



Erika's Lighthouse

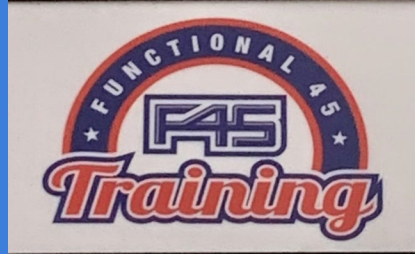


Access the free programs and resources we will be reviewing today.



Meet Katie

Vice President of Programs
Erika's Lighthouse





Every student deserves good mental health.

We're a nonprofit on a mission to provide free mental health programs for any school, anywhere.





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



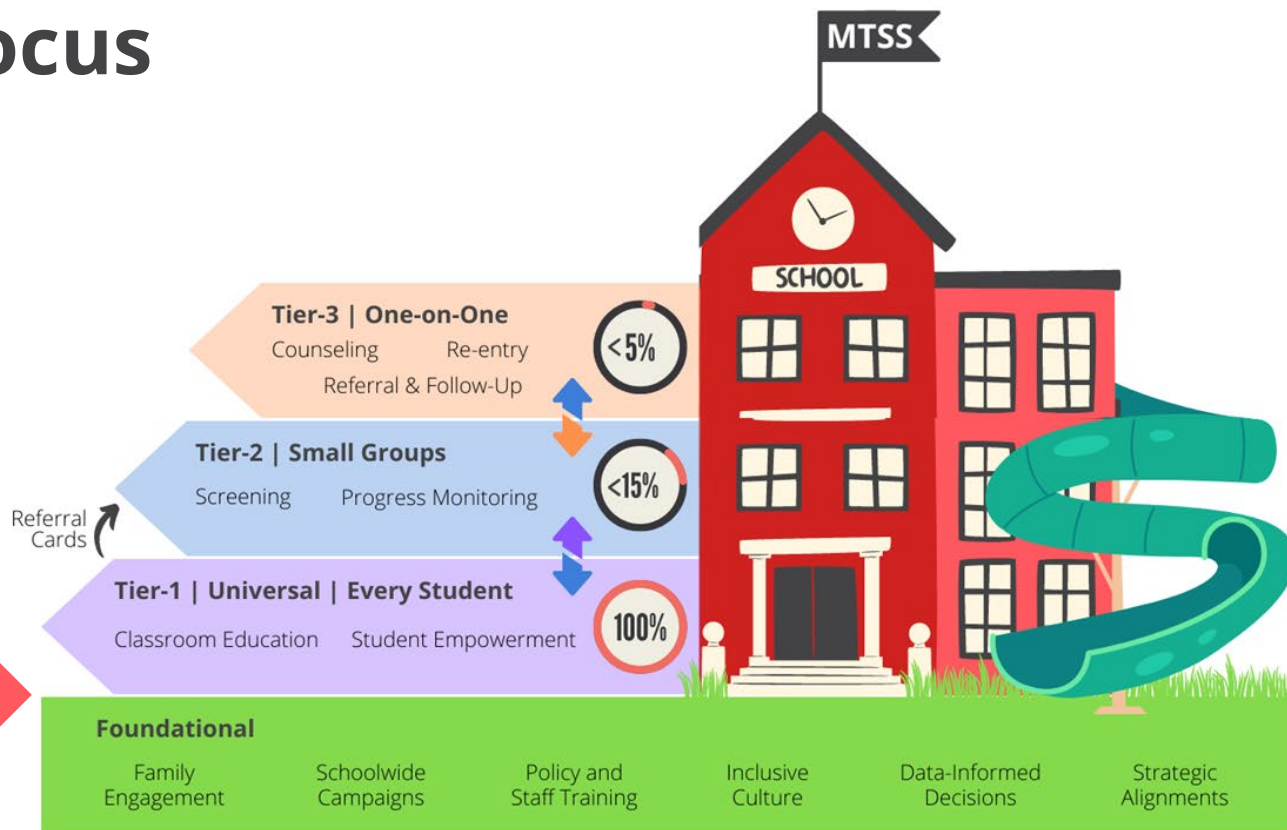
Erika's Lighthouse®

Copyright © 2020. All rights reserved.



MTSS

Area of Focus



What more
can we do here?

What can we
do better?



