Erika's Lighthouse

PLAN & IMPLEMENTATION
district wide

Georgia HB 268

Year 1: Build the Foundation

All students receive the Standalone Lesson
- Level II for grades 6-8
- Adapted Level III for grades 9-12

Staff Preparation:
- Facilitators look at our Implementation Guide
- Referral/Support Process is discussed with all staff

Goal: Ensure every student has foundational knowledge and that every school has the systems in place for success.

Year 2: Differentiate by Grade

Begin grade-level lessons, with each grade learning different content

6th Grade: Level II Standalone Lesson

7th Grade: Level II, Lesson 2: Help Seeking

8th Grade: Level II, Lesson 1: Signs & Symptoms

9th Grade: Adapted Level III Standalone Lesson

10th Grade: Adapted Level III: Lesson 1: Signs & Symptoms

11th Grade: Adapted Level III: Lesson 2: Self-Care

12th Grade: Adapted Level III: Lesson 3: Getting Help

Goal: Build on prior learning and ensure age-appropriate progression.

Year 3+: Sustain Full Model

Implement full scope and sequence across all grades, consider implementing other pillars for a school-wide culture of positive mental health

K-3	4-6	5-9	8-12
We All Have Feelings	We All Have Mental Health	Depression Awareness	Depression Ed. & Suicide Awareness

Student Empowerment Club

Family Engagement

Staff Training

Goal: Sustain the full model for lasting, school-wide impact.

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Recommended Implementation Plan for First Year

Using Level II: Depression Awareness Program

6th Grade
- Teach Level II: Standalone Lesson

7th Grade
- Teach Level II: Standalone Lesson

8th Grade
- Teach Level II: Standalone Lesson

Using Level III: Depression Education & Suicide Awareness Program

9th Grade
- Teach Adapted Level III: Standalone Lesson

10th Grade
- Teach Adapted Level III: Standalone Lesson

11th Grade
- Teach Adapted Level III: Standalone Lesson

12th Grade
- Teach Adapted Level III: Standalone Lesson

Recommended Implementation Plan for Sequential Years

Using Level II: Depression Awareness Program

6th Grade
- Teach Level II: Standalone Lesson

7th Grade
- Teach Level II: Lesson 2: Help-Seeking
  - We recommend distributing Self-Referral Cards & Student Bookmarks
- Optional: Use the Text-From-A Friend simulation or worksheet (Find in Optional Program Additions)

8th Grade
- Teach Level II: Lesson 1: Signs & Symptoms
  - We recommend distributing Self-Referral Cards
- Optional: Promote individualized learning through the Teen Toolbox exploration activity (Find in Optional Program Additions)

Using Level III: Depression Education & Suicide Awareness Program

9th Grade
- Teach Adapted Level III: Standalone Lesson

10th Grade
- Teach Adapted Level III: Lesson 1: Signs & Symptoms
- Optional: Promote individualized learning through the Teen Toolbox exploration activity (Find in Optional Program Additions)

11th Grade
- Teach Adapted Level III: Lesson 2: Self-Care
- Optional: Play Jeopardy-Style Mental Health Game (Find in Optional Program Additions)

12th Grade
- Teach Adapted Level III: Lesson 3: Getting Help
  - We recommend distributing Self-Referral Cards & Student Bookmarks
- Optional: Use Help-Seeking Worksheet or Overcoming Barriers to Asking for Help (Find both in Optional Program Additions)

All resources can be found online at
www.ErikasLighthouse.org/Portal

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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 CLASSROOM EDUCATION and:

EMPOWERMENT CLUBS

Empowerment Clubs offers 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.

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