health Leader

Over 70 Awareness into Action Activities clubs can use to take action in their schools.

Recruitment Activities

- Teen Club Recruitment Poster (High school) (Canva) (MS, HS)
- Let's Spread Positivity (Canva) (ES, MS, HS)
- Let's Talk About Mental Health (Canva) (MS, HS)
- You've Been Tapped! (Canva) (MS, HS)
- Morning Announcements (Elementary) (Canva) (ES)
- Morning Announcements (Middle School) (Canva) (MS)
- Morning Announcements (High school) (Canva) (HS)
- Empowerment Club Locker/Mailbox Slips (Canva) (ES, MS, HS)
- Ghost Lollipops (October) (Canva) (MS, HS)
- Halloween Recruitment Poster (October) (Canva) (MS, HS)
- Winter Recruitment (Fall & Winter) (Canva) (MS, HS)
- We Love Good Mental Health (February) (Canva) (MS, HS)
- All Year-Round (Canva) (MS, HS)
- Spooky Halloween (Canva) (MS, HS)
- Warm-Up Winter (Canva) (MS, HS)
- We Love Mental Health Valentine's Day (Canva) (MS, HS)
- Build Leadership Skills with Erika's Lighthouse (Canva) (MS, HS)
- Change Your School, Change the World (Canva) (MS, HS)
- Keep Calm and Break the Stigma (Canva) (MS, HS)
- Keep Calm and Spread Empathy (Canva) (MS, HS)
- Empowerment Club Flyer



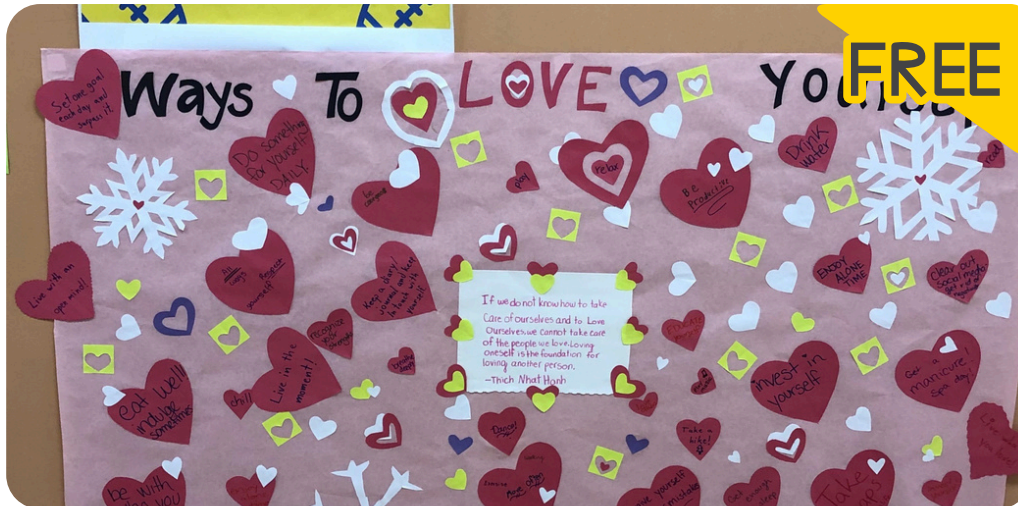
We love good mental health!



Empowerment Clubs

Awareness into Action

Activities for Students



Activities



Bilingual



Schoolwide



Student-led



Turn-Key & Adaptable

Ready-to-use initiatives to empower students

70+ activities designed to promote good mental health, encourage help-seeking and normalize conversations

Program Objectives

This program consists of year-round activities to:

- support Official and Affiliate Clubs in hosting mental health service projects and campaigns in their schools
- promote good mental health, help-seeking and knowledge around mental health
- reduce stigma, normalize conversations and enhance school culture
- host schoolwide activities to engage students around mental health

Benefits

for Schools

- Student-led mental health messaging to support staff-led efforts
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs that help students manage their own mental health
- Early identification and intervention with students
- Fully-integrated pre/post testing to support data-informed decisions
- One-on-one implementation support

for Students

- Promote good mental health messages to peers
- Gain valuable leadership skills
- Identify trusted adults and how to speak to them
- Better empathize and support peers experiencing mental distress
- Reduced stigma normalizes conversations



Erika's Lighthouse®

www.ErikasLighthouse.org | 22

Empowerment Clubs: Awareness into Action Activities

Key Components

Seven Categories of activities focusing on mindfulness to positivity, advocacy to education.

Engaging **Activities** that focus on key areas of development for student understanding and knowledge around mental health.

Focused Initiatives on good mental health, stress, anxiety and depression that can be used seasonally or year-round.

Helpful **Ready-to-Use Resources** that improve engagement, behavior change and school culture.

Available to **All Stakeholders** so school professionals, families and students can adapt and use the activities.



Plan & Implementation

- A Year of AAAs
- Elementary School Clubs
- Middle School Clubs
- High School Clubs

Advocacy Efforts

- How to Testify to your Board of Education (Spanish)
- Advocate for Depression Education (Spanish)
- Educate Families and Caregivers (Spanish)
- Educate Peers and Teens – Bookmarks (Spanish)

You Are Not Alone Reminders

- A Seat Saved for You (Spanish)
- DIY Beacon of Hope Wooden Door Signs (Spanish)
- Beacon of Hope Door Signs (Canva, Virtual | Spanish)
- Beacon of Hope Thank You (Canva | Spanish)
- Follow the Footprints (Canva | Spanish)
- Holiday Luminary Activity (Spanish)
- Mental Health Awareness Week (October) (Spanish)
- Now or Later (Canva | Spanish)
- Shamrock Lucky Day Handout (March) (Canva | Spanish)
- Yellow Ribbon Week (Spanish)

Education Efforts

- Be a Lifesaver – Take A Guess (Spanish)
- Five Subject Classroom Signs (Spanish)
- Ghostbuster Poster (Spanish)
- Lunch Table Education (Spanish)
- Mental Health Bingo (Canva | Spanish)
- Mental Health Morning Announcements (Spanish)
- Sharpen Your Knowledge About Depression (Spanish)

Calm Corner: Aids for Anxiety and Stress

- Coloring and Cocoa (Spanish)
- Donut Stress About the Test (Spanish)
- Grounding for Anxiety (Spanish)
- Shred Your Stress (Spanish)
- Slime for Stress and Anxiety (Spanish)
- Spin Into Good Mental Health (Canva | Spanish)

Mindful Moments

- 10 Ways to Relieve Stress During Finals Week (Spanish)
- Aromatherapy Play Dough (Spanish)
- Bubble Breathing (Spanish)
- DIY Mini Sand Trays (Spanish)
- DIY Stress Balls (Spanish)
- Gratitude Jars or Journals (Spanish)
- How Do You Feel Today? (Spanish)
- How Full Is Your Cup? (Spanish)
- Mindfulness Corner (Canva | Spanish)
- New Year Mini Vision Board (Spanish)
- Pumpkin Patch (October) (Spanish)