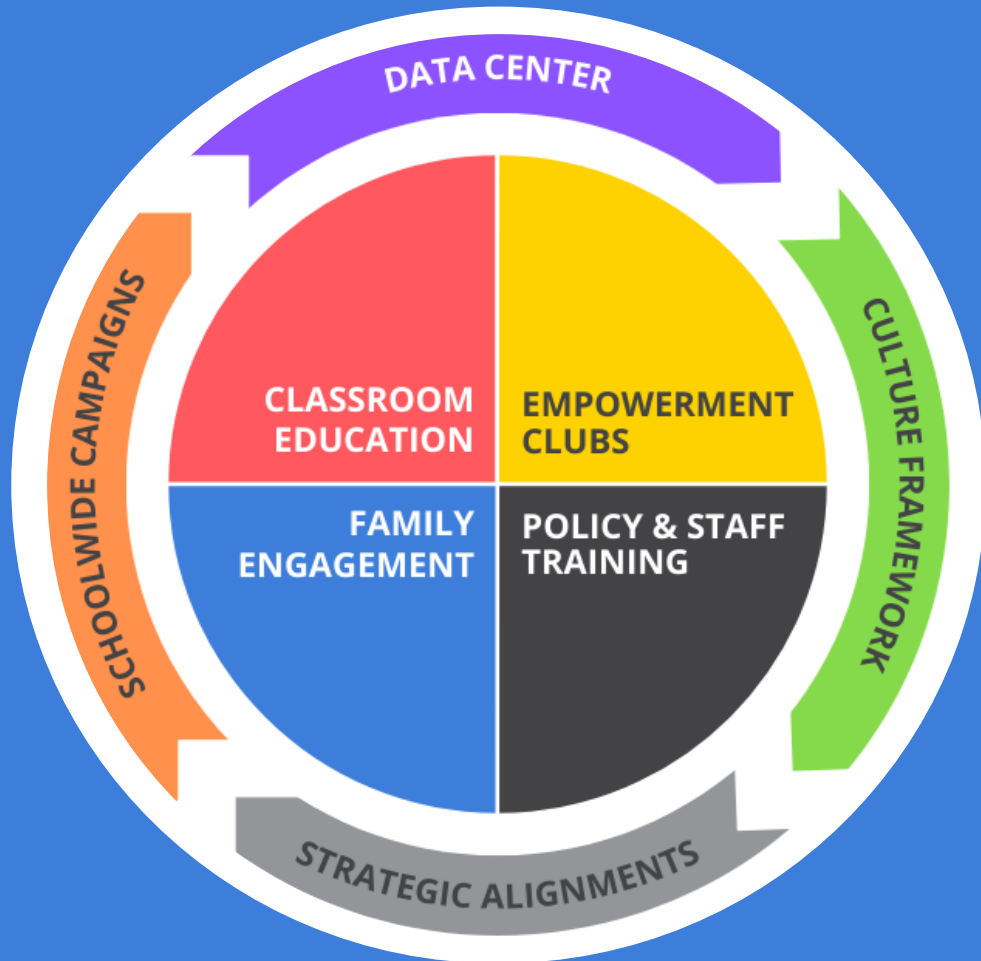
FREE PROGRAM MODEL

FOUR PILLARS

Classroom Education
Empowerment Clubs
Family Engagement
Policy & Staff Training

WRAPAROUND SUPPORTS

Schoolwide Campaigns
Culture Framework
Data Center
Strategic Alignments



Erika's Lighthouse

Copyright © 2022. All rights reserved.



Classroom Education

Depression education for grades 4-12



Classroom Education Programs

Use Together or Standalone. All are fully bilingual in English & Spanish

Level I: We All Have Mental Health (Ideal for gr. 4-6)

Introduction to mental health by understanding everyday feelings vs. overwhelming feelings with a strong focus on help-seeking and good mental health.

Level II: Depression Awareness (Ideal for gr. 5-9)

Introduction to depression by recognizing signs and symptoms with a strong focus on help-seeking and good mental health.

Level III: Depression Education & Suicide Awareness (Ideal for gr. 8-12)

Introduction to depression and suicide with a strong focus on help-seeking and good mental health.



Suicide Prevention



Evidence-Informed



Bilingual



Skills-Based



Turn-Key & Adaptable



Two Versions of Classroom Programs

Full Program:

- Made up of 4 lessons
- Each lesson is 40-45 minutes
- Meets National Health Education Standards

One-Day Lesson:

- One lesson that is a condensed version of the Full Program.
- The lesson is 40-45 minutes

Full Program

[Download the Full Level II Program](#)
(Includes all Facilitator Guides and Student Packets)

Lesson 1: Signs & Symptoms of Depression

Video Segment: [Vimeo](#) | [YouTube](#) | [Google](#)

Facilitator Instructions

Student Workbook (Spanish)

Slideshow (Google, PPT | Spanish)

Self-Referral Cards (Spanish)

Student Bookmark (Canva | (Spanish, Canva)

Lesson 2: Help-Seeking

Video Segment: [Vimeo](#) | [YouTube](#) | [Google](#)

Facilitator Instructions

Student Workbook (Spanish)

Slideshow (Google, PPT | Spanish)

Lesson 3: Coping Strategies

Video Segment Part 1: [Vimeo](#) | [YouTube](#) | [Google](#)

Video Segment Part 2: [Vimeo](#) | [YouTube](#) | [Google](#)

Facilitator Instructions

Student Workbook (Spanish)

Slideshow (Google, PPT | Spanish)

Lesson 4: Skills Check

Facilitator Instructions

Student Workbook (Spanish)

One Day Lesson

Best practice is to use the full four-day lessons above. However, our research has demonstrated an increase in knowledge and help-seeking with only one day.

