

THE PROGRAM

The Family Engagement program includes resources that schools can leverage in their buildings or resources that schools can distribute to families to educate them about youth mental health and depression education. This program includes workshops, a family handbook on mental health, and awareness into action activities that families can implement in the home.



THE PLAN

1

Send home a family letter (*template available on portal*) and a link to the Erika's Lighthouse Family Workbook 1: We All Have Mental Health.

2

Host a Family Engagement Workshop

- Hang Awareness Into Action Activities for Families around the room for visual cues and examples.
- Provide families with workshop evaluation survey link or QR code
- Hand out Intervention Language, Family Bookmarks & Depression Discussion Guide as takeaways

3

Send a follow-up letter (*template available on portal*) after the workshop and classroom program has been implemented with additional resources and information.

4

Provide Family Awareness Into Action Activities throughout the school year:

Fall

Kick off the year with good mental health



Family Journal



Mindfulness Jars



Feelings Thermometer

Winter

Managing stress and anxiety



Deep Breathing



Circle of Control



Word Breathing

Spring

Mental Health Awareness



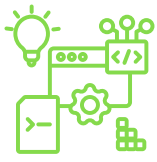
Good Mental Health Week



Mental Health Bingo



Positivity Pledge



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 **FAMILY ENGAGEMENT** and:



CLASSROOM EDUCATION

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.



TEEN EMPOWERMENT

Teen Empowerment 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.



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.