Positivity Promoters

- 28 Days of Mental Wellness (Spanish)
- ABCs Positive Walk (Spanish)
- Acts of Kindness Chain (Spanish)
- Apps For Good Mental Health (Canva | Spanish)
- Beacon of Hope Mural (Spanish)
- Clean Up Your School
- Free Smiles (Spanish)
- Heart to Heart Conversations (February) (Spanish)
- Holiday Card Activity (Canva | Spanish)
- Inspirational Sticker Contest (Canva | Spanish)
- Kindness Rocks! (Spanish)
- Kindness Tree (Spanish)
- Listen to My Story (Spanish)
- Locker Notes (Spanish)
- Mental Health Scavenger Hunt (Canva | Spanish)
- Positivity Catcher (Canva | Spanish)
- Say Boo to Bullying (Canva)
- Send Some Encourage-Mint (Canva | Spanish)
- Shamrock Wall of Gratitude (Spanish)
- Take A Compliment Poster (Canva | Spanish)
- Test Week Goodie Bags (Spanish)
- Thanksgiving Gratitude Postcards (Canva | Spanish)
- Wall of Inspiration (Spanish)
- Welcome Back Care Packages (Canva | Spanish)

and more...



Family Engagement

Family Engagement Family Workbook Series



Series of
Workbooks for a
Family's Journey



Easily
Accessible



Seamless
Alignment



Bilingual



Turn-Key &
Adaptable

Easy to read workbooks for families by families

Series of three books with actionable activities for every family to support their child's mental wellbeing

Program Objectives

This program consists of year-round education and outreach to:

- promote family engagement around youth mental health
- educate families about mental health, depression and suicide
- encourage families to actively support their child's mental health
- equip families to have normalized conversations around mental health
- follow a family along their mental health journey from prevention to crisis

Benefits

for Schools

- Family-focused mental health messaging to support school-based efforts
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs for families to support youth mental health
- Improve family-led early identification and intervention
- Educate families so they are prepared to support youth in crisis
- One-on-one implementation support

for Families

- Promote good mental health messages at home
- Educate them to be trusted adults and how to speak
- Ability to talk about mental health as everyday topic
- Better empathize and support youth in mental distress
- Reduced stigma normalizes conversations



Erika's Lighthouse®

www.ErikasLighthouse.org | 25

Family Engagement: Family Workbook Series

Workbook One: We All Have Mental Health

Key Components

Workbook One is focused on understanding and fostering good mental health in any home.

Engaging **Activities** that focus on key areas of youth mental health prevention.

Meaningful **Education** to prepare parents and families to be trusted adults and manage stress and anxiety.

Helpful **Ready-to-Use Resources** that normalize conversations, empower youth and equip everyone with a shared vocabulary.

Accessible to families in a format that works for them, as a printable download or audiobook at no cost and no barrier.



Family Workbook One

- English
- Spanish
- Audiobook



a part of the
FAMILY WORKBOOK SERIES
on
Mental Health & Depression



www.ErikasLighthouse.org

Erika's Lighthouse is a not-for-profit dedicated to educating and raising awareness about adolescent depression, encouraging good mental health and breaking down the stigma surrounding mental health issues.

Underwritten with support from
Imagine Learning Foundation

Special thank you to Elaine Tinberg for her dedication to ensuring families have the knowledge and resources to support their children's mental health.



Erika's Lighthouse®



www.ErikasLighthouse.org | 26

Family Engagement: Family Workbook Series

Workbook Two: Concerned About My Child

Key Components

Workbook Two is focused on recognizing signs and symptoms of mental distress and talking to youth about them.

Engaging **Activities** that focus on key areas of youth mental health identification and intervention.

Meaningful **Education** to prepare parents and families to be trusted adults and identify mental distress.

Helpful **Ready-to-Use Resources** that normalize conversations, empower youth and equip everyone with a shared vocabulary.

Accessible to families in a format that works for them, as a printable download or audiobook at no cost and no barrier.



Family Workbook Two

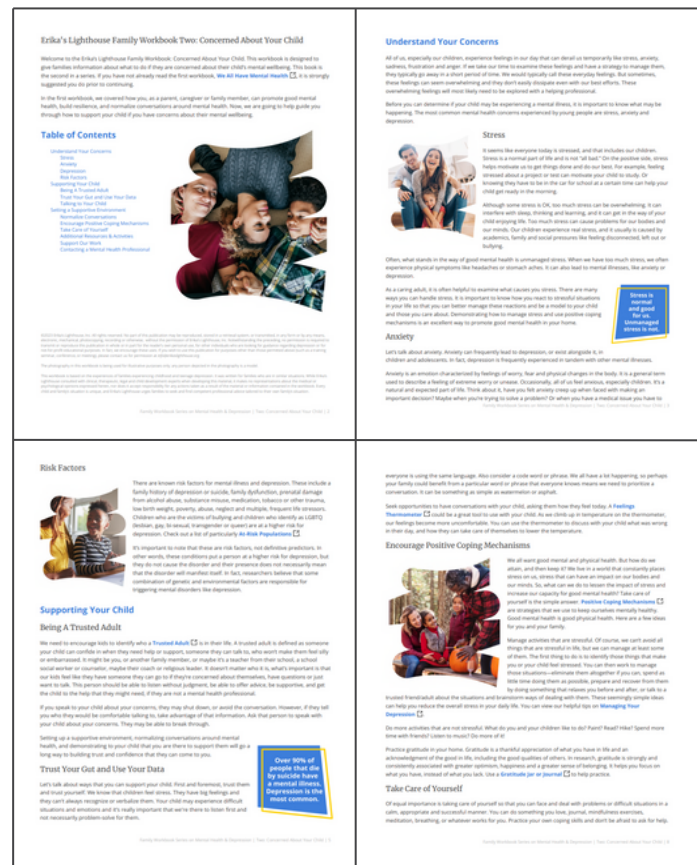
- English
- Spanish
- Audiobook



Erika's Lighthouse is a not-for-profit dedicated to educating and raising awareness about adolescent depression, encouraging good mental health and breaking down the stigma surrounding mental health issues.

Underwritten with support from
 Imagine Learning Foundation

Special thank you to Elaine Tinberg for her dedication to ensuring families have the knowledge and resources to support their children's mental health.



Family Engagement: Family Workbook Series

Workbook Three: Getting Help

Key Components

Workbook Three is focused on getting help for a child in mental distress by navigating the complicated mental health system.

Engaging **Activities** that focus on key areas of youth mental health treatment and available options for families.

Meaningful **Education** to prepare parents and families to be advocates for their child's mental health.

Helpful **Ready-to-Use Resources** that normalize conversations, empower youth and equip everyone with a shared vocabulary.

Accessible to families in a format that works for them, as a printable download or audiobook at no cost and no barrier.



