



2020-21 YEARBOOK

1,027,000

STUDENTS IMPACTED SINCE 2004
and counting...

2020-21 SCHOOL YEAR



558

schools

218K

students



43

states

6

countries



EVERYONE DESERVES
GOOD MENTAL HEALTH

A NOTE FROM BRANDON

Over the past 18 months, Erika's Lighthouse joined the world in a collective effort to adapt, survive and thrive while facing the stress of a global pandemic. With the support of our board, volunteers, staff and donors, we met the challenge. But, we determine our success based on our ability to help young people understand, recognize and act if they are struggling with depression or other mental health challenges. And there is still work to do.

Pandemic Response

Starting in March 2020 we immediately pivoted to develop resources for educators, students and families they can use at home through our **We're In This Together** campaign. During the summer of 2020, Erika's Lighthouse partnered with the Anna Freud Centre in the United Kingdom to adapt their **We All Have Mental Health** video as a US-compatible remote learning curriculum for our school partners.

We also created new resources focused on families to promote good mental health at home and support positive conversations about mental health and depression between children and caregivers.

New Programming & Realignment

Similar to how the pandemic has exposed the severity of adolescent mental health crisis, Erika's Lighthouse saw the need to expand programming and better align our efforts to more holistically support school communities.

For the 2021-22 school year, we are rolling out our new **Level I: We All Have Mental Health** program for upper elementary students in grades 4-6.

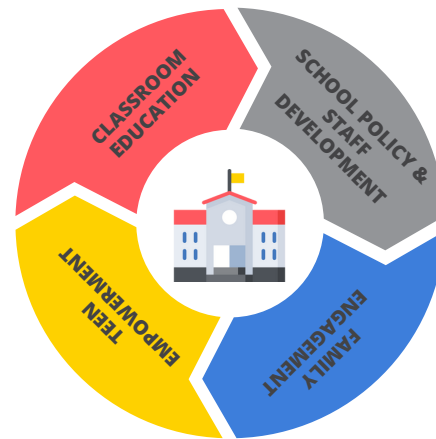
In addition, our programs have been updated to integrate seamlessly. This will better promote inclusive school cultures around mental health by engaging every stakeholder throughout a school community. The four pillars of Erika's Lighthouse, when used together, can reduce stigma, increase awareness, promote help-seeking and support good mental health.

Despite a difficult year, Erika's Lighthouse has leveraged the time and need to refocus our efforts in a way that more effectively and efficiently supports school communities. We are determined to ensure no child feels alone in their depression. Everyone deserves good mental health and Erika's Lighthouse is expanding our reach to spread our hopeful message. With your help, we are impacting thousands of youth every year with our free programs and resources.

Thank you for the amazing year!
Brandon

OUR PHILOSOPHY

FOUR PILLARS OF ERIKA'S LIGHTHOUSE.
Erika's Lighthouse believes that inclusive school cultures around mental health will reduce stigma, increase awareness, promote help-seeking and support good mental health. To best achieve this, schools are encouraged to implement aspects of all four pillars for Erika's Lighthouse programming.

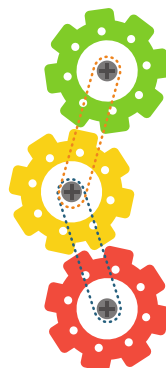


DEPRESSION EDUCATION IS SUICIDE PREVENTION

90% of those who die by suicide have a mental health condition, most commonly depression. In addition, depression and suicidal ideation share many of the same signs & symptoms. Educating about depression offers schools the opportunity for early identification and intervention BEFORE suicide is considered.

CLASSROOM EDUCATION

For over 17 years, at the heart of our work is the belief in a universal curriculum for classrooms. Erika's Lighthouse has been developing our own programming for the past 15 years, expanding from middle schools to high schools and now to elementary schools. Mental health and depression education is essential to generating positive, open and healthy conversations around mental health.

