

## THE PROGRAM

Classroom Education is the foundation of understanding and recognizing mental health. The Program: Erika's Lighthouse Level I: We All Have Mental Health program is intended for students in grades 4-6. This program is an introduction to mental health by teaching about everyday feelings and overwhelming feelings. There is a strong focus on help-seeking and positive coping strategies.



## THE PLAN

1

### Prior to teaching every lesson:

- Read through the facilitator's guides
- Watch the video
- Review the slideshows
- Prep Classroom Materials

#### Lesson 1:

- Charade Cards
- Notice & Wonder Chart
- Classroom Signs
- Exit Tickets

#### Lesson 2:

- Stress Article
- Managing Stress Level I
- Coping Strategies Stations
- Coping Strategies (optional)
- Exit Tickets

#### Lesson 3:

- What would you do/say worksheet
- Trusted Adult worksheet
- Exit Tickets

#### Lesson 4:

- Knowledge Check
- Student Survey

2

**Remind the school mental health team** that you are teaching Erika's Lighthouse (if using exit tickets)

3

**Teach full program**

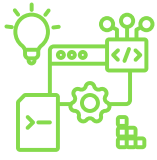
4

**Complete the required Erika's Lighthouse "Report on Impact" Form**

5

**Complete Educator Evaluation Survey**

Access these free resources online at  
[www.ErikasLighthouse.org/Portal](http://www.ErikasLighthouse.org/Portal)



## 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 **CLASSROOM EDUCATION** and:



### 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.



### FAMILY ENGAGEMENT

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.



### 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.