Family Workbook Three

- English
- Spanish
- Audiobook

WORKBOOK
three

Getting Help

a part of the
FAMILY WORKBOOK SERIES
on
Mental Health & Depression

Erika's Lighthouse
www.ErikasLighthouse.org

Erika's Lighthouse is a not-for-profit dedicated to educating and raising awareness about adolescent depression, encouraging good mental health and breaking down the stigma surrounding mental health issues.

Underwritten with support from
Imagine Learning Foundation

Special thank you to Elaine Tinberg for her dedication to ensuring families have the knowledge and resources to support their children's mental health.

Erika's Lighthouse Family Workbook Three: Getting Help

Welcome to the Erika's Lighthouse Family Workbook: Getting Help. This workbook is designed to give families information about what to do if they are trying to get help for their child's mental distress. This book is the third in a series. If you have not already read the first two workbooks, the [All About Mental Health](#) and [Concerned About Your Child](#), it is strongly suggested you do so prior to continuing.

Table of Contents

- First Step: Navigating the System
- Primary Care Provider
- Insurance
- Location
- Types of Therapies
- Partnership with Your Child's Treatment Team
- Working Together
- Check-In

First Step: Navigating the System

If your child is experiencing mental distress and they need help, it may be hard to know where to start. It is normal to wonder whether this is just a phase that they may grow out of, or you should seek help. However, it is hard to be practical and share your concerns with others, including your child, to help them.

Primary Care Provider

A likely first step to finding the help your child needs is to talk with their pediatrician or primary care provider. Family physicians care thousands of children and their parents of practice and are good at determining whether or not there is an issue that needs treatment. Many providers already check for mental health concerns at well-child visits by asking questions, having your child fill out a questionnaire, or, at times, get ideas, taking privately with your child. Any time you are concerned, you can talk to the doctor about it. Consider collecting your thoughts in advance by using the [Mental Health Checklist](#) to share data you have collected and [Taking Note of Your Concerns](#). The provider will likely want to talk to your child about what is going on, and then what might be causing them to feel this way, and may give suggestions or [Positive Coping Strategies](#).

Primary Care Providers may also complete a physical examination and run tests to make sure your child's experiences are mental and not physical, some illnesses, like diabetes, thyroid disease and adrenal gland disease, can all be depression and need to be ruled out. Even a past head injury from sports or a car accident could be the cause.

If the doctor believes there is an issue, ask them for a referral to a mental health professional - someone who specializes in mental health and wellness. The doctor may offer to prescribe medication to use if that helps your child feel better. However, while medication may seem to be an easy way to proceed, proper and effective treatment depends on an accurate diagnosis.

As you begin this process, consider [Reading a Mental Health Treatment Booklet](#). It is possible your only concerns could turn out to be a more serious mental illness and having early data throughout your child's treatment will be very important.

Covering Costs

If it is decided that you are going to get your child help from a mental health professional, a concern may be how much therapy costs. Many health insurance plans offer mental health care coverage, however not all therapists accept insurance, requiring many of their clients to pay the full fee out of pocket.

Insurance

First things first, if you are not sure if your insurance covers mental health care, you should contact them to understand what they cover with [Questions to Ask Insurance](#). As you are just starting out, it may be helpful to understand the [10 Steps to Securing Insurance Coverage for Mental Health Care](#).

If you have health insurance that covers mental health care, it typically covers individual therapy visits and group therapy. The level of coverage will vary based on your insurance provider and plan. You also may be asked to which therapists your child can visit. If a therapist is in-network, you may use a copay at the time of your child's response to treatment.

Location

In addition to identifying the best schedule, families also need to think about the location of a therapist. This isn't only a question of distance. It may also impact the quality, quantity and how well your child responds to treatment.

In-Person Treatment

In-person therapy is the most common and well-known form of treatment. If you are looking for an in-person treatment option, there are a number of considerations and it is important to recognize that therapy can happen in a variety of settings:

- Home
- Office/Community Center
- Clinic
- Community Center
- Mental Department
- Treatment Center
- Hospital

Virtual Treatment

Your child may also be eligible for virtual therapy, depending on insurance, diagnosis, or need. This is called teletherapy or telehealth. After the COVID-19 pandemic, the availability and acceptance of virtual treatments has come into the mainstream. Depending on state laws and availability, therapists can now provide treatment virtually via video over phone or via the internet using a computer, tablet or smartphone. The type of treatment available for virtual treatments are based on individual capabilities from their Therapist's Initial Evaluation Program. Your child may or may not do well in a virtual therapy setting. Some children thrive in that format while others do better in an in-person environment. It is important to talk with your child about their comfort level and check in regularly with both your child and their therapist on their treatment response.

Partnership with Your Child's Treatment Team

Check-In

We recommend you have a [Check-in with Your Child's Therapist](#) every 4-6 weeks. This also is a good time to check in to whether your child's therapy is working well to reduce your own anxiety and [Check-in with Yourself](#).

Working Together

When your child is experiencing depression or another mental health disorder, one of your jobs is to make sure that the other adults who are a part of your child's daily life—teachers, coaches, tutors, etc.—are aware of what's going on.

Family Engagement Family Workshop Series



Easy to deliver family education for mental health

Series of two workshops available as on-demand videos or ready-to-host live sessions for any family, anywhere

Program Objectives

This program consists of year-round education and outreach to:

- promote family engagement around youth mental health
- educate families about mental health, depression and suicide
- encourage families to actively support their child's mental health
- equip families to have normalized conversations around mental health

Benefits

for Schools

- Family-focused mental health messaging to support school-based efforts
- Workshops align seamlessly with Classroom Education
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs for families to support youth mental health
- Improve family-led early identification and intervention
- Educate families so they are prepared to support youth in crisis
- Available as adaptable live sessions or ready YouTube links
- One-on-one implementation support

for Families

- Promote good mental health messages at home
- Educate them to be trusted adults and how to speak
- Ability to talk about mental health as everyday topic
- Better empathize and support youth in mental distress
- Reduced stigma normalizes conversations



Series of
Workshops



Flexible
Delivery



Seamless
Alignment



Bilingual



Turn-Key &
Adaptable



Family Engagement: Family Workshops Series

Workshop I: We All Have Mental Health

Key Components

Workshop One is focused on understanding mental health, its role in our everyday lives and recognizing mental distress.

Approachable **Content** that uses the Level I Classroom Education video so families know what their children are learning.

Meaningful **Education** to prepare parents and families to be trusted adults and manage stress and anxiety.

Helpful **Ready-to-Use Resources** that normalize conversations, empower youth and equip everyone with a shared vocabulary.

Accessible to families in a format that works for them, as an on-demand video or school-hosted live session.



