

THE PROGRAM

The School Policy & Staff Development program provides guidance on creating effective mental health policies and protocols, ensuring all educators are knowledgeable and educated on signs and symptoms of adolescent depression, being a trusted adult, and have access to practical resources if they are concerned about a student.



THE PLAN

1

Establish a mental health task force.

2

Ensure appropriate policies & procedures are in place to support students who are need of intervention.

3

Train all staff with Erika's Lighthouse Staff Training workshop series.

4

Provide educators with Intervention Language for Educators and Mental Health Checklist (*available on portal*)

Recommended Resources

Mental Health Task Force

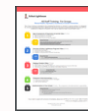


Mental Health Task Force Protocol



Model Policy on Suicide Prevention

Staff Training Workshop



Staff Training

Policy & Procedures



Immediate Intervention



Student Assessment Protocol

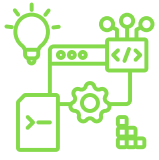
Educator Handouts



Intervention Language for Educators



Mental Health Checklist



INTEGRATION WITH OUR PROGRAM PILLARS

Erika's Lighthouse suite of programs are designed to act as standalone initiatives or work together as a comprehensive tier-1 program for school communities. Here are suggestions to support a holistic implementation:

When implementing **FAMILY ENGAGEMENT** and:



CLASSROOM EDUCATION

Family Engagement educates and equips families around mental health, depression and suicide. Through workshops, workbooks and other resources, school communities can seamlessly bring families and parents into the conversation to support youth at home.

- Three weeks before implementing **Classroom Education**, send the **Family Engagement** Email/Letter Template with information about resources.
- During **Classroom Education** implementation, provide the **Family Engagement** Bookmark to students to take home as another opportunity to start a conversation at home.
- Students that are identified via the referral card can be provided an additional **Family Engagement** Bookmark to take home.
- Two weeks after implementing **Classroom Education**, send a **Family Engagement** Follow-up Email/Letter Template to families with links to Intervention Language for Families and the Depression Discussion Guide.



TEEN EMPOWERMENT

Teen Empowerment offers students the opportunity to be leaders in their schools. Through student-led campaigns and initiatives, called Awareness into Action Activities, young people can reduce stigma, normalize conversations, promote good mental health and encourage help-seeking.

- Two weeks before implementing **Classroom Education**, the **Empowerment Club** can use the Beacon of Hope Door Signs activity to identify trusted adults in the school.
- During **Classroom Education** implementation, the **Empowerment Club** can complete Teen Bookmarks or Lunchtime Education activities.
- Two week after implementing **Classroom Education**, the **Empowerment Club** can use the Footprints Activity to remind students there are trusted adults available to help and support them.



SCHOOL POLICY & STAFF DEVELOPMENT

School Policy & Staff Development are designed to educate and equip school staff around mental health, depression and suicide. Recognizing the signs and symptoms, understanding their role as a trusted adult and understanding how to promote an inclusive school culture will support everyone.

- Six weeks before implementing **Classroom Education**, consider engaging or creating a Mental Health Task Force to ensure resources and actions are aligned.
- Three weeks before implementing **Classroom Education**, use the All Staff Training to prepare everyone in a building shared values and vocabulary around being a trusted adult.
- During **Classroom Education** implementation, provide staff the Mental Health Checklist, Classroom Accommodation Sample and Intervention Language for Educators.



FOCUS ON THE WHOLE SCHOOL CULTURE

If ready, prepare your whole school with our **School Culture Framework** and **Four Pillar Scope & Sequence**. Leverage all Four Pillars to promote an inclusive school culture around mental health.