

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)**

2

Register Your Club

Every club advisor should create an account on the Resource Portal and needs to complete the Empowerment Club Registration Form. You can then begin your programming that will promote an inclusive school culture around mental health!

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



**BEE a Mental Health
Leader Locker/Desk Slip**



**Morning
Announcements
Script**



**Let's Spread
Positivity sign**

4

Host A Successful Kickoff Meeting

Review school policy on times and places appropriate for club meetings. Having your first meeting is a big milestone! Have students create a resource portal account to access ChangeMakers Network. Erika's Lighthouse wants you to strive for success and reach out for help should you need it. 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.

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. When you're comfortable, you can create your own! 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



Fall



Inclusive School Culture Posters



Desk/Locker Notes



Pumpkin Patch



Early Winter



Take A Compliment Poster



Holiday Card Activity



Coloring and Cocoa



Late Winter



Beacon of Hope Door Signs



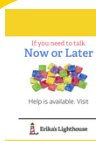
Mini Vision Board



Worry Jars



Spring



Now or Later



How Do You Feel Today



Don't Stress About the Test

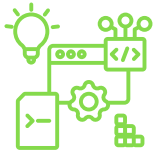


More Resources & Support

- Start a Club Guidebook
- Mobilize Your Club
- Level I: We All Have Mental Health
- Level II: Depression Awareness
- Level III: Depression Education & Suicide Awareness

Empowerment Club Support

Erika's Lighthouse is here to help. If you need support, at any time, contact:
Derick Elkin, 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 hang up Inclusive School Culture Posters around the school.
- During **Classroom Education** implementation, the **Empowerment Club** can make and hand out healthy snacks during lunch or after school.
- 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 use the Beacon of Hope Door Signs activity to identify trusted adults in the school.
- 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 distribute and bring home "5 Simple Ways to Boost Your Mental Health" (an Awareness into Action Activity for families)



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 **Empowerment Club** can use Mental Health Morning Announcements in the school.
- During School Policy & Staff Development, implementation, the **Empowerment Club** can visit and share at a staff meeting what they like about being a part of this empowerment club.
- Two weeks after implementing School Policy & Staff Development, the **Empowerment Club** can use the Beacon of Hope Door Signs activity to identify trusted adults in the school.