Pre-recorded & On-Demand

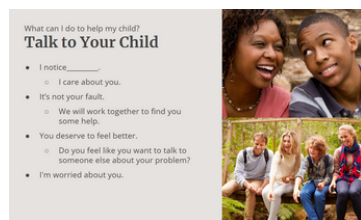
- English
- Spanish
- Accessible via YouTube, Vimeo or Enlighten, our exclusive LMS

Ready to Host

- Facilitator's Guide
- Slideshow
- Level I Video
- Host live as in-person or virtual

Data Center Support

- Pre-Test
- Post-Test



Family Engagement: Family Workshops Series

Workshop II: Depression & Suicide

Key Components

Workshop Two is focused on understanding mental health, depression and suicide in young people.

Approachable **Content** that uses the Level III Classroom Education video so families know what their children are learning.

Meaningful **Education** to prepare parents and families to be trusted adults and manage stress, anxiety and depression.

Helpful **Ready-to-Use Resources** that normalize conversations, empower youth and equip everyone with a shared vocabulary.

Accessible to families in a format that works for them, as an on-demand video or school-hosted live session.



Pre-recorded & On-Demand

- English
- Spanish
- Accessible via YouTube, Vimeo or Enlighten, our exclusive LMS

Ready to Host

- Facilitator's Guide
- Slideshow
- Level I Video
- Host live as in-person or virtual

Data Center Support

- Pre-Test
- Post-Test



About Mental Health Good Mental Health

- When we can fulfill a number of life functions and activities, including:
 - the ability to learn
 - the ability to feel, express and manage a range of positive and negative emotions
 - the ability to form and maintain good relationships with others
- Important at every stage of life, from childhood, adolescence through adulthood.
- Will help children to focus in school, overcome obstacles, get along with the people around them—and get well and stay well

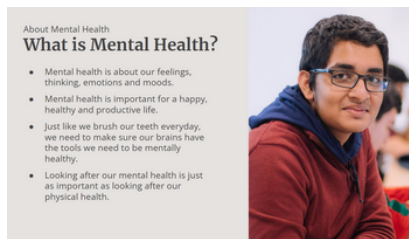


What is my child learning? Depression in Adolescents

- Irritability
- Self defeating attitude
- Bizarre sleep patterns
- Substance use
- Risk taking
- Aggression
- Acting out
- Problems in school

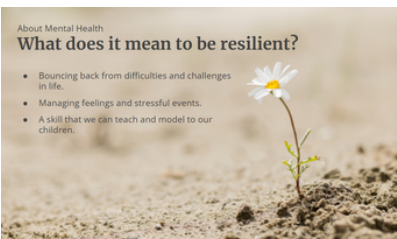
Other Facts:

- Girls have depression at slightly higher rates
- Boys are more likely to take their own life

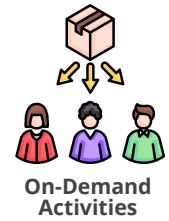


About Mental Health What does it mean to be resilient?

- Bouncing back from difficulties and challenges in life.
- Managing feelings and stressful events.
- A skill that we can teach and model to our children.



Family Engagement Awareness into Action Activities for Families



Ready-to-use initiatives to empower families

A dozen activities designed to promote good mental health and normalize conversations at home

Program Objectives

This program consists of year-round activities and outreach to:

- promote family engagement around youth mental health
- educate families about mental health, depression and suicide
- normalize conversations around mental health
- reduce stress and anxiety through good mental health activities

Benefits

for Schools

- Family-focused mental health messaging to support school-based efforts
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs for families to support youth mental health
- Improve family-led early identification and intervention
- Educate families so they are prepared to support youth in crisis
- One-on-one implementation support

for Families

- Promote good mental health messages at home
- Educate them to be trusted adults and how to speak
- Ability to talk about mental health as everyday topic
- Better empathize and support youth in mental distress
- Reduced stigma normalizes conversations

Family Engagement: Awareness into Action Activities for Families

Key Components

Awareness into Action Activities for Families are focused on normalizing conversations and practicing good mental health.

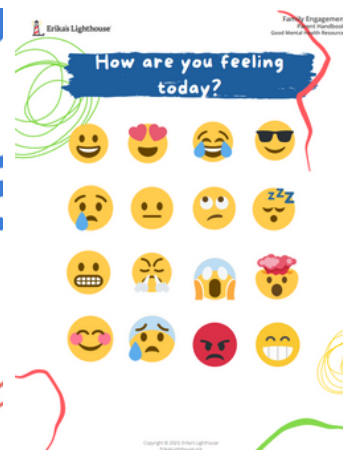
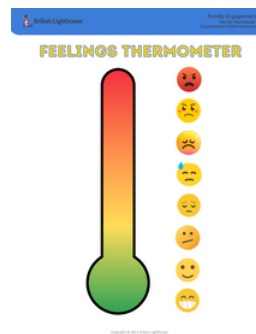
Active and passive **Engagement** to foster dialogue and trust between family members.

Helpful **Ready-to-Use Resources** that normalize conversations, empower youth and equip everyone with a shared vocabulary.

Accessible to families in a format that works for them, digitally or printable.



- Mental Health Bingo (Spanish)
- Simple Ways to Boost Your Mental Health (Spanish)
- Deep Breathing Techniques (Spanish)
- Family Conversation Journal (Spanish)
- Circle of Control (Spanish)
- 5-4-3-2-1 Grounding Techniques (Spanish)
- Kindness Flowers (Spanish)
- Mindfulness Jars (Spanish)
- Word Breathing (Spanish)
- How do you feel today? (Spanish)
- Good Mental Health Week (Spanish)
- Feelings Thermometer (Spanish)



Family Engagement Outreach & Engagement Tools



Ready-to-use communications that impact families

Email, letters, texts and social media posts to promote mental health resources to parents and families

Program Objectives

This program consists of year-round outreach to:

- promote family engagement around youth mental health
- educate families about mental health, depression and suicide
- encourage families to join Family Workshops and access Family Workbooks

Benefits

for Schools

- Family-focused mental health messaging to support school-based efforts
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs for families to support youth mental health
- Improve family-led early identification and intervention
- Educate families so they are prepared to support youth in crisis
- One-on-one implementation support

for Families

- Promote good mental health messages at home
- Educate them to be trusted adults and how to speak
- Ability to talk about mental health as everyday topic
- Better empathize and support youth in mental distress
- Reduced stigma normalizes conversations

Family Engagement: Outreach and Engagement Tools

Key Components

Communication Tools focused on understanding mental health, depression and suicide in young people.

Meaningful **Engagement** to educate parents and families to be trusted adults and manage stress, anxiety and depression.

Helpful **Ready-to-Use Templates** that promote engagement, education and participation for families.

Accessible to families in a format that works for them.

