



Student Application for Erika's Lighthouse Level II Video 2022

MISSION

Erika's Lighthouse is a not-for-profit organization dedicated to educating and raising awareness about adolescent depression, encouraging good mental health, and breaking down the stigma surrounding mental health issues.

VISION

To make sure no young person feels alone in their depression by becoming the leading provider of teen depression awareness programs and resources in school communities.

PILLARS

In order to create inclusive school cultures, we offer school communities:

- Classroom Education curricula for grades 4-12
- Teen Empowerment through school clubs and turn-key activities
- Family Engagement through workshops and our parent handbook
- School Policy & Staff Development opportunities to improve school culture and attitudes around mental health

VALUES

We Believe In:

The Power of Programs with Impact

We are committed to de-stigmatizing depression and providing hope for young people who have it. Our innovative, evidence-informed classroom programs do more than raise awareness; they provide a structured model for youth to thrive and survive. Making a meaningful difference in the lives of teens with depression defines all we do and who we are.

The Power of Positivity

We believe in the power of positivity – it permeates our culture through our mission statement and how we engage with students, teachers, and administrators. Positivity, knowledge, and compassion create empowerment, and empowerment drives change and hope.

The Power of Programs that Spread

We are determined to make every community a beacon of hope, which is why all of our activities – from programs to engagements – are designed to be easily replicated and customizable for schools across the country, and the world.

The Power of Trust and Integrity

We deeply believe in what we do, and we believe in others. In all we do, we operate with integrity, trust, respect, and authenticity. We are resourceful, we are good stewards of the gifts we are given, and we always hold ourselves accountable. What we do truly matters.

The Power to Change the World

We know that empowered teens can change cultures, even deeply rooted ones. Through education, modeling, and positivity, our programs provide proven foundations for teens to create a thriving culture of compassion, support, and hope.



PHILOSOPHIES

- Depression education is suicide prevention to identify more teens and intervene earlier.
- Inclusive school cultures are essential to promote meaningful dialogue and help-seeking behavior.
- Mental health is just as important as physical health.
- Everyone deserves good mental health.

FAQs about the Video Project:

What is Erika's Lighthouse?

[Erika's Lighthouse](#): A Beacon of Hope for Adolescent Depression is a nonprofit organization founded in 2004. Our mission is to make sure no young person feels alone in their depression. We are dedicated to creating a community of empathy and education. We create mental health, depression and suicide awareness programs for grades 4-12 so educators, families and teens can create safe spaces to learn about mental health, letting students know they are never alone, and there is somewhere to turn.

What is this project?

We are looking for students willing to share their experiences with adolescent depression and to be filmed for our new Level II video. You should currently be in middle school or high school and feel comfortable talking about your journey with depression. In addition to telling your story we want to know about your interests, what coping strategies you use to stay mentally healthy, and what positive advice you have for other youth who may be struggling with depression. 5-7 students will be selected to participate.

How will the video be used?

This video will be used as the Level II video, ideal for students in grades 5th-9th. The video will be housed on the Erika's Lighthouse Resource Portal and is intended for use by any educator who utilizes the Erika's Lighthouse materials with their students. Erika's Lighthouse is a national organization and our classroom education materials impact hundreds of thousands of students across the United States every year. Please know that if you are selected, there is a strong chance that your peers, friends, and members of your community could view this video for the next 5-7 years.

What is the purpose of the video?

The purpose of this video is for other youth to hear stories like yours, promote help seeking, and reduce the stigma around mental health.

What is the time commitment?

Spring 2022- Virtual interview with Erika's Lighthouse staff

Late Spring 2022- Selected students will be notified



Early Summer 2022- Erika's Lighthouse will host a virtual "welcome aboard" meet-n-greet

Summer 2022- Interview and videography will take place with each student individually that could take up to two days of your time. We anticipate 30 minutes of filming for the interview portion and a full day of "live" action shots. These live action shots will be of you in your hometown, doing the typical things that you usually do; i.e. going to school, getting ice cream, hanging out with your friends and family.

What do I have to do to apply?

Students should fill out Section A of the application below, and their parent/guardian **must** fill out Section B. Students are also requested to make a short video (up to 2 minutes) using the Flipgrid link provided in the application.

What happens after I submit my application?

Erika's Lighthouse staff will review all applications. If you are selected for an interview an Erika's Lighthouse staff member will contact you to set up a time for a recorded video call. Your parent/guardian may be asked to make an appearance. The final students selected for the video project will be notified by phone and/or email.

What should I do if I have any questions?

Feel free to contact katie@erikaslighthouse.org with any questions!



Student Application

Section A: To be completed by student

First and Last Name:

Date of Birth:

In what grade are you this school year? (21/22 school year)

Email address:

Cell Phone Number:

School, District:

City, State:

Please tell us about yourself. What are your interests, hobbies, or activities that you enjoy?

Please tell us about your experience with depression. What were your signs and symptoms?

Please tell us how you sought help?

Please tell us who was the trusted adult you turned to?

What coping strategies do you use to help support your mental health?



-OPTIONAL QUESTIONS-

How do you identify your race?*

How do you identify your ethnicity?*

How do you identify your gender identity?*

How do you identify your sexual orientation?*

Would you be comfortable sharing this information on film?*

**Please note that demographic information is not relevant to the video project and is for internal use only.*

To complete this portion of the application, please:

- Send a 2 minute video of yourself discussing your personal experience with depression and why you are interested in sharing your story. You can post your private video on Flipgrid using this link <https://flipgrid.com/fd11e99f>

By signing below, you understand that Erika's Lighthouse may film you discussing your experiences.

Student Signature _____

Date _____



Section B: To be completed by Parent/Guardian

Parent/Guardian Name:

Email address:

Cell Phone Number:

Optional:

- I/we would be willing to participate and film a parent/guardian and child interview.
- I would be comfortable with my child sharing their demographic information on film.

To complete this application, please read and check each box below to confirm the approval and support of your child's participation:

- I confirm that my child is applying to participate in the Level II video (ideal for grades 5-9) for Erika's Lighthouse.
- I confirm that my child's story can be filmed and used as program education materials for Erika's Lighthouse, their school partners, and other community partnerships.
- I confirm that my child has the time to be filmed and interviewed during the summer of 2022.

Parent Signature _____

Date _____

Please return the completed application to katie@erikaslighthouse.org no later than April 1, 2022. We look forward to hearing your stories!