Pre-Test: <http://elhms.info>

Video: [Vimeo](#) | [YouTube](#)

Student Stories Video Links: [Vimeo](#) | [YouTube](#)

Facilitator Instructions

Slides (Google, PPT | Spanish)

Student Workbook


Self-Referral Cards (Spanish)

Student Bookmark (Canva | (Spanish, Canva)

Post-test: <http://elhmspost.info>



Components of all Classroom Programs

- 
- **Videos**
 - **Facilitator Instructions**
 - **Student-facing Slides**
 - **Student
Workbooks/Materials**
 - **Exit Tickets/Self-Referral
Cards**
 - **Student Bookmarks**
 - **Pre- and Post-Tests**





Level I Core Messages

Mental Health:

- Everyday feelings
- Overwhelming feelings
- Coping Skills
- Help seeking

Everyone deserves good mental health.

You are not alone, there is hope.





Level II & III Core Messages

Depression is..

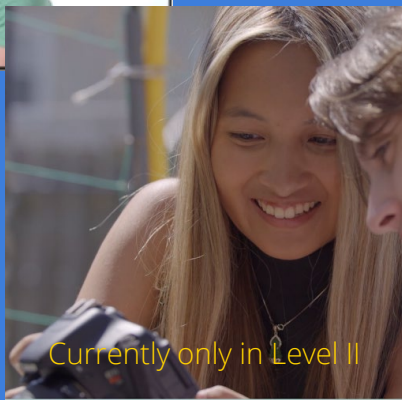
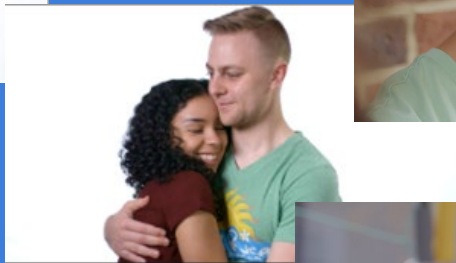
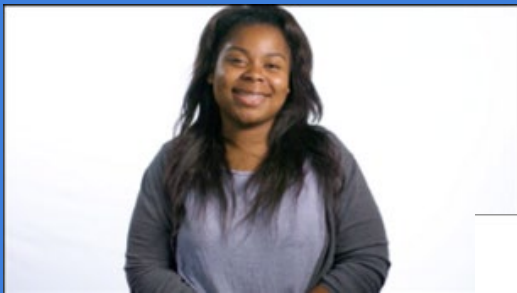
a mood disorder
common
serious
treatable

Everyone
deserves good
mental health

You are
not alone—
there is hope



Representation Matters in Level II and III videos





Student Bookmarks

Level I Bookmarks

**Erika's Lighthouse**

Positive Coping Strategies



Write in a Journal



Practice Meditation



Breathing Exercises



Coloring



Exercise/Movement



Organization/ To Do list



Eat a Healthy Snack



Talk to a Trusted Adult

Write down the name of a trusted adult you can go to if you need help

Help educate your family with our resources from [ErikasLighthouse.org](https://www.ErikasLighthouse.org)





GOOD MENTAL HEALTH

It's for everyone!

Mental health is about our feelings, thoughts, and moods and is important for a happy, healthy, and productive life. We can all practice ways to stay mentally healthy

HERE ARE A FEW HELPFUL TIPS:

Sleep 8-10 hours each night

Eat 3 healthy meals each day

Exercise or play outside 3 times a week

Choose healthy snacks

Take care of your physical health

Spend time doing something that makes you smile

Spend time with your friends and loved ones

Relax! Try a bubble bath, deep breathing, meditation, a nature walk

Remember it's ok to say "no"

Talk to someone you trust when you need help

**Erika's Lighthouse**

IN CRISIS AND ALONE?
Call or Text 988

RISK FOR YOUR SAFETY?
Call 911

Promote Good Mental Health
Start an Empowerment Club, visit [ErikasLighthouse.org](https://www.ErikasLighthouse.org)



Level II & III Bookmarks

**Erika's Lighthouse**

Teen Depression

Know the signs...

Depression is an illness that affects our moods, thoughts and behaviors.

Five or more of these symptoms must be present most of every day for at least two weeks or more:

- Sad, depressed or irritable mood
- Loss of interest or pleasure in favorite activities
- Significant weight loss or gain, or change in eating habits
- Change in sleep patterns
- Restlessness or agitation
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide

Depression is common, can be serious and is treatable

If you think you may have depression, **you are not alone**. Understand that it can get better but you need to take action. Tell a caring adult who can help you to get an evaluation from a doctor or mental health professional



IN CRISIS AND ALONE?
Call or Text 988

IMMEDIATE RISK OF SAFETY?
Call 911

WHERE TO GO FOR HELP

Write down the name of a trusted adult you can go to if you need help

Help educate your family with our resources from [ErikasLighthouse.org](https://www.ErikasLighthouse.org)





GOOD MENTAL HEALTH

It's for everyone!