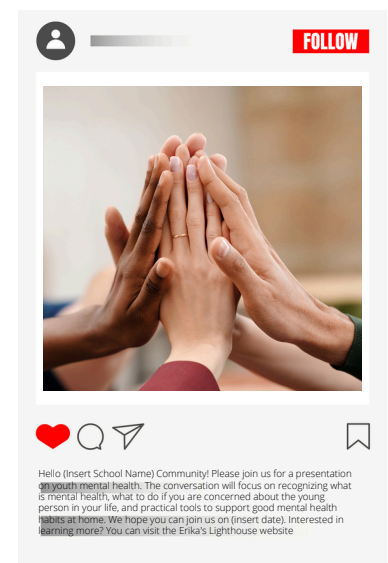
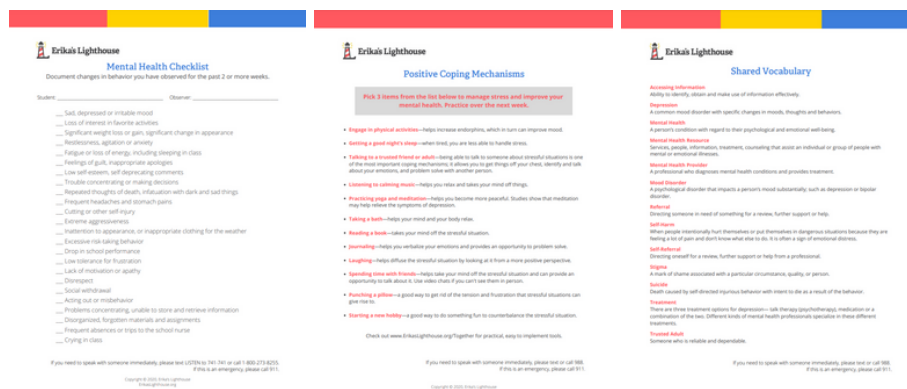


Workshop & Workbook Communications

- Introductory Invitation (Pre) Community
- Follow-Up (Post) Communication
- Includes email, letter, text and social media templates

Other Resources

- Intervention Language for Family (Canva) | Spanish (Canva)
- Depression Discussion Guide (Spanish)
- Managing Your Depression (Canva) | Spanish (Canva)
- Mental Health Checklist (Canva) | Spanish (Canva)
- Positive Coping Mechanisms (Spanish)
- Shared Vocabulary (Canva) | Spanish (Canva)
- Warning Signs and Symptoms (Canva) | Spanish (Canva)



Erika's Lighthouse

www.ErikasLighthouse.org | 35



Policy & Staff Training

Policy & Staff Training

Staff Training



Easy to deliver staff training for mental health

Series of four modules available as on-demand videos or ready-to-host live sessions for all staff, anywhere

Program Objectives

This program consists of training and education to:

- prepare every staff member to be a trusted adult
- recognize the signs & symptoms of depression and suicide
- encourage educators to actively support their students' mental health
- equip staff to have normalized conversations around mental health

Benefits

for Schools

- Staff-focused mental health messaging to support school-based efforts
- Trainings align seamlessly with Classroom Education
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention programs for staff to support youth mental health
- Improve staff-led early identification and intervention
- Educate staff so they are prepared to support youth in crisis
- Available as adaptable live sessions or certificate-enabled online training
- One-on-one implementation support

for Students

- Promote good mental health messages in classrooms
- Build trust to identify trusted adults and act
- Ability to talk about mental health as everyday topic
- Better empathize and support those in mental distress
- Reduced stigma normalizes conversations



Series of Modules



Flexible Delivery



Seamless Alignment



Whole School



Turn-Key & Adaptable



Erika's Lighthouse®

Policy & Staff Training: Staff Training

Key Components

Staff Training is focused on understanding mental health, recognizing the signs & symptoms of depression and suicide, how to help a student, and managing a mental health crisis.

Approachable **Content** that uses real youth voices so educators can hear from students about their experiences.

Meaningful **Education** to prepare school professionals to be trusted adults and promote everyday conversations.

Helpful **Ready-to-Use Resources** that normalize conversations, empower staff and equip everyone with a shared vocabulary.

Accessible to staff in a format that works for them, as an on-demand video or school-hosted live session.



Group Training

Introduction

- Facilitator Guide
- Stand-Up and Sit-Down Stigma Exercise
- Slideshow
- Introduction Video: Vimeo | YouTube

Part 1: Signs & Symptoms

- Pre-test | QR Code
- Facilitator Guide
- Slides (Google, PPT)
- Part 1 Video: Vimeo | YouTube
- Student Story Video: Vimeo | YouTube

Part 2: Helping a Student

- Facilitator Guide
- Slides (Google, PPT)
- Part 2 Video: Vimeo | YouTube
- Video: Importance of Being Trauma Informed

Part 3: Crisis Intervention

- Facilitator Guide
- Slides (Google, PPT)
- Part 3 Video: Vimeo | YouTube
- Post-Test | QR Code

Individual 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



Policy & Staff Training MTSS Supports



**Policies &
Resources**



**Seamless
Alignment**



**Whole
School**



**Turn-Key &
Adaptable**

Easy to follow resources for schoolwide support

Resources and guides designed to help schools formalize strategies around effective mental health interventions

Program Objectives

This program consists of tools, guides, and policies to:

- establish a robust MTSS task force to support mental wellness
- provide best practice, data-driven programs and interventions
- formally engage and educate every school stakeholder
- equip staff, families and students with the tools to identify mental distress

Benefits

for Schools

- School-focused mental health messaging to support school-based efforts
- Resources that build shared values and vocabulary
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention resources for staff to support youth mental health
- Improve staff-led early identification and intervention
- Educate staff so they are prepared to support youth in crisis
- One-on-one implementation support

for Students

- Promote good mental health messages in classrooms
- Build trust to identify trusted adults and act
- Ability to talk about mental health as everyday topic
- Better empathize and support those in mental distress
- Reduced stigma normalizes conversations



Erika's Lighthouse®

www.ErikasLighthouse.org | 39

Policy & Staff Training: MTSS Supports

Key Components

School Policies and Interventions is focused on supporting systems in schools to support youth mental health, early identification and intervention.

Approachable **General Educator Resources** that empower educators to engage in mental health discussions and supports.

Easy to Implement **Actions** that anyone in a school can use to promote good mental health and positive coping mechanisms.

Helpful **Ready-to-Use Resources** that normalize conversations, empower staff and equip everyone with a shared vocabulary.

Accessible to staff in a format that works for them, as a print out or digital asset.



