



STAFF TRAINING

Erika's Lighthouse offers free, pre-recorded staff trainings to prepare educators, administrators and school personnel to support student mental health before, during and after classroom programs are implemented.

These trainings are intended to be used by school communities implementing Erika's Lighthouse programs. They are not recommended as standalone trainings to satisfy requirements.

Staff Training I

This is intended as a 2-hour training to meet state mandates relating to suicide prevention. It is ideal for educators and personnel implementing the Erika's Lighthouse program in classrooms such as Health Educators, School Counselors or School Social Workers.

Staff Training II

This is a shortened version about depression, suicide and helping students. This is ideal for the whole building so everyone knows the basics and can direct students to the appropriate person in the building.

AGENDA

Each "Part" is comprised of 2 sections:

Section 1: A pre-recorded training video from Erika's Lighthouse staff.

Section 2: An individually-accessed or group exercise to help retain learning and practice skills.

PART

1

Signs & Symptoms of Depression & Suicide (33 min)

PART

2

Overview of Erika's Lighthouse Programs (35 min)

PART

3

Helping A Student (30 min)

PART

4

Implementation in Your School (15 min) - *This component is the district/school's responsibility.*

Part 4 is a vital piece of the program for each district or school to consider prior to implementing any training or programming. Having confident, empowered staff means providing them local guidance on policies, procedures and expectations.

If you need to speak with someone immediately, please text LISTEN to 741-741 or call 1-800-273-8255.

If this is an emergency, please call 911.



Staff Training I: Depression Awareness, Suicide Prevention and Program Implementation

This 2 hour training can be completed in either a group setting or individually.

PART

1

Signs & Symptoms of Depression & Suicide Video (15 min)

- Signs & Symptoms of Depression
- Signs & Symptoms of Suicide
- Shared Risk Factors & Warning Signs

PART

1.5

20 min

Group & Individual Exercises

Watch the appropriate Erika's Lighthouse Classroom Program Video:

[Level I: We All Have Mental Health \(grades 4-6\)](#)

[Level II: Depression Awareness \(grades 5-9\)](#)

[Level III: Depression Education & Suicide Prevention \(grades 8-12\)](#)

PART

2

Overview of Erika's Lighthouse Programs Video (20 min)

- Understanding Stigma
- Program Goals & Objectives
- Program Components & Shared Vocabulary

PART

2.5

15 min

Group Exercises

- Stigma [Stand Up/Sit Down Exercise](#)
- Group Discussion: "How will you look at depression differently?"

Individual Exercises

- Review [Warning Signs & Symptoms](#)
- Complete [Stigma Worksheet](#)
- Review [Mental Health Checklist](#)

PART

3

Helping A Student Video (15 min)

- What if you are a Trusted Adult?
- Intervention Language for Educators, Being Sensitive & Trauma-Informed
- Following School Protocol & Being a Mandated Reporter

PART

3.5

15 min

Group Exercises

- Role-play [Intervention Language](#)
 - Being the Trusted Adult
 - Approaching a Teen

Individual Exercises

- Review [Intervention Language](#)
- Review [Classroom Accommodations](#)
- Review [Mandated Reporting Guidelines for your State](#)

PART

4

Implementation in Your School (15 min) - *This component is the district/school's responsibility.*

- Review Your School's Internal Protocols
- Expanding Focus Discussion:
 - Where are the gaps?
 - Who else needs this information and training? Who else is an essential partner?

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Staff Training II: Depression Awareness & Suicide Prevention

This training can be completed in either a group setting or individually.

PART

1

Signs & Symptoms of Depression & Suicide Video (15 min)

- Signs & Symptoms of Depression
- Signs & Symptoms of Suicide
- Shared Risk Factors & Warning Signs

PART

1.5
18 min

Group & Individual Exercises (OPTIONAL)

Watch the appropriate Erika's Lighthouse Classroom Program Video:

[Level I: We All Have Mental Health \(grades 4-6\)](#) (5 min)

[Level II: Depression Awareness \(grades 5-9\)](#) (18 min)

[Level III: Depression Education & Suicide Prevention \(grades 8-12\)](#) (18 min)

PART

2

FAST FORWARD PART II VIDEO and PROCEED TO PART 2.5

PART

2.5
15 min

Group Exercises

- Stigma [Stand Up/Sit Down Exercise](#)
- Group Discussion: "How will you look at depression differently?"

Individual Exercises

- Review [Warning Signs & Symptoms](#)
- Complete [Stigma Worksheet](#)
- Review [Mental Health Checklist](#)

PART

3

Helping A Student Video (15 min)

- What if you are a Trusted Adult?
- Intervention Language for Educators, Being Sensitive & Trauma-Informed
- Following School Protocol & Being a Mandated Reporter

PART

3.5
15 min

Group Exercises

- Role-play [Intervention Language](#)
 - Being the Trusted Adult
 - Approaching a Teen

Individual Exercises

- Review [Intervention Language](#)
- Review [Classroom Accommodations](#)
- Review [Mandated Reporting Guidelines for your State](#)

PART

4

Implementation in Your School (15 min) - *This component is the district/school's responsibility.*

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