



Erika's Lighthouse

RISE to the challenge

In 2004, after we lost Erika to her depression, **we rose to the challenge.**

In 2014, when our programs began to spread, **we rose to the challenge.**

In 2020, during the pandemic, **we rose to the challenge.**

In 2023, in a wave of mental health challenges for teens, ***we will rise again.***

Join us as we **Rise to the Challenge** to help schools implement real, actionable, impactful programs that can support adolescent mental health.

TURN-KEY

programs that can be implemented by any school, anywhere

FREE

donor-funded materials and guidance to allow schools to fund staff and support services

ACCESSIBLE

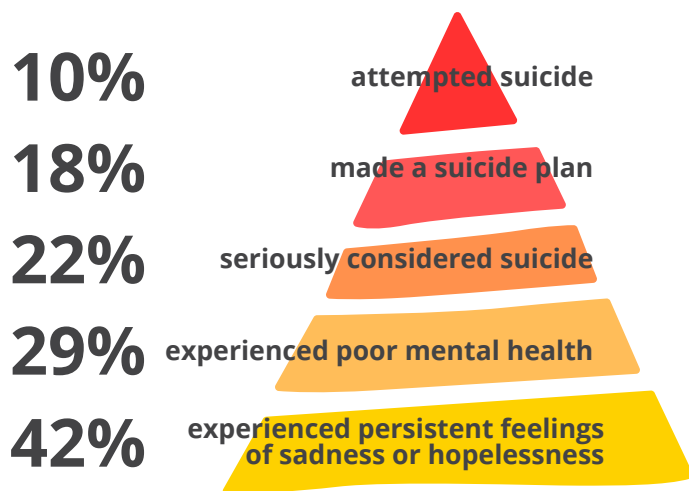
resources designed to impact every teen, family and educator



THE NEED

The Need is Significant

We know young people are experiencing poor mental health, and we must act. The reality is troubling:



Based on 2021 CDC YRBS Data

Erika's Lighthouse knows that to improve this situation, we need to start at the bottom of the pyramid. We need real, practical, easy-to-use programs and resources.



Lessons continue to be great and developmentally appropriate for the kiddos. Thank you.
-Connecticut

“

I want you all to know that our suicide attempt rate as measured by the YRBS, went down from 14.3% to between 5.4-7.2% since using your videos and the messages from your curriculum. We continue to be very impressed by your videos, website, and curriculum.

-Wisconsin

This program was very helpful to me because I learned many strategies on how I can help others and myself if I am in this type of situation.
-Student

As a counselor, this organization is amazing and I very much appreciate all it's doing to better the lives of our youth.

-Illinois

I have been using your lessons for roughly 6 years and love the flow. Thank you so much for easy to understand lessons that have so much power and impact on our students.

-Ohio

”

THE ACTION





POWER to change the world

Our ultimate goal is to promote inclusive school cultures around mental health. This, in turn, normalizes mental health as generations age.

We can accomplish this through our Culture Change Framework and Four Pillar Implementation in schools.