School Policies & Interventions

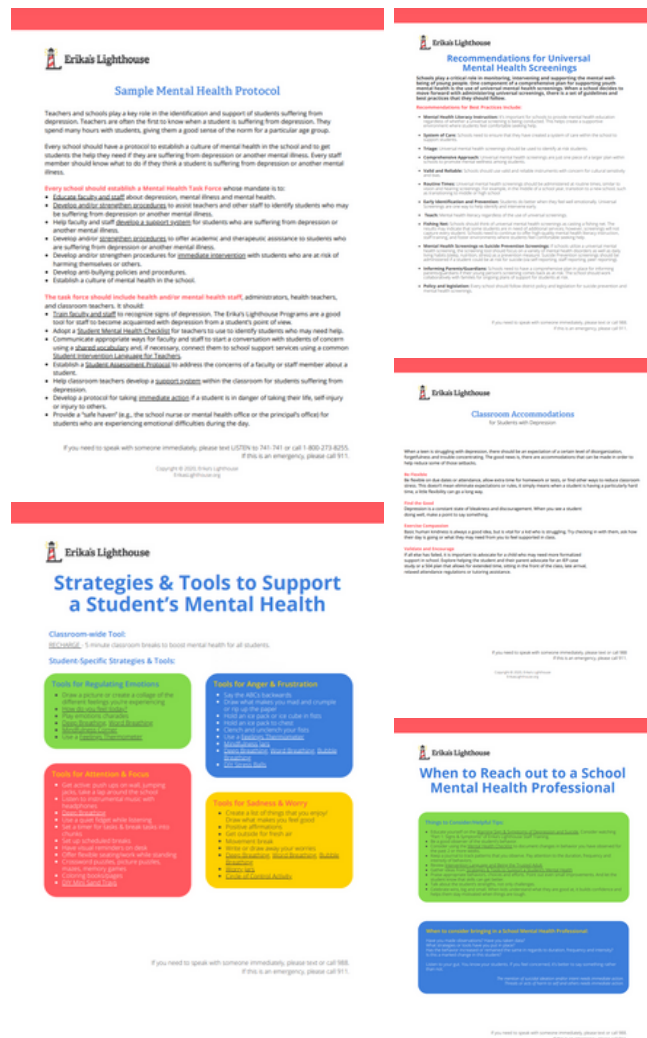
- Mental Health Task Force and Protocol (Canva)
- Model School District Policy on Suicide Prevention
- Checklist for Suicide Prevention Efforts (Canva)
- Classroom Accommodations Sample (Canva)
- Student Assessment Protocol Sample (Canva)
- Intervention Language for Educators (Canva)
- Immediate Intervention Protocol Sample (Canva)
- Mental Health Checklist (Canva | Spanish, Canva)
- Recommendations for Universal Mental Health Screenings

General Educator Resources

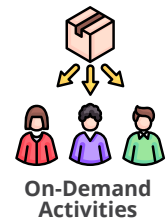
- Strategies & Tools to Support a Student's Mental Health
- Mental Health Recharge – 5-minute activities
- Classroom Accommodations Sample (Canva)
- Intervention Language for Educators (Canva)
- Mental Health Checklist (Canva | Spanish, Canva)
- When to Involve a School Mental Health Professional

Administrator Resources

- White Paper – Integrating Mental Health into the Whole School, Whole Community, Whole Child Model for School Health
- White Paper – Model School District Policy on Suicide Prevention: Implementing Effective Prevention Strategies
- Introduction to Erika's Lighthouse Presentation



Policy & Staff Training Staff Wellbeing



Staff wellness activities to improve mental health

Awareness into Action Activities for staff to build community and normalize mental health conversations

Program Objectives

This program consists activities to:

- build teamwork with mental health icebreakers and activities
- focus on good mental health and mindfulness
- educate staff on easy-to-use positive coping mechanisms
- normalize conversations around mental health

Benefits

for Schools

- School-focused mental health messaging to support school-based efforts
- Resources that build shared values and vocabulary
- \$1 spent on prevention saves up to \$10 on intervention
- Scalable, turn-key and adaptable to customize
- Normalize mental health conversations to improve suicide prevention efforts

for School Professionals

- Prevention resources for staff to support mental health
- Improve staff mental health
- Educate staff so they can be mentally healthy to support youth and each other
- Available as individual or team-based activities
- One-on-one implementation support

for Students

- Promote good mental health messages
- Mentally healthy educators better support students
- Ability to talk about mental health as everyday topic
- Better empathize and support those in mental distress
- Reduced stigma normalizes conversations

Policy & Staff Training: Staff Wellbeing

Key Components

Easy-to-Use Activities focused on staff mental health and positive coping mechanisms.

Approachable **Peer to Peer** Campaigns that promote interaction and conversation among school professionals.

Easy to Implement **Schoolwide** activities that incorporate good mental health into everyday conversations.

Helpful **Individual Growth** activities that supporting using positive coping mechanisms on a daily basis.

Accessible to staff in a format that works for them, as individual or group activities and passive reminders.



Posters

- Everyone Deserves Good Mental Health
- Get Depression Out of the Dark
- Mental Health Is Important
- You Are Not Alone

Peer to Peer

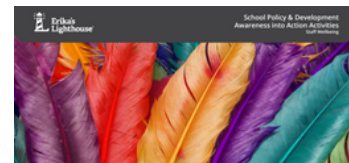
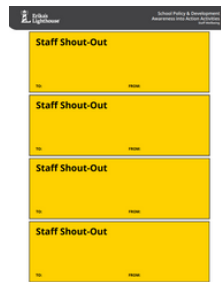
- Positivity Shout-Outs
- Encourage-mints
- Catch Kindness

Schoolwide

- Mindful Meetings
- Self-Care Stations
- Coffee & Stress
- Table Tents

Individual Growth

- Self-Care Guide
- 5 Minute Brain Break
- Mental Health Bingo



Peacock Feather Balance Station

MATERIALS

- Peacock Feathers: available for purchase on Amazon.com
- Timer (optional)

INSTRUCTIONS

- Try to balance a feather on the tip of your index finger or the palm of your hand.
- How long can you balance it?
- How does this make you feel?
- If you look at the big eye on the top of the feather, is it easier to balance? Why not?



Bubble Blowing Station (& Popping)

MATERIALS

- Bubbles & Blowing Wand

INSTRUCTIONS

Blow bubbles and then try to pop the bubbles.

When the mind is overwhelmed it is important to go back to a simple task and focus. Bubble popping is a soothing activity that can help bring us back to the present moment.





Culture Framework

Culture Framework



A framework for meaningful and inclusive school cultures

Promoting an inclusive school culture requires purposeful, organized strategies and visioning to holistically establish the desired climate

Program Objectives

This program consists of a framework for a school to:

- formalize their culture through an established and recognized model
- identify the necessary steps the school must take to establish their vision
- implement their vision through effective school-based programs

Erika's Lighthouse
Model for Promoting Inclusive School Cultures Around Mental Health

Culture is Connections
A culture will be strong or weak depending on the interactions between the people in the school. Beliefs, values, and actions will spread the farthest and be tightly reinforced when everyone is communicating with everyone else. In a strong school culture, leaders communicate directly with teachers, administrators, counselors, and families, who also all communicate directly with each other.

Culture is Core Beliefs & Behaviors
What people believe and how they act depends on the messages — both direct and indirect — that the leaders and others in the school send. A good culture arises from messages that promote traits like collaboration, honesty, and hard work.

Culture is shaped by five interrelated elements, each of which principals have the power to influence:

- **Fundamental beliefs and assumptions**, or the things that people in your school consider to be true.
- **Shared values**, or the judgments people at your school make about those beliefs and assumptions — whether they are right or wrong, good or bad, just or unjust.
- **Norms**, or how members believe they should act and behave, or what they think is expected of them.
- **Patterns and behaviors**, or the way people actually act and behave in your school.
- **Tangible evidence**, or the physical, visual, auditory, or other sensory signs that demonstrate the behaviors of the people in your school.

