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ERIKA'S LIGHTHOUSE TO PARTNER WITH THE LOS ANGELES UNIFIED SCHOOL DISTRICT AT THE CAHPERD STATE CONFERENCE

Will introduce conference participants to the free and flexible depression and suicide awareness classroom programs

February 17, 2020 – Winnetka, Ill. – [Erika's Lighthouse](#), a non-profit organization that is dedicated to educating and raising awareness about adolescent depression, encouraging good mental health, and breaking down the stigma surrounding mental health issues, announced today that it is partnering with the Los Angeles Unified School District (LAUSD) when it exhibits and presents at the [CAHPERD State Conference](#). The California Association for Health, Physical Education, Recreation, and Dance will hold the conference between Thursday, February 20 and Saturday, February 22 at the Hyatt Regency Orange County in Garden Grove, Calif. Staff from Erika's Lighthouse will be at booth 305 and can discuss its free depression education programs, which have been taught in five countries, 39 states, 412 schools, and impacted more than 170,000 students since the beginning of the 2019 school year. This includes 36 schools in California.

On Saturday, February 22 at 10:30 a.m., Peggy Kubert, LCSW, the Senior Director of Education at Erika's Lighthouse, will be partnering with Sally Stevens, School Mental Health Administrator and a former psychiatric social worker at the LAUSD, to introduce participants to the free and flexible depression and suicide awareness classroom programs from Erika's Lighthouse. The teen-oriented video-based classroom programs are designed to be implemented by any school staff who want to bring conversational and hopeful programs to their campus. This session will feature creative interventions from the LAUSD.

"Our programs provide educators and school mental health staff easy to use classroom resources so they can create meaningful discussions about teen depression, which we hope to share with everyone at the CAHPERD State Conference," said Peggy Kubert, LCSW, Senior Director of Education at Erika's Lighthouse. "Our goal is to empower young people with education on depression so they will know how to help themselves or a friend if they struggle – early identification and intervention can help save lives."

Erika's Lighthouse is a Beacon of Hope for Adolescent Depression and develops and provides free teen depression awareness programs and resources to middle school and high school communities around the country. Erika's Lighthouse continues to make improvements and make it easier for school partners to access its programs and resources. In 2018, a new website and resource portal was introduced that provides all of Erika's Lighthouse resources in one place, including additional teen empowerment activities.

"Erika's Lighthouse provides the opportunity for students to understand that depression is part of life and their educational videos demonstrate how accessing help is an important life skill, and sometimes you have to access multiple avenues," said Sally Stevens, a School Mental Health

Administrator at the Los Angeles Unified School District. "It models for students that there are circles of support, from their friends, family, school, and community. The help-seeking component is my favorite aspect because it is a true skill that we all need to develop over a lifespan. Additionally, it helps develop a help-seeking culture on campuses and assists in identifying community resources. The program comes from a multiple perspective place that supports a school and students."

Erika's Lighthouse was founded in 2004 by Ginny and Tom Neuckranz after their daughter Erika lost her life to adolescent depression. The organization empowers young people with the knowledge and skills to understand and cope with depression. Its programs address the challenges surrounding teen depression using the most impactful, innovative and accessible methods available today. This includes interactive web-based resources, multimedia classroom teaching tools, and teen-to-teen interventions, which makes Erika's Lighthouse a trailblazer for mental health education.

The California Association for Health, Physical Education, Recreation and Dance (CAHPERD), founded in 1930, is a non-profit, voluntary membership corporation formed to support and promote the organizing and progress of school, community and statewide programs of health, physical education, recreation and dance. More information is available at www.cahperd.org/public.

More information on bringing Erika's Lighthouse programs to middle schools and high schools is available at www.erikaslighthouse.org/contact.

About Erika's Lighthouse

Erika's Lighthouse: A Beacon of Hope for Adolescent Depression is a non-profit organization committed to raising awareness about teen depression in middle school and high school communities at no cost to schools. Erika's Lighthouse works to eliminate the stigma surrounding depression and empower young people to take ownership of their mental health. Core programs include the video-based, teacher-led depression awareness classroom programs—The Erika's Lighthouse Program: Depression and Suicide Awareness for High School Students and The Erika's Lighthouse Program: Depression Awareness for Middle School Students. Erika's Lighthouse also provides countless other web-based resources. To learn more, visit www.erikaslighthouse.org.

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