



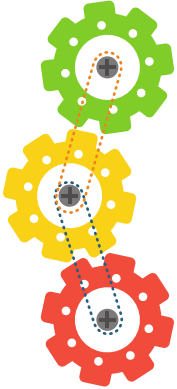
# Erika's Lighthouse

A Beacon of Hope for Adolescent Depression®

## Program Realignment

Creating inclusive school communities through integrated programs and resources.

### Classroom Education



**Level I**  
**We All Have Mental Health**  
*Ideal for grades 4-6*

**Level II**  
**Depression Awareness**  
*Ideal for grades 5-9*

**Level III**  
**Depression Education & Suicide Awareness**  
*Ideal for grades 8-12*

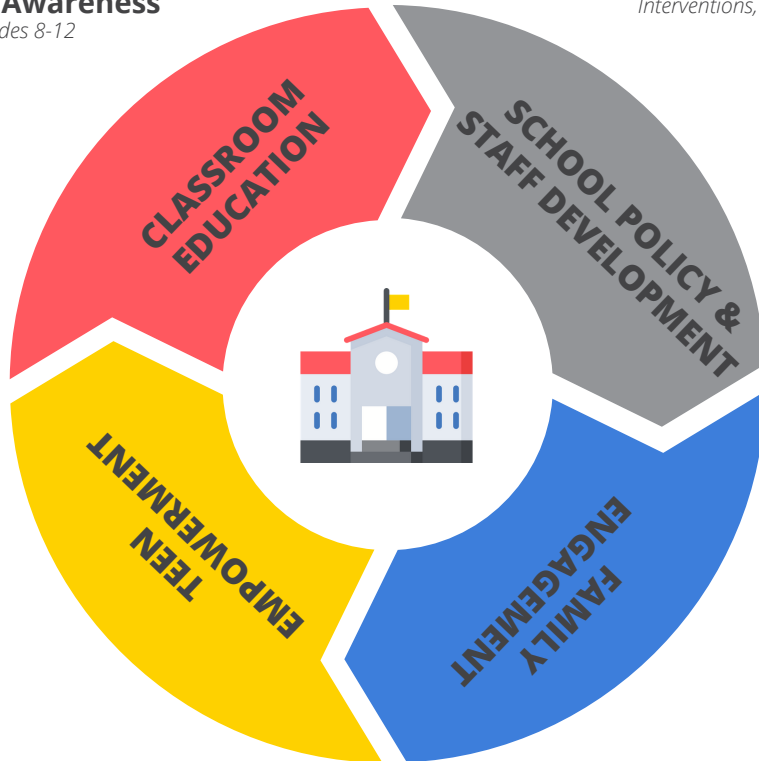
### School Policy & Staff Development

**Staff Training**  
*45-120 min training*

**Educator Support**  
*Email, Phone, Discussion Board*

**Staff Engagement**  
*Self-Care, collaboration, and more*

**Policy Recommendations**  
*Interventions, partnerships, committees and more*



### Teen Empowerment

**Teen Empowerment Clubs**  
*Official & Affiliate clubs to spread good mental health*

**Awareness into Action Activities**  
*Turn-key activities for schools to create inclusive cultures*

### Family Engagement

**Parent Handbook**  
*Understanding depression, treatment, & good mental health*

**Family Night Workshops**  
*Turn-key program to educate families*

### Integrated Programs

#### Universal Resources

*Shared documents, worksheets, philosophies and more across programs*

#### Comprehensive Culture Change

*Working together, school communities can implement an array of programs to create inclusive school cultures*

### Strategic Partnerships

#### Maximize Interventions

*Support schools in implementing programs that are complementary to maximize impact*

#### Best of the Best

*Carefully curated partners that represent the best programs available for school communities*

Access these free programs at [www.ErikasLighthouse.org/Portal](http://www.ErikasLighthouse.org/Portal)