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ERIKA'S LIGHTHOUSE UPDATES ITS DEPRESSION EDUCATION PROGRAMMING TO MEET NATIONAL HEALTH EDUCATION STANDARDS

Middle School and High School programs were updated by Cairn Guidance

August 25, 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 has published new curriculum that builds on its existing evidence-informed programming to be skill-based and aligns to the [National Health Education Standards \(NHES\)](#). The updated programs for middle schools and high schools now meet NHES standards one and three, demonstrating that students will comprehend concepts related to health promotion and disease prevention to enhance their own health, and that students will demonstrate the ability to access valid information, products, and services to enhance their own health. The programs were updated and refined by Jessica Lawrence at [Cairn Guidance](#), an organization that has decades of experience in school health education curriculum and instruction at the local, state and national levels.

“While our depression education programming was already empowering students with the resources to defeat the stigma related to mental health, it now teaches them the skills they need to seek and access help in the future if they, or any of their friends and family, are ever feeling sad, down, or hopeless. By aligning our programming to the National Health Education Standards, it further meets the needs of educators and decision makers in search of effective and reliable programs,” said Brandon M. Combs, the executive director of Erika's Lighthouse. “Jessica Lawrence is a recognized expert in the field of health education and improving practice and curriculums across the country, and we are grateful for support from her and Cairn Guidance.”

“For schools addressing social and emotional learning, including depression awareness, Erika's Lighthouse is a no-cost program for middle and high school students,” said Jessica Lawrence, a Director at Cairn Guidance. “Not only does it provide students with information on recognizing worrisome behaviors and feelings, but it allows opportunities for them to learn, practice and become proficient in skills such as the ability to access valid and reliable resources, information and people.”

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 2020, a resource portal was introduced that provides all of Erika's Lighthouse resources in one place with improved offerings and supports to meet the challenges of today's educators. Erika's Lighthouse free depression education programs have been taught in [530 schools](#) in 39 states and impacted more than 218,000 students since the beginning of the 2019 school year.

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.

About Cairn Guidance

Cairn Guidance works to connect and position schools, government entities, non-profits, health systems, and community organizations to enact systems change and evidence-based strategies to advance the dual goals of health and learning. We bring content expertise to the field, including the inextricable link between health and learning for our young people, facilitation expertise, keynote speaker opportunities and curriculum and resource development. More information is available at www.cairnguidance.com.

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