



Erika's Lighthouse

PROGRAM REPORT

2021-2022
School Year

403,000

students directly impacted this school year

1,500,000

students directly impacted since 2004

335,000

students
educated through
Classroom Education

43

teen clubs
reduced stigma by
Teen Empowerment

9,200

families
accessed resources via
Family Engagement

42,000

educators
prepared through
School Policy & Staff





PROMOTING INCLUSIVE SCHOOL CULTURES AROUND MENTAL HEALTH



Support
Connectedness



Encourage
Help-Seeking



Promote Good
Mental Health



Reduce
Stigma



Normalize
Conversations

A Suite of Programs, Across Four Pillars

Designed to educate and impact every stakeholder in a school community.



CLASSROOM EDUCATION

Evidence-informed curricula that impacts students in grades 4-12 that promotes good mental health, educates about depression and suicide, reduces stigma and encourages help-seeking.

SCHOOL POLICY & STAFF

Staff training, policy recommendations and partnerships that help schools build a coordinated, comprehensive strategy to meet the mental health needs of students.



Peer-led school clubs and turn-key activities that normalize and promote conversations around mental health by reducing stigma, educating peers and promoting help-seeking.

TEEN EMPOWERMENT

Workbooks, workshops, activities, discussion guides and other resources that foster inclusive and supportive dialogue in homes around mental health that promotes wellness.

FAMILY ENGAGEMENT





Big Impact, Measured

Erika's Lighthouse programs offer education, awareness and hope. Our evaluations demonstrate their effectiveness and impact across diverse populations.

SUPPORT CONNECTEDNESS



96% of students were able to identify at least 1 person who could be a trusted adult.

ENCOURAGE HELP-SEEKING



85% of students reported being comfortable speaking with a trusted adult about their mental health.

PROMOTE GOOD MENTAL HEALTH



86% of students demonstrated an increase in knowledge around mental health and depression.

REDUCE STIGMA



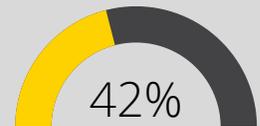
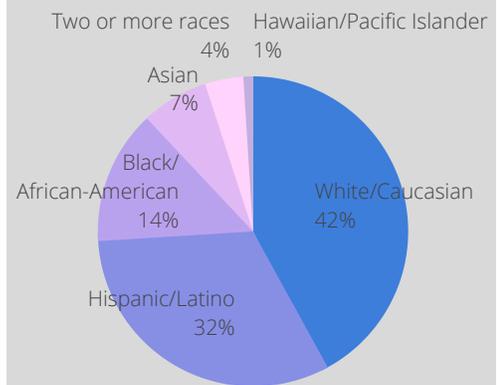
88% of students would speak to an adult if their friend was talking about suicide or self-harm.

NORMALIZE CONVERSATIONS



74% of students agree that they would be comfortable talking to a friend about their friend's mental health issues.

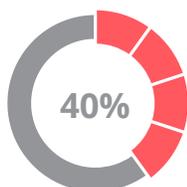
Student Demographics



42% qualify for free or reduced lunch

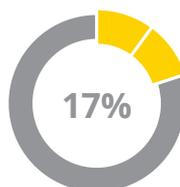
**VISION
2025**
Target Goals: 20%

CLASSROOM EDUCATION



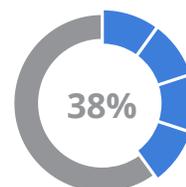
to 1,000,000 students

TEEN EMPOWERMENT



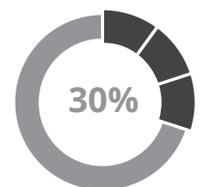
to 250 clubs

FAMILY ENGAGEMENT



to 25,000 families

SCHOOL POLICY & STAFF



to 5,000 schools