Shaping Your School Culture

- **Look in the mirror.** Be a role model and present with the behaviors you wish.
- **Select a team wisely.** Choose the leadership in your building carefully for what project you are leading and leverage best practices in diversity, equity and inclusion.
- **Teach behavior.** Professional development, classroom education, students and family engagement can all play a role in demonstrating a vision.
- **Broadcast the vision.** Use consistent, purposeful messaging to reinforce the culture.
- **Make the vision tangible.** Demonstrate the commitment to culture with visible messaging promoting the vision.
- **Restructure social networks.** Promote multi-disciplinary engagement on initiatives and actions to promote collaboration, connections and help set culture.
- **Ensure cultural alignments.** Review your other cultures, if processes, policies and beliefs, make them together.



Data Center

Data Center



Empowering schools to make data-informed decisions

A suite of student, family and staff surveys to evaluate school culture, program effectiveness and overall success.

Program Objectives

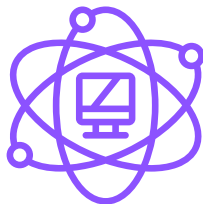
This program consists of a series of surveys, evaluations and an assessment to:

- provide early-year and late-year school culture surveys to gauge progress
- offer six pre/post program evaluations for Erika's Lighthouse programs
- support one-on-one data analysis and understanding to help school partners leverage data

Data Center Process



Surveys and evaluations are completed via an online form



Erika's Lighthouse secure system collects and compiles the responses



Reports are automatically generated, providing near real-time results



Schools/Districts use a unique ID to access their pre/post results



Erika's Lighthouse®

www.ErikasLighthouse.org | 46

Data Center

Tier-1 School Mental Health Assessment



Supporting schools in implementing best practices

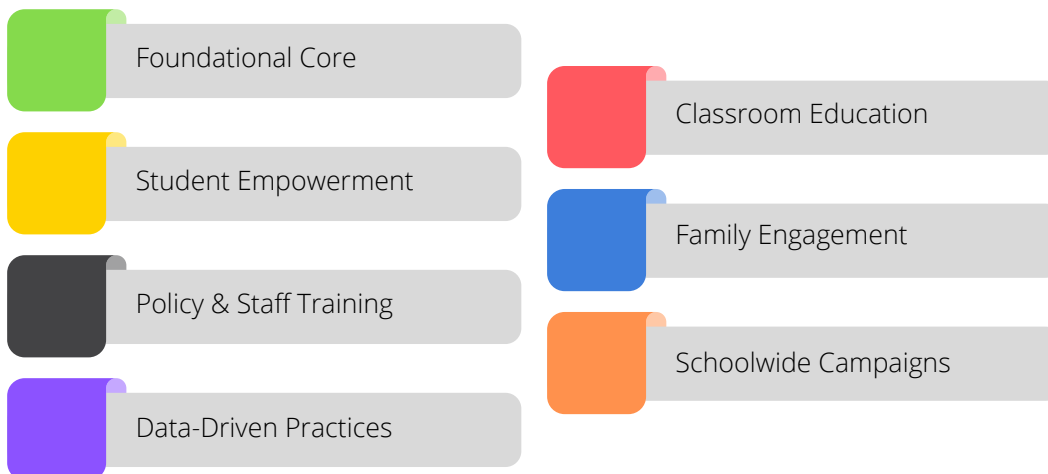
The assessment provides schools a “where to start” by helping them identify potential gaps and offer solutions.

Program Objectives

This assessment consists of:

- seven key focus areas that are integral to a full tier-1 implementation
- personalized recommendations for schools to improve efforts
- an opportunity for one-on-one support from Erika's Lighthouse staff
- completely anonymous data collection

Assessment Focus Areas



Data Center

School Culture Survey



Evaluating school culture from students, staff and families

Setting a baseline on culture to help schools make decisions about key programs and interventions necessary to support students.

Program Objectives

This survey consists of:

- seven key areas that are integral in an inclusive school culture
- tools for survey dissemination, collection, organization and reporting
- an opportunity for one-on-one support from Erika's Lighthouse staff

Culture Survey Questions

- ☐ Who are you? *(Student/Family/Staff)*
- ☐ I feel safe at school
- ☐ I feel supported at school
- ☐ I feel comfortable sharing my ideas and thoughts at school
- ☐ I feel cared about at school
- ☐ I feel close to people at school
- ☐ I feel comfortable sharing my concerns with someone at school
- ☐ I am comfortable talking to a trusted adult at school *(student question only)*



Data Center

Program Evaluations (Pre/Post)



Evaluating program effectiveness and impact

A series of evaluations supporting the implementation of six Erika's Lighthouse programs that impact students, staff and families.

Program Objectives

These evaluations provide results for:

- six programs that span all four Erika's Lighthouse pillars and all main stakeholders
- tools for survey dissemination, collection, organization and reporting
- an opportunity for one-on-one support from Erika's Lighthouse staff

Program Evaluations Goals



Data Center

Data Center Dashboard



Making accessing data and reports easy to read and understand

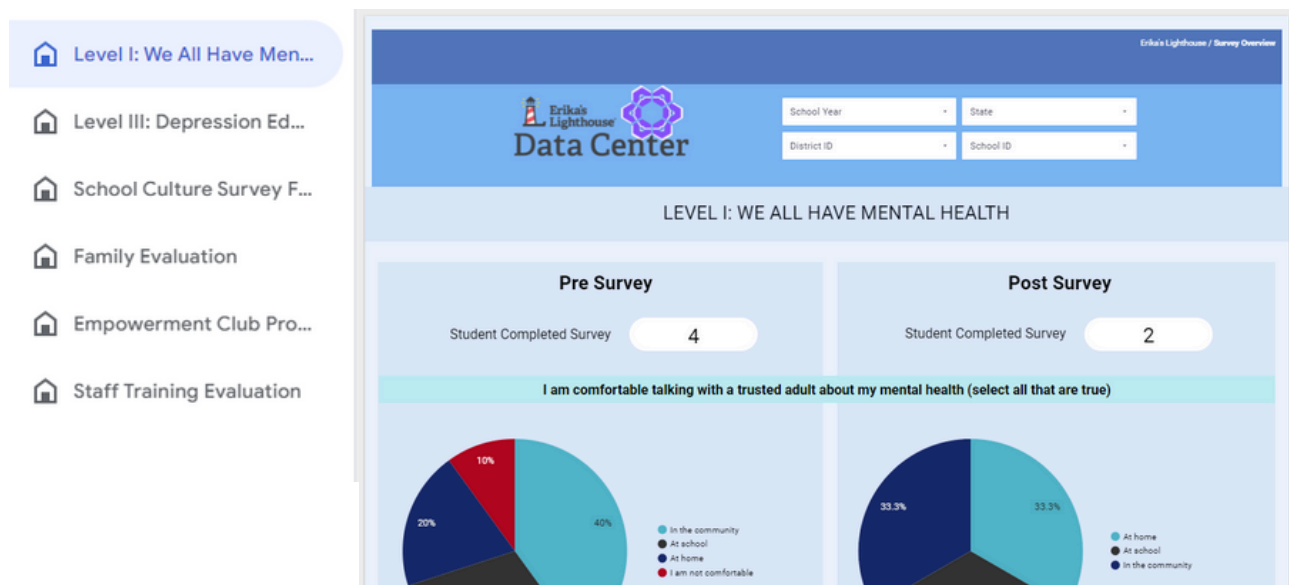
A central dashboard with automated, visually-organized data to support schools in making data-informed decisions.

