



Best Practices for Implementation: For Educators

Classroom Programming

Complete the full 4-lesson Level I, II or III Program

- This should be done over 4 class periods. *Lesson 4 is an optional assessment but recommended.*
- Use the exit tickets or self-referral cards. Be sure to engage school mental health staff to ensure they are prepared for students seeking help.
- Both educators and students fill out the evaluation surveys. Evaluation data will be made available to schools upon request.

Staff Training

Complete the *Staff Training: Depression Awareness, Suicide Prevention and Program Implementation*. This two-hour training can be completed in either a group setting or individually. Topics discussed:

- Signs and Symptoms of Depression & Suicide
- Overview of Erika's Lighthouse Programs
- Helping a Student
- Implementation in Your School

Awareness into Action Activities

- **You Are Not Alone Reminders**
 - Beacon of Hope Door Signs
 - Follow the Footprints
- **Positivity Promoters**
 - Join the Positivity Pledge in May!
- **Education Efforts**
 - Mental Health Posters
 - Lunch Table Education

Family Engagement

Prior to teaching the lessons, send home a packet, including:

- Parent/Caregiver Letter
- Language for Parents/Caregivers
- Shared Vocabulary
- Parent Handbook on Childhood & Teen Depression Bookmark

Access all these resources, and lots more, on
the Erika's Lighthouse Resource Portal.

ErikasLighthouse.org/Portal