

## THE PROGRAM

Erika's Lighthouse Official Empowerment Clubs leverage the voice and power of youth to change the world - starting in their schools. Clubs are designed to reduce stigma, normalize conversations, promote good mental health and encourage help-seeking. Clubs will use custom-designed or provided Awareness into Action Activities as schoolwide initiatives to meet the club's goals.



## THE PLAN

1

### Prepare the School and your Club

The first step to a successful school club is ensuring you understand the full scope and process, both with Erika's Lighthouse and your school. Make sure to clear creating a club with your school administration and adhere to any policies in place. **Schedule an onboarding call with the Empowerment Club Coordinator, Derick Elkin ([derick@erikaslighthouse.org](mailto:derick@erikaslighthouse.org))**

2

### Register Your Club

Every club advisor should create an account on the Resource Portal and needs to complete the Empowerment Club Registration form.

3

### Recruit Students

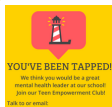
Hopefully, there are 2-3 students in your school that are already champions and are spearheading this process. Still, Erika's Lighthouse offers a number of easy-to-use recruitment activities to promote your club's Kickoff Meeting, and also act to raise vital awareness about youth mental health. Recruitment doesn't have to be a once-a-year activity, add new club members throughout the year. Below are some helpful recruitment activities.

#### Recommended

#### Other Suggestions



Recruit



**You've been  
tapped!  
Locker notes**



**Morning  
Announcements  
Script**



**Let's talk about  
mental health  
poster**

4

### Host A Successful Kickoff Meeting

Review school policy on times and places appropriate for club meetings. Have students create a resource portal account to access ChangeMakers Network. In addition to our resources, we have laid out a **Structure Your First Empowerment Club Meeting**. This structure is not mandatory and we encourage you to flex it in a way that works for your clubs. Have students complete the Empowerment Club Beginning of Year Survey. When the year is complete, students can complete the Empowerment Club End of Year Survey.

5

### Educate Club Members

Educating student members around mental health, help-seeking and everyday feelings vs. overwhelming feelings will better prepare students to have and lead conversations in their buildings that promote mental wellbeing.

## 6

### Engage in Schoolwide Campaigns

The engine of our Empowerment Clubs are our schoolwide Awareness into Action Activities! We have over 50 options available for our clubs to leverage around their buildings. Below are a few suggestions for elementary schools. Remember that Official Empowerment Clubs have access to up to \$500/year for activity reimbursement.

#### A Year of Awareness into Action Activities

##### Recommended

##### Other Suggestions



**Take A  
Compliment  
Poster**



**Apps for Good  
Mental Health**



**Ghost  
Buster  
Poster**



**Sharpen Your  
Knowledge About  
Depression**



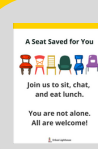
**Inspirational  
Sticker Contest**



**Holiday Card  
Activity**



**Lunch Table  
Education**



**A Seat Saved  
for You**



**How Full is  
Your Cup?**



**28 Days of  
Mental Wellness**



**Be a  
Lifesaver**



**10 Ways to  
Relieve Stress  
During Finals**



### More Resources & Support

[Start a Club Guidebook](#)

[Mobilize Your Club](#)

[Beginning of Year Survey](#) and [End of Year Survey](#)

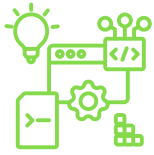
[Level I: We All Have Mental Health Classroom Program](#)

[Level II: Depression Awareness Classroom Program](#)

[Level III: Depression Education & Suicide Awareness Classroom Program](#)

### Empowerment Club Support

Erika's Lighthouse is here to help. If you need support, at any time, contact:  
Derick Elkin, [derick@erikaslighthouse.org](mailto:derick@erikaslighthouse.org)



## 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 **EMPOWERMENT CLUBS** and:



### CLASSROOM EDUCATION

Classroom Education is the foundation of knowing and understanding our mental health, promoting good mental health, recognizing everyday feelings vs overwhelming feelings, knowing the signs and symptoms of depression and suicide and recognizing how to seek help.

- 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 weeks 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 offers families and caregivers the opportunity to become better educated about mental health and equipped to offer better support to a child who may be experiencing mental distress through Family Workshops, our Family Workbook Series and Family Awareness into Action Activities.

- Two weeks before implementing **Family Engagement**, the **Empowerment Club** can review and choose one of the Awareness into Action Activities to share with families.
- During **Family Engagement** implementation, the **Empowerment Club** can distribute Family Bookmarks for students to take home and share with their families.
- Two weeks after implementing **Family Engagement**, the **Empowerment Club** can encourage teachers to send out Good Mental Health Week Activity to remind families to practice self-care and identify good mental health practices.



### SCHOOL POLICY & STAFF DEVELOPMENT

School Policy & Staff Development helps make sure schools are prepared to cultivate an inclusive school culture around mental health through positive school policies, training, educator support, staff engagement and self-care.

- Two weeks before implementing School Policy & Staff Development, the **Teen Empowerment Club** can use Mental Health Morning Announcements in the school.
- During School Policy & Staff Development, implementation, the **Teen Empowerment Club** can use the Advocate for Depression Education activity.
- Two weeks after implementing School Policy & Staff Development, the **Teen Empowerment Club** can speak at a staff meeting, sharing about the club and leading an activity, such as making Aromatherapy Play Dough, DIY Stress Balls or Gratitude Jars.