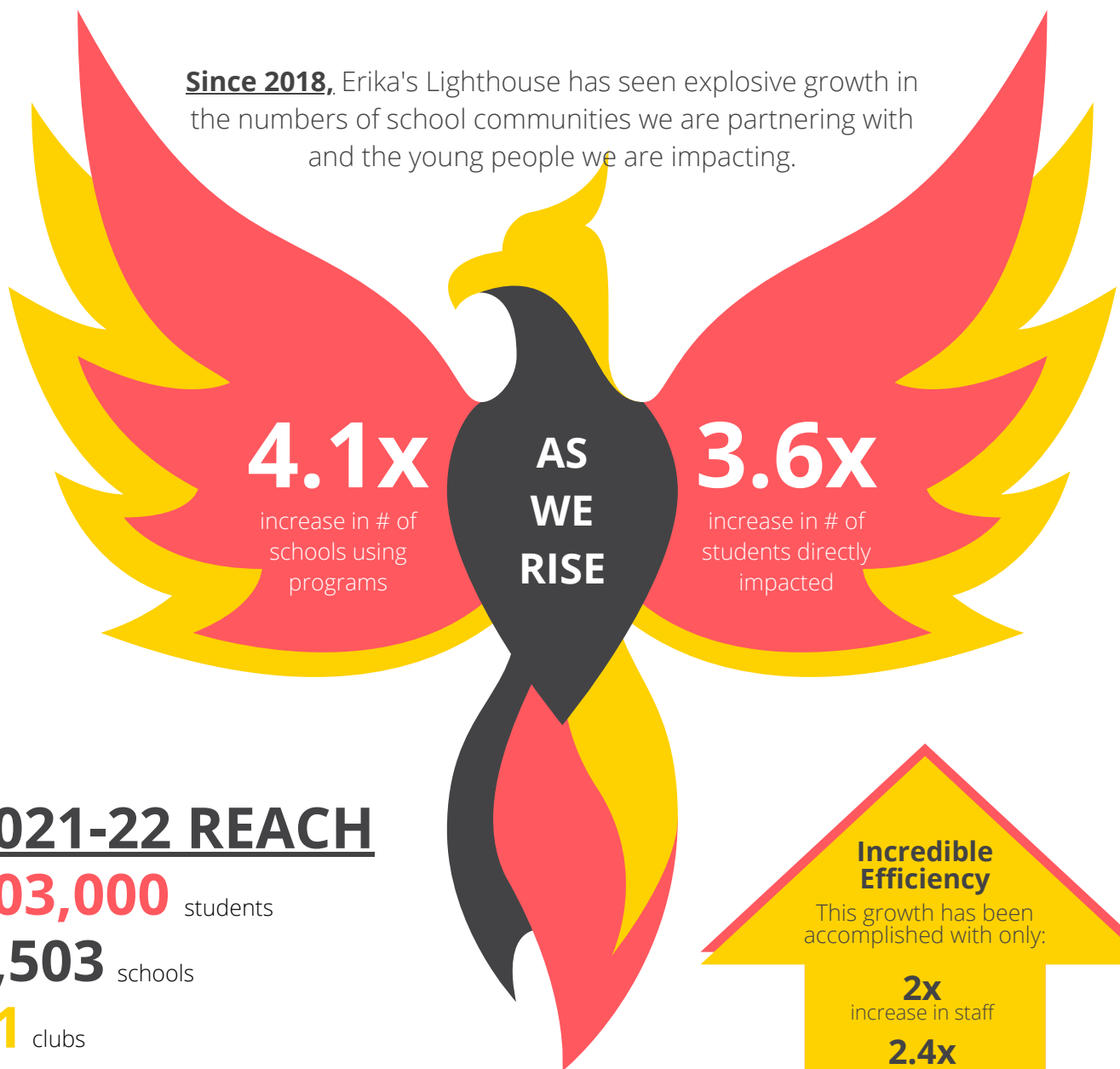
Every child, in every school deserves to:





POWER of programs that spread

Since 2018, Erika's Lighthouse has seen explosive growth in the numbers of school communities we are partnering with and the young people we are impacting.



2021-22 REACH

403,000 students

1,503 schools

51 clubs

1,800,000 total students impacted since 2004

Incredible Efficiency

This growth has been accomplished with only:

2x
increase in staff

2.4x
increase in expenses



POWER

of programs with impact



Culture Change Framework

Providing schools direction and focus to design and implement their ideal culture around mental health.

Classroom Education

Videos, lesson plans, activities and resources to educate students and build a foundation of knowledge, empathy, and help-seeking.

Teen Empowerment

Clubs, guides, activities and resources to empower teens to initiate meaningful conversations around mental health among their peers.

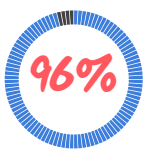
Family Engagement

Workshops, workbooks, tools, and resources to support families in building good mental health homes with meaningful dialogue.

School Policy & Staff Development

How-to guides, staff training, implementation preparation, best practices and resources to help school communities effectively align and engage.

SUPPORT CONNECTEDNESS



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

PROMOTE GOOD MENTAL HEALTH



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

REDUCE STIGMA



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

ENCOURAGE HELP-SEEKING



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

NORMALIZE CONVERSATIONS



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



POWER

Positivity, knowledge, and compassion
create empowerment, and
empowerment drives change and hope.

Erika's Lighthouse programs are:



EMPOWERING



HOPEFUL



AUTHENTIC



ACCESSIBLE



of trust and integrity

We are here because the need is real,
and you have trusted us to meet it.

Your time, money and support
matters to us. We have a
responsibility to you.

We work to meet the highest
standards of nonprofit excellence.

Platinum
Transparency
2023

Candid.

Erika's Lighthouse is a
Dedicated, Transparent,
and Responsible Steward
of your dollars.





FINANCIALS for 2022

Financial Position	2022	2021
Total Assets	\$ 1,339,454	\$ 760,593
Total Liabilities	123,417	9,347
Total Net Assets	1,216,037	751,246
Total Liabilities & Net Assets	\$ 1,339,454	\$ 760,593

+76%

Statement	2022	2021
Total Revenue, Support & Gains	1,468,873	881,391
Total Functional Expenses	1,001,713	809,486
Change in Net Assets	\$ 467,160*	\$ 71,905

+66%

+23%

**Includes \$353,000 in multi-year pledges for our continued growth towards our Vision 2025 Strategic Plan. Contact us to learn more about joining this group who are accelerating our long-term expansion.*