Program Objectives

The Data Center is designed to:

- provide states, districts and schools with local data that can foster better decisions and policies
- simplify the collection, analysis and use of data for districts and schools
- an opportunity for one-on-one support from Erika's Lighthouse staff

Data Center Dashboard *(sample data)*





Strategic Alignments

Strategic Alignments



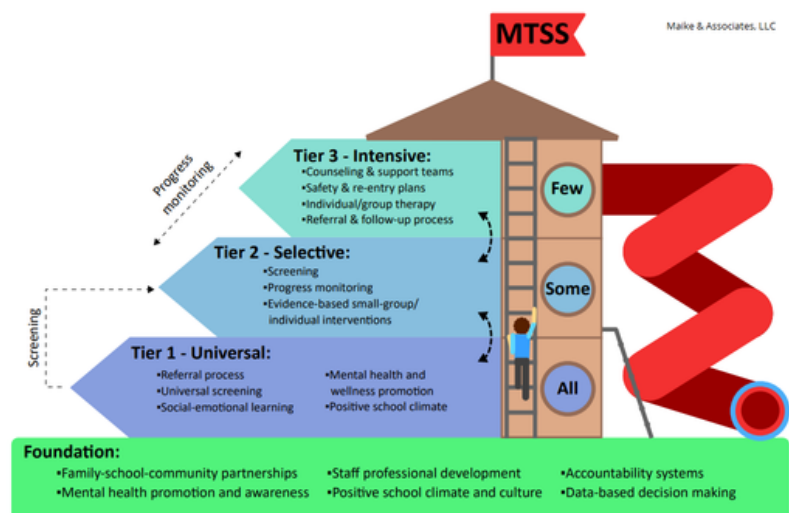
School-based organizations and programs working together

Strategic Alignments highlight effective MTSS-aligned programs that are complementary to Erika's Lighthouse

Program Objectives

This program consists of a group of organizations and programs that:

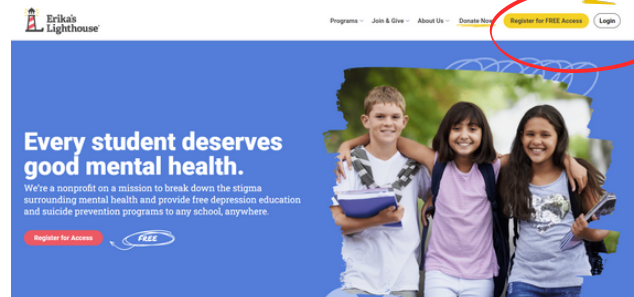
- are complementary and align in vocabulary, values and advancing school mental health
- are working towards shared program maps that demonstrate alignment
- are working towards supporting one another and the school partners in shared implementation





Access Programs

- 1 Visit ErikasLighthouse.org
- 2 Click on Register for FREE Access or Login *(if you already have a My Portal account)*



- 3 Have almost instant access to all programs.
- 4 Please "Report on Impact" if you use any program or resource!

School Professionals

Educators and school professionals have access to hundreds of our free resources that you can start using today! Be sure to use our Report on Impact form to give us numbers so we can stay free.

[Report on Impact](#)





Frequently Asked Questions

About Erika's Lighthouse

What is Erika's Lighthouse?

Erika's Lighthouse believes every student deserves good mental health. We are a non-profit providing free mental health literacy, depression education and suicide prevention programs for any school, anywhere. We create upper elementary, middle school and high school awareness programs so educators, families and teens can create safe spaces to learn about mental health, letting students know they are never alone, and there is somewhere to turn.

Who was Erika?

Erika was a bright light who, sadly, lost her battle with depression in 2004 at age 14. Erika's Lighthouse was founded in her honor and is dedicated to helping other young people learn about depression and mental health and overcome the stigma surrounding mental health disorders.

How are the programs free?

Erika's Lighthouse is a mission-driven nonprofit organization. We operate from the generosity of our donors, school communities and strategic partners who help underwrite our success. Over 75% of our funding comes from individual donors committed to mental health and depression education by raising awareness, reducing stigma, encouraging good-mental health and encouraging help-seeking in children and teens. We welcome your support in joining our efforts. [Click here to make a donation today.](#)

Who is on your team?

Our staff is composed of mental health, public health and education professionals covering school social work, counseling and health education. Our expertise was specifically crafted as a multi-disciplinary team that can develop and support school partners and organizations to best utilize Erika's Lighthouse curriculum and resources. Our board is composed of philanthropic leaders, many of whom are founding members, who are committed to furthering and supporting the mission and work of Erika's Lighthouse. Our Professional Advisory Board is a group of passionate experts spanning mental health, education, counseling, psychology and are academics, educators, practitioners and others. [Learn more about our team.](#)



About Programs

Does this program use a screening tool?

No. Erika's Lighthouse programs use a self-referral card so students can be empowered to talk to a trusted adult on their own. We believe that teens can change the world, and it begins with taking charge of their own mental health.

Does a mental health professional have to teach the program?

No. Our curriculum is designed to be turn-key and adaptable to circumstances and needs. All three levels of our curriculum have been successfully implemented by educators of every type and in many styles of classrooms. Our classroom education programs frequently are taught by health educators as part of mental health units in collaboration with a school counselor or social worker. They are also taught in homeroom/advisory spaces, psychology classes and many other settings. Our education team is available to work through specific challenges that your school may have.

Do you come into schools and implement programs?

In general, the answer is no. We believe that mental health programs should be taught and implemented by school staff to ensure the people teaching the program are available as potential trusted adults to students that may be experiencing depression or other mental health issues. In a few unique situations, we have assisted districts with more personalized staff training, but that is not standard. You can always ask your assigned Erika's Lighthouse Education Team Member for additional information.

How do I speak with an Erika's Lighthouse Team Member about programs?

Once you create a [Resource Portal](#) account you will begin receiving emails from your Education Team Member who can assist you in customizing your school's approach.



**Erika's
Lighthouse®**

PO Box 616, Winnetka, IL 60093
www.ErikasLighthouse.org
info@erikaslighthouse.org

