



Recommended Implementation Plan for First Year

Using Level II: Depression Awareness Program

6th Grade

- Teach Level II: Full Program

7th Grade

- Teach Level II: Full Program

8th Grade

- Teach Level II: Full Program

Using Level III: Depression Education & Suicide Awareness Program

9th Grade

- Teach Level III: Full Program

10th Grade

- Teach Level III: Full Program

11th Grade

- Teach Level III: Full Program

12th Grade

- Teach Level III: Full Program

Recommended Implementation Plan for Sequential Years

Using Level II: Depression Awareness Program

6th Grade

- Teach Level II: Full Program

7th Grade

- Teach Level II: Lesson 2: Help-Seeking
 - We recommend distributing [Self-Referral Cards](#) & [Student Bookmarks](#)
- Use [Having Supportive Conversations with Peers](#) (Find in Optional Program Additions)
- Create posters to promote good mental health & how to reach out for help. Hang up around the school

8th Grade

- Teach Level II: One-Day Lesson
- Promote individualized learning through the [Teen Toolbox exploration activity](#) (Find in Optional Program Additions)
- Use the [Text-From-A Friend](#) simulation or worksheet (Find in Optional Program Additions)

Using Level III: Depression Education & Suicide Awareness Program

9th Grade

- Teach Level III: Full Program

10th Grade

- Teach Level III: Lesson 1: Signs & Symptoms
- Play [Jeopardy-Style Mental Health Game](#) (Find in Optional Program Additions)
- Promote individualized learning through the [Teen Toolbox exploration activity](#) (Find in Optional Program Additions)

11th Grade

- Teach Level III: One-Day Lesson
- Use Level III: Lesson 4 & have students engage in one of the performance assessment choices.

12th Grade

- Teach Level III: Lesson 3: Getting Help
 - We recommend distributing [Self-Referral Cards](#) & [Student Bookmarks](#)
- Use [Help-Seeking worksheet](#) or [Overcoming Barriers to Asking for Help](#) (Find both in Optional Program Additions)
- Choose two student stories via [Vimeo](#) | [YouTube](#) and have students complete [Student Voice questions](#) (Find in Optional Program Additions)



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.