Good mental health is about creating a lifestyle of balance and reducing the impact of stress. We can all practice ways to stay mentally healthy

HERE ARE A FEW HELPFUL TIPS:

Eight to ten hours of sleep per night

Three nutritious meals per day

Three or more days of exercise a week

Avoid drugs or alcohol

Take care of your physical health

Engage in activities that bring happiness

Spend time with your favorite people

Relaxation exercise, i.e. bubble bath, deep breathing, meditation, a nature walk

Maintain reasonable expectations and boundaries

Ask for help and support when needed

**Erika's Lighthouse**

Promote Good Mental Health
Start an Empowerment Club, visit [ErikasLighthouse.org](https://www.ErikasLighthouse.org)

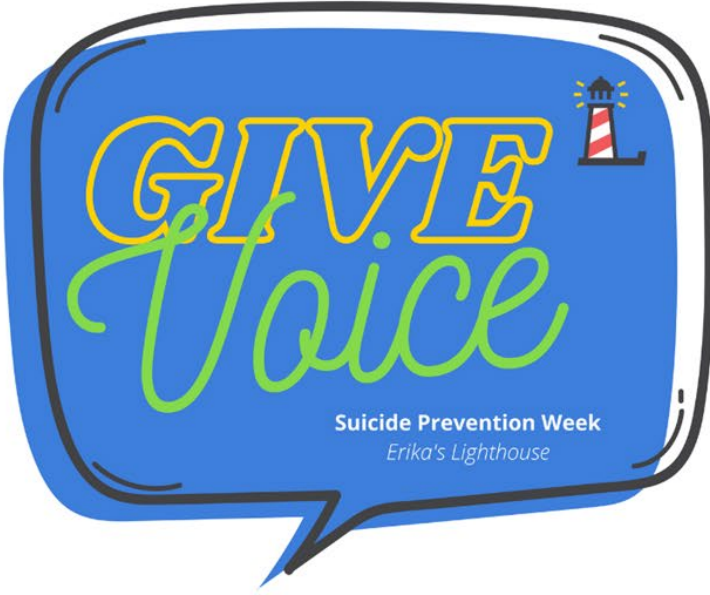




Schoolwide Campaigns

Large awareness campaigns to engage everyone





An Awareness Campaign for Suicide Prevention Week

Give Voice is an opportunity to empower youth with a week of activities that will give voice to their priorities and needs for good mental health.

Official Partner Campaign with

KEY CLUB®



Monday	Tuesday	Wednesday	Thursday	Friday
Education	Help-Seeking	Awareness	Positivity	You





MENTAL HEALTH RECHARGE

5 minute classroom breaks
to boost mental health

Over 50 positive coping mechanisms
that can be used by:

- Teachers
- Counselors
- Coaches
- Therapists
- Staff
- Students

They are accessible via:

- Computer
- Tablet
- Smartphone
- Classroom Projector
- Physical Cards (\$)



Bilingual





Teen Toolbox

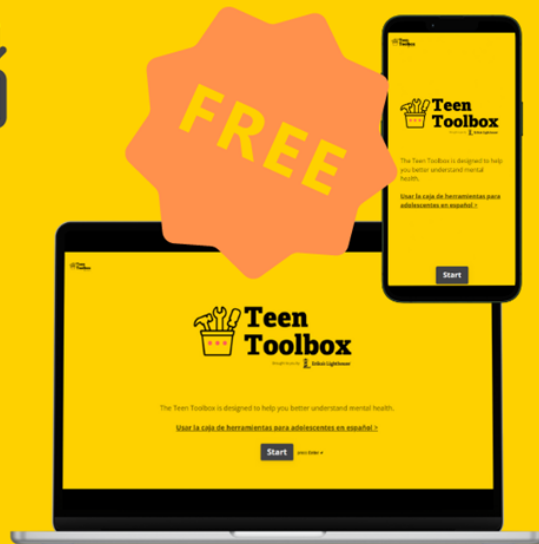


Self-guided **Mental Health Education** that covers:

- Stress
- Anxiety
- Depression
- Self-Harm
- Body Image
- Co-Occurring Disorders
- Suicide, and more...

Guides to **improve communication** and help-seeking relating to:

- Talking to friends
- Talking to parents
- Asking for help
- How to help a friend in need



Take the Positivity Pledge

An Awareness Campaign for Mental Health Awareness Month

The Positivity Pledge is an opportunity to commit to 31 days focused on positive actions, helping others, self-care, and establishing good habits for positive mental health.

Official Partner Campaign with

KEY CLUB®



May is mental health awareness month

	#Share Sunday	#MentalHealth Monday	#SelfCare Tuesday	#Winning Wednesday	#SelfCare Thursday	#FamilyFriends Friday	#SelfCare Saturday
Nutrition & Well-Being	f Erika's Lighthouse @ Erika's Lighthouse	t Erika's_LH in Erika's Lighthouse		1 Learn about the connection between nutrition and mental health. Share it.	2 Find a relaxing activity and focus on me-time.	3 Prepare a healthy meal for your family/friends.	4 Find a healthy stress reliever.
	5 Share your progress!	6 Identify your trusted friends, family, adults.	7 Make a list of who/what you are grateful for.	8 Show your gratitude.	9 Make a list of traits you love about yourself.	10 Make a connection.	11 Make a list of the traits you love about someone else.
Exercise	12 Remind folks about your pledge!	13 Learn about the connection between exercise and mental health. Share it.	14 Exercise!	15 Move and do good.	16 Exercise!	17 Play a game.	18 Exercise!
Mindfulness	19 Send out positive messages.	20 Learn about other's mental health.	21 Find a relaxing activity.	22 Perform kindness.	23 Self-Reflect.	24 Reach out to someone in need.	25 Meditate and chill.
Reflection	26 Share a recap of the pledge.	27 Take time to reflect on your journey and how you can make changes in the future.	28 You did a great job. Relax a take some time for yourself.	29 Write down 3 things you found helpful from this pledge.	30 Make a list of the activities that you enjoy doing.	31 Post and share with family and friends about you taking the Pledge on social media.	





