The Power of Peers:
Peer-driven depression awareness resources for middle and high schools

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Why depression education?

• Depression accounts for attendance issues, under achievement, behavioral concerns, etc.
• Touches a larger population of students
• Reduces stigma and builds a climate of good mental health
• Promotes early identification of depression
• Encourages early intervention and help seeking
• It protects young lives
An exercise in stigma

Stand up
if you agree with the statement

or

stay seated
if you disagree with the statement
Our core messages

- Depression is a mood disorder
- Depression is common
- Depression can be serious
- Depression is treatable
- Everyone deserves good mental health
- You are not alone – there is hope
Our school programs

Classroom Programs

- The Erika’s Lighthouse Program: Depression Awareness for Middle School Students
  ○ For early adolescence or middle school

- The Erika’s Lighthouse Program: Depression and Suicide Awareness for High School Students
  ○ For older adolescents or high school

Teen Empowerment Programs

- Teen Clubs for middle and high schools
  ○ Official school club with an adult sponsor
- Depression Awareness Campaign
  ○ Fun activities to impact the student body and inform them about teen depression and good mental health.
How are these programs different?

- **Authentic**
  - Real stories from real teens
- **Empowering**
  - Teens can find their voice
- **Accessible**
  - Flexible and ready to use
- **Hopeful**
  - Not fear-based; comes from the heart
The Erika’s Lighthouse Program:

Depression Awareness for Middle School Students
The Middle School Program includes:

- 1, 2 or 3 lessons, each 45 minutes long
- Facilitator instructions and student workbooks
- *The Erika’s Lighthouse Program: Depression Awareness for Middle School Students*, an 18-minute video
- Audio lectures and slideshows
- Interactive exercises

We believe depression education is suicide prevention and so much more.
The Erika’s Lighthouse Program:

Depression and Suicide Awareness for High School Students
The High School Program includes:

- 1, 2 or 3 lessons, each 45 minutes long
- Facilitator instructions and student packets
- *The Erika’s Lighthouse Program: Depression and Suicide Awareness for High School Students*, an 18-minute video
- Small group work
- Individual presentations
- Full class discussion for each lesson
Teen Empowerment

- Erika’s Lighthouse Depression Awareness Campaign
- Erika’s Lighthouse Teen Clubs for Middle and High Schools
How to access our Resource Portal

Go to erikaslighthouse.org

Click on the Resource Portal in the upper right corner of the screen.

Click on Create An Account
Build a positive mental health culture

**Education** – establish a mental health task force for educating staff, parents and students and communicating protocol.

**Engagement** – use tools in our Resource Portal like the mental health checklist and intervention language to aid in early identification and intervention.

**Environment** – create an environment that supports good mental health.
Thank you!

Erika's Lighthouse

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