

2019-20 END OF SCHOOL YEAR REPORT

530

schools

362 in 2018-19

39

states

218k

students reached

111k in 2018-19

**OVER 750,000 TEENS HAVE
BEEN EDUCATED SINCE 2004.**

"Erika's Lighthouse has the absolute best materials and resources available to teach students about depression and the importance of good mental health." - Ben Raskin, Middle School Counselor

In the News

**CHICAGO'S VERY OWN
WGN9**

Stress & anxiety of pandemic is taking its toll on youth – advice for families dealing with teen depression

Six mental health resources for students during the coronavirus pandemic

eSCHOOL NEWS
Today's Innovations in Education

Daily Herald
Suburban Chicago's Information Source

Teens in isolation finding ways to be 'social with each other'

Mental health groups mobilize virtual community for those isolated by coronavirus outbreak. This is a lifeline for people'

**Chicago
Tribune**

**HUDSON
REPORTER**

NBA's Kyle Anderson returns for depression awareness fundraiser

COVID-19 Response

The coronavirus pandemic has challenged educators, teens, parents and organizations across the world. Erika's Lighthouse is not immune.

Erika's Lighthouse has taken a number of steps to confront the crisis.

**WE'RE in this
TOGETHER**

Promoting Positive Mental Health for Teens Feeling Isolated

Take the
Positivity Pledge
31 to Put Some in the

In response to cancelling the Spring Gala, We're In This Together was designed to provide immediate, practical tools and resources for educators, teens and parents.

The Positivity Pledge offered 31 days of positive mental health during May's Mental Health Awareness Month.

Erika's Lighthouse held a special fundraising campaign as part of our efforts during the pandemic. *We are still accepting donations.*

PROGRAM UPDATES

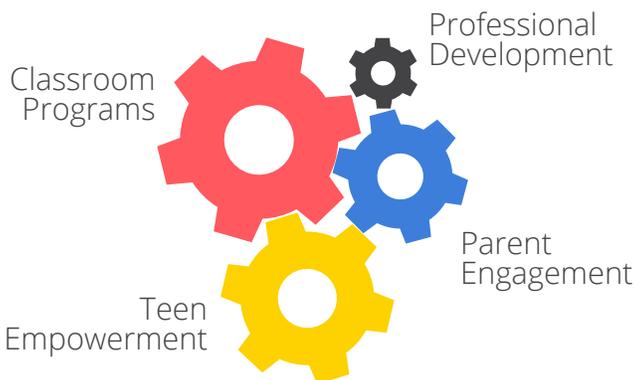
CLASSROOM PROGRAMS

- Created new middle and high school curriculum that meets National Health Education Standards.
- Transitioned programming to remote learning options during COVID-19.
- Translated several key program pieces to Spanish.
- Prepared new student worksheets for more learning.
- On-boarded several new school districts to reach record high numbers of schools and students.
- Designed new Teen Bookmarks in English & Spanish for educators and teens.

"Your free resources are awesome! I just started to explore and can't believe that this is available to us for free. Thank you so much, I'm so appreciative of this!"
- ASCA Conference Attendee



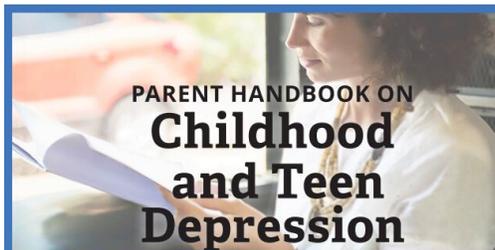
Creating lasting, positive CULTURE CHANGE



in school communities across the country.

PARENT HANDBOOK & ENGAGEMENT

- Translated full Parent Handbook to Spanish.
- Created easy-to-access bookmarks to promote handbooks to new audiences.
- Developed new resources to encourage parent-teen conversations.
- Partnered with Anthem, Inc, National PTA, American School Health Association, and JetBlue Airways to develop Shine Light on Depression and Family Night Workshops.



This parent-to-parent guide contains ideas that will be helpful as you deal with this difficult time in your family's life.