Family Engagement

Resources for adults and their teens



Family Workbook Series to Share

all workbook links are downloadable in English & Spanish



We All Have Mental Health

a part of the
FAMILY WORKBOOK SERIES
on
Mental Health & Depression



www.ErikasLighthouse.org

Erika's Lighthouse is a not-for-profit dedicated to educating and raising awareness about adolescent depression, encouraging good mental health and breaking down the stigma surrounding mental health issues.

Underwritten with support from
 imagine learning foundation

Special thank you to Elaine Tinberg for her dedication to ensuring families have the knowledge and resources to support their children's mental health.



Concerned About Your Child

a part of the
FAMILY WORKBOOK SERIES
on
Mental Health & Depression



www.ErikasLighthouse.org

Erika's Lighthouse is a not-for-profit dedicated to educating and raising awareness about adolescent depression, encouraging good mental health and breaking down the stigma surrounding mental health issues.

Underwritten with support from
 imagine learning foundation

Special thank you to Elaine Tinberg for her dedication to ensuring families have the knowledge and resources to support their children's mental health.



Getting Help

a part of the
FAMILY WORKBOOK SERIES
on
Mental Health & Depression



www.ErikasLighthouse.org

Erika's Lighthouse is a not-for-profit dedicated to educating and raising awareness about adolescent depression, encouraging good mental health and breaking down the stigma surrounding mental health issues.

Underwritten with support from
 imagine learning foundation

Special thank you to Elaine Tinberg for her dedication to ensuring families have the knowledge and resources to support their children's mental health.

2 FAMILY WORKSHOPS



We All Have Mental Health

For Parents, Caregivers and Families



Adolescent Depression

For Parents, Caregivers and Families

Family Workshop I

We All Have Mental Health

On-Demand Virtual Workshop (Spanish)

Use the below links to share with your school community:

English [Vimeo](#) | [YouTube](#)

Spanish [Vimeo](#) | [YouTube](#)

Host In-Person or Virtual Family Workshop I

[Facilitator's Guide \(Spanish\)](#)

[Slideshow \(Spanish\)](#)

Level I Video: [English](#) | [Spanish](#)

Pre-test: <http://elhfw.info> | [QR Code](#)

Post-test: <http://elhfwpost.info> | [QR Code](#)

Family Workshop II

Depression & Suicide

On-Demand Virtual Workshop (Spanish)

Use the below links to share with your school community:

English [Vimeo](#) | [YouTube](#)

Spanish [Vimeo](#) | [YouTube](#)

Host In-Person or Virtual Family Workshop II

[Facilitator's Guide \(Spanish\)](#)

[Slideshow \(Spanish\)](#)

Level II Video | [Level III Video](#)

Pre-test: <http://elhfw.info>

Post-test: <http://elhfwpost.info>

Schools can either lead this workshop on their own using provided-slides and a facilitator's guide

OR

Schools can use the pre-recorded version provided by Erika's Lighthouse to share with families.

Available in English and Spanish



Resources/Activities to share with Families

Erika's Lighthouse Family Engagement Parent Handbook Good Mental Health Resource

Sharing information with young siblings

Choose the right time and place

- It is crucial that you respect your child's comfort level on when they are ready to talk to their siblings
- Consider your child's preferences. Do they want to share the information or do they want you as a parent/caregiver to share it for them?
- Consider the language you will use with younger siblings. The goal is for them to understand as clearly as possible what is happening in their siblings' lives

You can say: "Hey (sibling name) can we all sit down together for a few minutes? (Child's name) wants to talk to you about something important."

"I've been feeling really overwhelmed and I wanted to share this with you. I'm struggling with my mental health and I know this might be a bit confusing or scary, but I think it's important that we talk about it so you can understand what's going on"

Explain the diagnosis

- Use simple and age-appropriate language

You can say: "You have felt sad before, right? Normally, we find things to make us happy again. Like when we left the playground, you were crying, but then we went home to have cookies and you were smiling again. For some people, this feeling of being sad never goes away, and it's called depression"

"I have been diagnosed with depression. This means that sometimes I feel very sad, anxious, or overwhelmed, and I might need some extra help and support to feel better."

