



**Erika's  
Lighthouse**

# Welcome to Erika's Lighthouse Staff Training



## Founded in 2004

Founded in 2004 after the loss of a 14-year-old who died from her depression; it was the second suicide in the community in the same school year

## Mission-driven

Dedicated to educating and raising awareness about adolescent depression, encouraging good mental health and breaking down the stigma surrounding mental health issues

## Free programs, always

All programs are no cost and focus on bringing our hopeful and empowering message to schools

## Evidence-informed

Published in *Advances in Social Work* in January 2019 based on an independent evaluation conducted by Michael S. Kelly, PhD, LCSW, of the Loyola University Chicago School of Social Work

# OUR STORY



Erika's Lighthouse®

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# OUR CORE MESSAGE



Every student  
deserves good  
mental health.



Erika's Lighthouse

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# STAFF TRAINING

Part 1: Signs and Symptoms of Depression & Suicide

Part 2: Helping A Student

Part 3: Crisis Intervention



# ERIKA'S LIGHTHOUSE PROGRAMS:

Tier-1

Prevention Focused & Early Identification

An Upstream Approach: Depression Education is Suicide Prevention

Building an Inclusive School Culture

*Scan this QR code to gain access to all of Erika's Lighthouse programs*



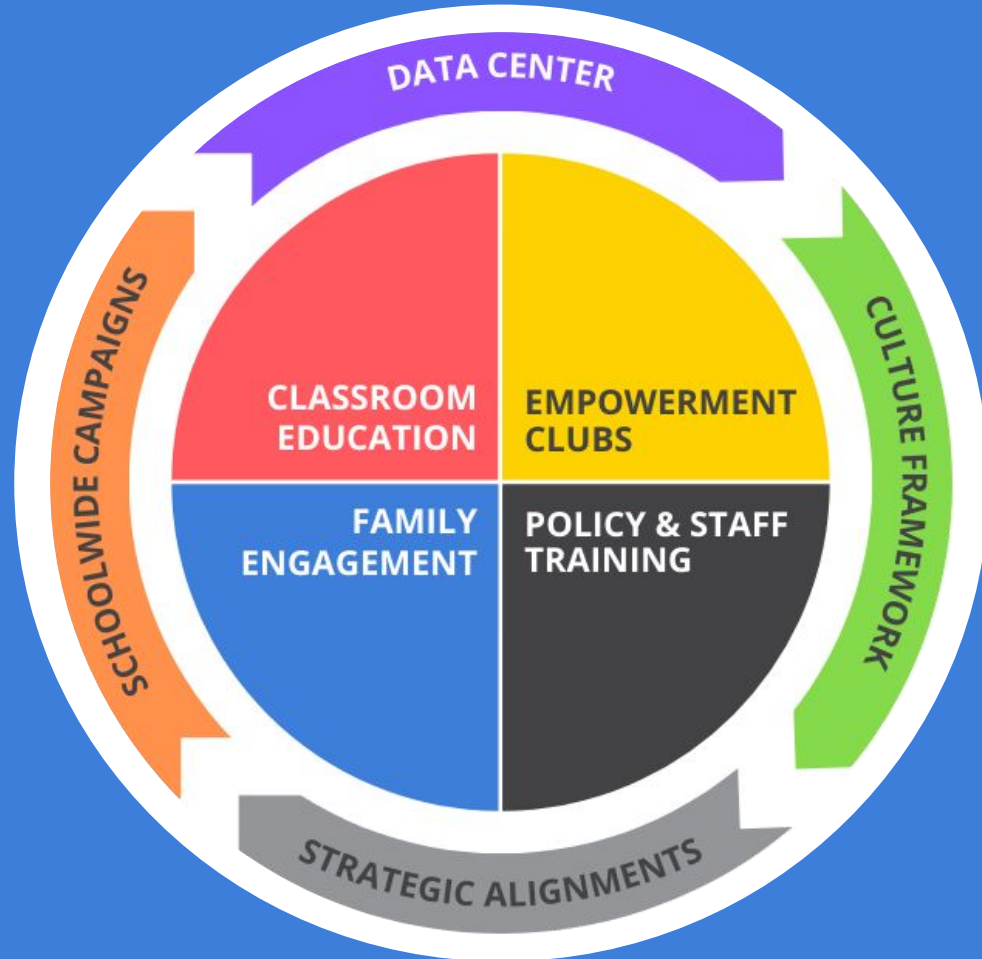
# FREE PROGRAM MODEL

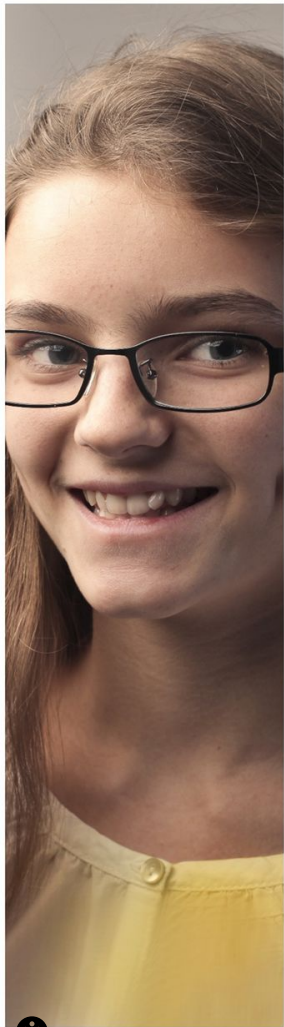
## FOUR PILLARS

Classroom Education  
Empowerment Clubs  
Family Engagement  
Policy & Staff Training

## WRAPAROUND SUPPORTS

Schoolwide Campaigns  
Culture Framework  
Data Center  
Strategic Alignments





# Thank You & Enjoy the Staff Training

## Program Support

Katie Conklin - Vice President of Programs

[Katie@erikaslighthouse.org](mailto:Katie@erikaslighthouse.org)

Ilana Sherman - Director of Education

[Ilana@erikaslighthouse.org](mailto:Ilana@erikaslighthouse.org)