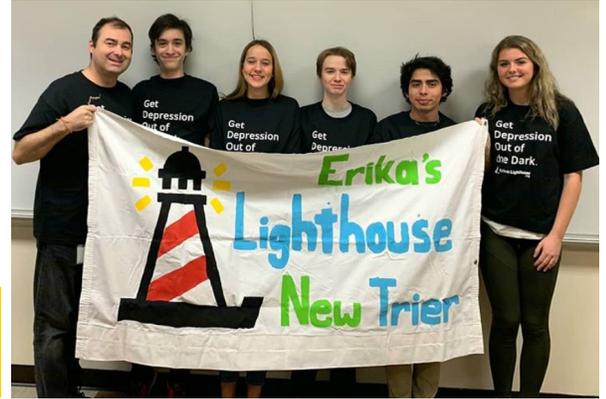
"The information I received from Erika's Lighthouse allowed me to forgive myself for what I didn't know and what I didn't understand. I no longer felt alone."
- Wendy Sefcik

PROGRAM UPDATES

TEEN EMPOWERMENT CLUBS

- Developed new Teen Club guidebooks for easier implementation.
- Re-branded Depression Awareness Campaigns into Awareness into Action Activities to better demonstrate their role.
- Re-launched 40+ new turn-key activities for clubs to use.
- Opened an Erika's Lighthouse "store" to offer at-cost promotional items for clubs and supporters.

"Teen club is not a therapy club, rather a sense of empowerment and a community to share and learn how to stop the stigma." - Club Member



**"We have to be kind to everyone. We don't what know someone is going through... Being vulnerable is being real and is a choice. Depression is not."
- Club Member**



OTHER UPDATES

- Launched newly reorganized Resource Portal with more than 90 new and updated documents for school communities.
- Released a new two-hour professional development training for school staff.
- Hired a new Executive Director, Director of Education, Manager of Marketing & Engagement and Development & Operations Assistant to grow Erika's Lighthouse.
- Published first White Paper detailing how Erika's Lighthouse meets and exceeds the Model School Policy on Suicide Prevention because Depression Education IS Suicide Prevention.

"Everyone deserves good mental health, and organizations like this one are giving hope to those who need it." - Edgar Avalos, Teen

VISION 2025

EXPAND, EMPOWER, ENGAGE

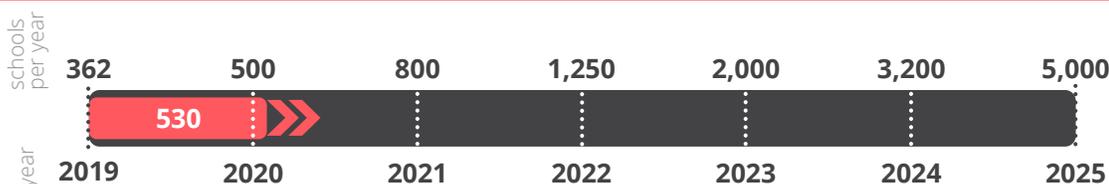
PROGRESS REPORT



Vision 2025: Expand, Empower, Engage is the five-year strategic plan for Erika's Lighthouse to meet its full vision: **becoming the leading provider of teen depression awareness programs and resources in school communities.** We will create significant cultural change in school communities across the country.

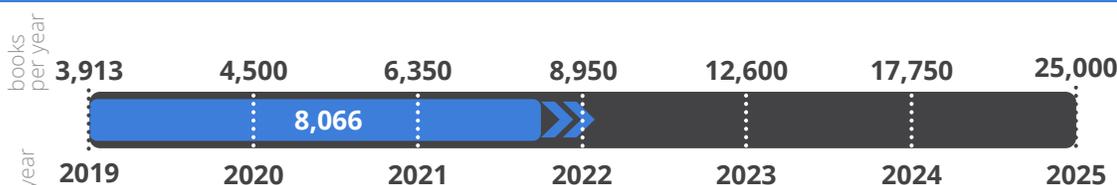


CLASSROOM PROGRAMS



Erika's Lighthouse surpassed our school goal this year despite the negative impact of COVID-19. We are slightly ahead of our five-year plan.

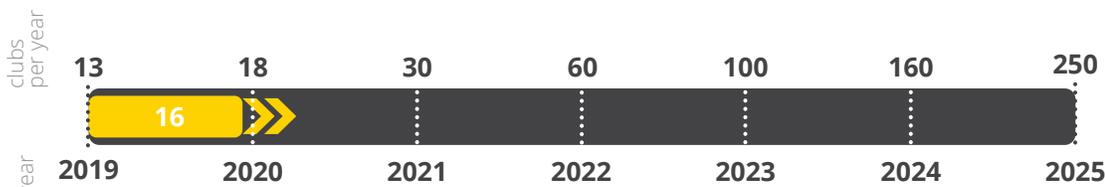
PARENT HANDBOOK



Erika's Lighthouse is significantly ahead of our five-year goal plans to distribute the Parent Handbook, already nearing the 2022 goal.



TEEN EMPOWERMENT CLUBS



Erika's Lighthouse begins Vision 2025 a little behind where we'd like to be, but Teen Empowerment Clubs will take longer to foster and develop in schools.

Contact Brandon Combs, Executive Director, for more information about Vision 2025 and how you can help Erika's Lighthouse at brandon@erikaslighthouse.org or (847) 386-6481.