Describe how you are feeling

- Use age-appropriate language that young children can relate to

You can say: "Lots of people have depression. It feels like a dark rainy cloud is following you everywhere you go all the time. This is why your brother/sister sometimes may not want to talk, play, get out of their room, or seem upset"

Talk about treatment

- Talk about how you're getting help

You can say: "Just like there are doctors for when you get hurt or sick with there are doctors that help with how we feel"

"I'm working with a therapist and/or taking medication to help manage my mental health. I'm also doing things like exercising, eating healthy, and getting enough sleep to take care of myself."

Share how they can be a supportive member of the family

- Be open to questions and encourage siblings to talk about what they don't understand

You can say: "If you have any questions or concerns, please feel free to ask me. I want you to know that this is not your fault, and you don't have to do anything special to make me feel better. Just being here for me is enough."

Copyright © 2018, Erika's Lighthouse
erikaslighthouse.org

Erika's Lighthouse Family Engagement Parent Handbook Good Mental Health Resource

MENTAL HEALTH BINGO

Play bingo with your family members, one who reaches 5 in a row first! This card doubles as a coping skills list that you can use when you are stressed or overwhelmed

Exercised for at least 30 minutes	Meditated	Danced	Played with a pet	Wrote in a Journal
Sent someone a positive message	Prepared a healthy meal	Watched the sunrise or sunset	Practiced Deep Breathing	Helped someone
Laughed	Ate a healthy meal	FREE SPACE!	Listened to my favorite music	Went for a walk
Took time to do a coloring activity	Read a book			
Took a bubble bath	Performed a random act of kindness			

Erika's Lighthouse Family Engagement Parent Handbook Good Mental Health Resource

Next time you feel anxious or overwhelmed, take a breath and give this a try.

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

Copyright © 2023, Erika's Lighthouse
erikaslighthouse.org

Erika's Lighthouse Family Engagement Parent Handbook Good Mental Health Resource

FEELINGS THERMOMETER

How are you feeling?

What happened?

What can you do?

Copyright © 2023, Erika's Lighthouse
erikaslighthouse.org

Erika's Lighthouse Family Engagement Parent Handbook Good Mental Health Resource

BREATHE IN

PRETEND YOU ARE SMELLING THE FLOWER

BREATHE OUT

PRETEND TO BLOW OUT THE CANDLE

Copyright © 2023, Erika's Lighthouse
erikaslighthouse.org





Empowerment Clubs

Good mental health clubs & activities



Club Opportunities

- **Official Erika's Lighthouse Empowerment Club**
 - A school club that empowers and educates to eliminate stigma (*not a support group*)
 - Receives up to \$500/school year in funding for activities
 - Minimal requirements
- **Affiliate Club**
 - An already existing school club, with a similar mission, that wants to use Erika's Lighthouse resources. (Key Club, SADD Chapters, Hope Squads, Interact Clubs, and more!)



\$500 per club
available



Training
Modules



Bilingual



International
Peer Network



Turn-Key &
Adaptable





Policy & Staff Training

Policies & training to promote inclusive cultures



ALL STAFF TRAINING IS AVAILABLE

Choose a Staff Training Path:

Individual Training: 4-module, pre-recorded training to be completed individually. Each registrant will receive a Certificate of Completion upon watching all videos and completing accompanying quizzes. (45 minutes of videos + short quizzes)

Group Training: A qualified staff member can host a professional development training for the building using the the provided modules and suggested small group activities.

Staff Training Modules:

Welcome to the Erika's Lighthouse Staff Training

Part 1: Signs and Symptoms of Depression & Suicide

Part 2: Helping A Student

Part 3: Crisis Intervention



STAFF WELLBEING ACTIVITIES

Posters

- Everyone Deserves Good Mental Health
- Get Depression Out of the Dark
- Mental Health Is Important
- You Are Not Alone

Peer to Peer

- Positivity Shout-Outs
- Encourage-mints
- Catch Kindness

Schoolwide

- Mindful Meetings
- Self-Care Stations
- Coffee & Stress
- Table Tents

Individual Growth

- Self-Care Guide
- 5 Minute Brain Break
- Mental Health Bingo

A Little Encourage-Mint!

Someone is looking out for you!



**Erika's
Lighthouse**

For more programs and resources
around mental health, visit
www.ErikasLighthouse.org.



**Erika's
Lighthouse**

School Policy & Development
Awareness into Action Activities
Staff Wellbeing: Organization Wide

Well Being
NEXT EXIT ↗

Self-Care Stations

Staff Shout-Out

TO:

FROM:



SCHOOL POLICIES & INTERVENTIONS



School Policies & Interventions

- Mental Health Task Force and Protocol (Canva)
- Model School District Policy on Suicide Prevention
- Checklist for Suicide Prevention Efforts (Canva)
- Classroom Accommodations Sample (Canva)
- Student Assessment Protocol Sample (Canva)
- Intervention Language for Educators (Canva)
- Immediate Intervention Protocol Sample (Canva)
- Mental Health Checklist (Canva | Spanish, Canva)
- Recommendations for Universal Mental Health Screenings

General Educator Resources

- Strategies & Tools to Support a Student's Mental Health
- Mental Health Recharge – 5-minute activities
- Classroom Accommodations Sample (Canva)
- Intervention Language for Educators (Canva)
- Mental Health Checklist (Canva | Spanish, Canva)
- When to Involve a School Mental Health Professional

Administrator Resources

- White Paper – Integrating Mental Health into the Whole School, Whole Community, Whole Child Model for School Health
- White Paper – Model School District Policy on Suicide Prevention: Implementing Effective Prevention Strategies
- Introduction to Erika's Lighthouse Presentation



Strategies & Tools to Support a Student's Mental Health

Classroom-wide Tools:

RECHARGE: 5-minute classroom breaks to boost mental health for all students.