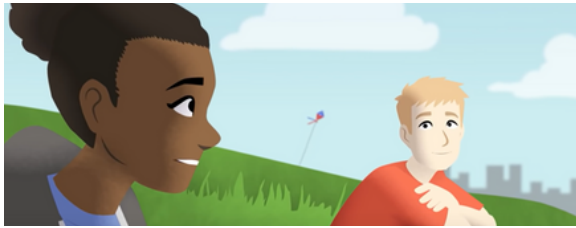


Level I
We All Have Mental Health
Ideal for grades 4-6
Fully bilingual in English/Spanish

Level II
Depression Awareness
Ideal for grades 5-9
Most resources & subtitles bilingual

Level III
Depression Education & Suicide Awareness
Ideal for grades 8-12
Most resources & subtitles bilingual

REMOTE LEARNING



WE ALL HAVE MENTAL HEALTH

Supporting school communities and teens is what we do, but the pandemic made it even more critical to reach students in a safe, effective way. Erika's Lighthouse leveraged the We All Have Mental Health video to create a remote learning curriculum for grades 6-12.



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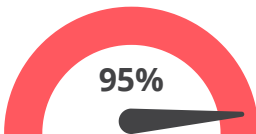
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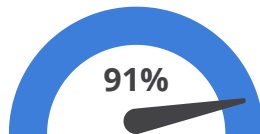
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learned how to find help for themselves or a friend.

are comfortable talking to a friend who might need help.



believe our program will help reduce stigma in their community around mental health.

UPPER ELEMENTARY



LEVEL I: WE ALL HAVE MENTAL HEALTH

Adolescents are not the only age group struggling with mental health challenges. Our school partners have increasingly raised concerns about younger children experiencing depression and suicidal ideation. Erika's Lighthouse has leveraged our partnerships to offer a new program to cover grades 4-6. With programming focused on everyday feelings vs. overwhelming feelings - our suite of programs is growing to prepare students, families and educators earlier.

TEEN EMPOWERMENT



RAISE AWARENESS



BREAK STIGMA



SPREAD EMPATHY

TEEN EMPOWERMENT CLUBS

We believe that teens, when equipped with the opportunity and tools, can change the world.

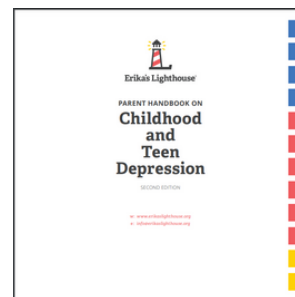
We believe this so strongly that our clubs are offered up to \$250/year in reimbursement to promote good mental health and reduce stigma in their schools. Erika's Lighthouse has made it even easier for teens to partner with us through our Affiliate Club program.



AWARENESS INTO ACTION ACTIVITIES

The Erika's Lighthouse Resource Portal now includes over 50 turn-key activities for Teen Empowerment Clubs and Affiliate Clubs to implement in their schools. These include in-person and virtual campaigns including videos, social media posts and more - all designed to promote inclusive school cultures and good mental health in their buildings.

FAMILY ENGAGEMENT



ENGAGING FAMILIES

Mental health permeates all aspects of our lives and families need to be educated. We focus on promoting good mental health at home while preparing families for a child with mental illness, Erika's Lighthouse helps schools engage families in meaningful ways.

Our programs include the Parent Handbook on Childhood & Teen Depression, Family Night Workshops via Shine Light on Depression, family discussion guides and other resources that can be used to help families understand mental health and a child's potential struggle.

PROGRAM REPRESENTATIVES



Alan



André



Callie



Edgar



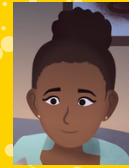
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Mason



Sasha

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Deedee



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Elaine



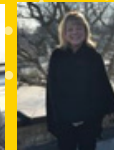
Ginny



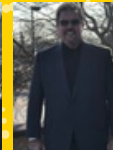
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