Student-Specific Strategies & Tools:

Tools for Regulating Emotions

- Draw a picture or create a collage of the different feelings you're experiencing
- How do you feel today?
- My Emotions Calendar
- Deck: Breathing Word Breathes
- Breathing Cards
- Use a [Feeling Thermometer](#)

Tools for Attention & Focus

- Get active: push-ups in seat, jumping jacks, take a lap around the school
- Listen to low-volume music with headphones
- Chew gum
- Use a small fidget while listening
- Get silent for silent & break cards into chunks
- Get disinterested bored
- Draw visual reminders on desk
- Offer fidgets: stress balls while standing
- Crossword puzzles, picture puzzles, mazes, memory games
- Coloring book/crayons
- [100 Days and Counting](#)

Tools for Anger & Frustration

- Say the ABCs backwards
- Draw an angry face and then crumple or rip up the paper
- Hold an ice pack or ice cube in flex
- Hold an ice pack to chest
- Count in and out of breaths
- Use a [Feeling Thermometer](#)
- My Emotions Calendar
- Deck: Breathing Word Breathes
- Breathing Cards
- [100 Days and Counting](#)

Tools for Sadness & Worry

- Draw a list of all things that "make you" draw what makes you feel good
- Go outside for fresh air
- Get outside for fresh air
- Write or draw away your worries
- Deck: Breathing Word Breathes
- Breathing Cards
- [100 Days and Counting](#)
- [100 Days and Counting](#)



When to Reach out to a School Mental Health Professional

Things to Consider/Helpful Tips:

- Educate yourself on the [Warning Signs & Symptoms of Depression and Suicide](#). Consider watching part 1 signs & symptoms of mental health staff training.
- Be a good observer of the student's behavior.
- Consider doing the [Behavior Change Tracker](#) to document changes in behavior you have observed for the past 2 or more weeks.
- Keep a journal to track behaviors that you observe. Pay attention to the duration, frequency and severity of behaviors.
- Review [Common Warning Signs and Symptoms of Depression](#).
- Gather ideas from [Warning Signs and Symptoms of Depression](#) & [Warning Signs and Symptoms of Depression](#).
- Have appropriate feedback, praise and praise. Point out even small improvements. And let the student know that adults can get better.
- Talk about the student's strengths, not only challenges.
- Challenge your, big and small. When kids understand what they are good at, it builds confidence and helps them stay motivated when things are tough.

When to consider bringing in a School Mental Health Professional:

- Have you made clear when/ how you need help?
- What strategies or tools have you put in place?
- Have the behavior or situation not changed or remained the same in regards to duration, frequency and intensity? Is this a marked change in this student?

Listen to your gut. You know your students. If you feel concerned, it's better to say something rather than not.

The presence of suicidal ideation and/or intent needs immediate action. Threats or acts of harm to self and others needs immediate action.



Mental Health Checklist

Document changes in behavior you have observed for the past 2 or more weeks.

you need to speak with someone immediately, please text or call 988.
If this is an emergency, please call 911.

Student: _____ Observer: _____

- ___ Sad, depressed or irritable mood
- ___ Loss of interest in favorite activities
- ___ Significant weight loss or gain; significant change in appearance
- ___ Restlessness, agitation or anxiety
- ___ Fatigue or loss of energy, including sleeping in class
- ___ Feelings of guilt, inappropriate apologies
- ___ Low self-esteem, self-deprecating comments
- ___ Trouble concentrating or making decisions
- ___ Repeated thoughts of death, infatuation with dark and sad things
- ___ Frequent headaches and stomach pains
- ___ Cutting or other self-harm
- ___ Extreme aggressiveness
- ___ Inattention to appearance, or inappropriate clothing for the weather
- ___ Excessive risk-taking behavior
- ___ Drop in school performance
- ___ Low tolerance for frustration
- ___ Lack of motivation or apathy
- ___ Disrespect
- ___ Social withdrawal
- ___ Acting out or misbehavior
- ___ Problems concentrating, unable to store and retrieve information
- ___ Disorganized, forgotten materials and assignments
- ___ Frequent absences or trips to the school nurse
- ___ Crying in class



**Erika's
Lighthouse**

Data Center


Empowering schools to make data-informed decisions



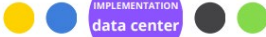
Erika's Lighthouse Data Center

- A full suite of data tools, and the technology behind them, that will empower schools communities to make data-informed decisions.
- We are offering the following:
 - School Culture survey
 - Tier-1 School Mental Health Assessment
 - Six pre & post program evaluation surveys for program impact and value


[Access the Data Center](#)
[Data Center Dashboard \(draft\)](#)




Erika's Lighthouse



PLAN & IMPLEMENTATION
data center


 **THE PROGRAM**

Erika's Lighthouse Data Center was developed to be a comprehensive data evaluation and collection system for any school, anywhere. The goal is to support schools in making data-informed decisions around student needs, effective programs and resources and offer guidance on how to best analyze the data.

 **THE PLAN**

- 1 Tier 1 Mental Health Assessment:** Identify an individual or small group to administer the assessment. The results will help identify areas of programmatic strength and need in the building.
- 2 School Culture Survey:** Send survey to all school staff, students and families
 - Administer early year survey within the first three weeks of school
 - View the results on the data center
 - Review data and make programmatic decisions for the school year
 - Administer late year survey within last 3 weeks of the school year
- 3 Implement programs and administer pre/post-tests**
 - Classroom Education
 - Level I, II, III
 - Empowerment Clubs
 - Family Workshops
 - Staff Training
- 4 Access results via the Data Center**
 - Individual School ID is located on your Resource Portal
 - All survey data is provided at no cost and is available to any school
 - No identifying information will be collected
- 5 Contact Erika's Lighthouse if you have questions or would like additional program recommendations**

Access these free resources online at
www.ErikasLighthouse.org/Portal
Copyright © 2024, Erika's Lighthouse
ErikasLighthouse.org



Tier-1 School Mental Health Assessment

Supporting schools in implementing best practices.

The assessment provides schools a “where to start” by helping them identify potential gaps and offer solutions.



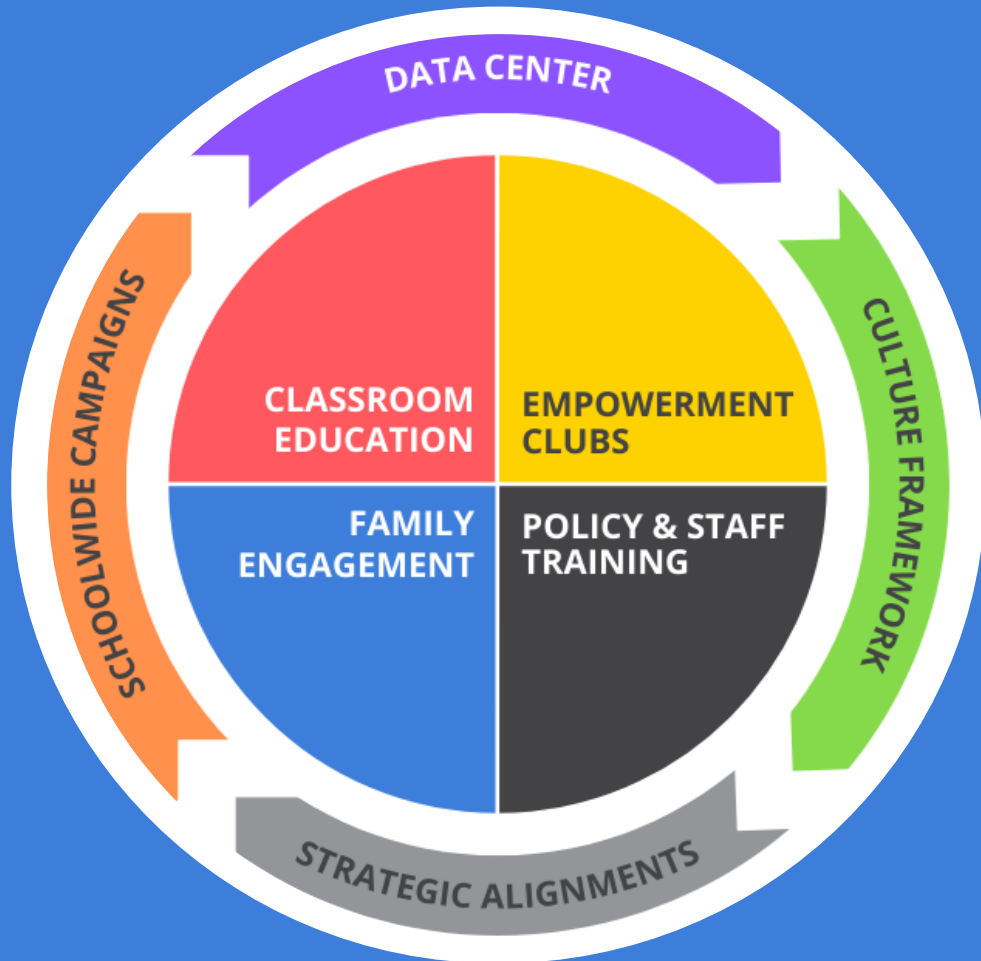
FREE PROGRAM MODEL

FOUR PILLARS

Classroom Education
Empowerment Clubs
Family Engagement
Policy & Staff Training

WRAPAROUND SUPPORTS

Schoolwide Campaigns
Culture Framework
Data Center
Strategic Alignments



Erika's Lighthouse

Copyright © 2022. All rights reserved.



Thank you!

Katie Conklin- VP of Programs
katie@erikaslighthouse.org

