The Lighthouse Curriculum: Depression and Suicide Awareness for High School Students

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Our Core Messages

• Depression is a mood disorder
• Depression is common
• Depression can be serious
• Depression is treatable
• You are not alone – there is hope
Why Depression Education?

- Depression accounts for attendance issues, under achievement, behavioral concerns, etc.
- Touches a larger population of students
- Reduces stigma & builds a climate of mental health
- Promotes early identification of depression
- Encourages early intervention and help seeking
Our Classroom Curricula

• *Teen Depression: Stories of Hope & Health*
  
  • Ideal for middle school students or early high school students

• *The Lighthouse Curriculum: Depression and Suicide Awareness for High School Students*
  
  • A deeper look into the topic for high school students
Curricula Objectives

- Increase knowledge of depression
- Decrease negative attitudes toward people with depression and depression treatment
- Increase self-advocacy and peer-to-peer intervention
- Increase student engagement in activities that promote mental health
Teen Depression: Stories of Hope and Health Findings

• TDSHH *increased student knowledge of depression, warning signs of suicide and positive ways to enhance mental health.*

• TDSHH *increased students’ willingness to seek help* from trusted adults at school with depression and other mental health problems.

• TDSHH *increased students’ belief that adults could help* one of their friends who was suicidal.
THE LIGHTHOUSE CURRICULUM

DEPRESSION AND SUICIDE AWARENESS
FOR HIGH SCHOOL STUDENTS
The Lighthouse Curriculum aims to:

• Increase students’ knowledge of key concepts related to depression and suicide
• Increase students’ empathy and understanding toward young people with depression
• Increase self-advocacy and knowledge of where to get help for self or peers
• Increase students’ awareness of how they can support their own mental health and well-being
• Provide an opportunity for conversations about how students can contribute to a positive mental health culture in their school and community
What makes this program unique?

• Diverse perspectives and experiences
• Flexible number of lessons
• Easy to implement
• Can be used as your entire depression awareness program or to enhance your existing curriculum
• Allows for sharing of your school and community resources with students
• Spanish subtitles and English closed captioning available
The Video

THE LIGHTHOUSE CURRICULUM
DEPRESSION AND SUICIDE AWARENESS
FOR HIGH SCHOOL STUDENTS
This program includes:

- 1, 2 or 3 lessons, each 45 minutes long
- Facilitator Instructions and Student Packets
- The Lighthouse Curriculum, a 20-minute video
- Small group work
- Individual presentations
- Full class discussion for each lesson
Lesson 1 Overview

- This lesson kicks off with a 20-minute depression and suicide awareness video featuring 7 young people sharing their diverse stories and experiences.
- Full class reflection and discussion about stories and concepts covered in the video
- The lesson concludes by educating students on where and how to access help in school or the community.
Lesson 1 Preparation

- Audio/visual equipment to show the video
- *The Lighthouse Curriculum* video
- Print/copy Lesson 1 Student Packet, one for each student
- Self-referral cards, copied and cut (highly recommended).

**Introduction**

*Welcome to Lesson 1 of The Lighthouse Curriculum: Depression and Social Anxiety for High School Students.*

Today we'll start by watching a film that focuses on students sharing their personal experiences with depression.

**THE VIDEO WILL COVER THE FOLLOWING LEARNING GOALS:**

- Depression is a common mental disorder with specific changes in mood, thoughts, and behavior.
- Depression can happen to anyone, anywhere. There’s not one reason someone has depression.
- Depression can get better and you can find support.
- Only one in four people with depression seek help.
- Self-harm and suicidal thoughts are symptoms of depression that are more likely to happen.
- There’s that you can do to support a friend who has depression.

Before watching the video, please fill out a referral card for your teacher. Click here to print the video if it doesn’t work as expected.

After watching the video, you can discuss your thoughts and feelings. The video might prompt you to think of situations that have happened to you. Write down the times when you noticed... The information on this card is confidential and safe. When you have finished, return this referral card to your teacher. If you want to talk to someone, please let your teacher or another trusted adult at school know. If you are safe, your teacher will deliver this referral card to the person you want to talk to. If you need help, your teacher will deliver this referral card to the person you want to talk to.

**SELF-REFERRAL CARD**

Please fill out the ENTIRE card, fold it in half and return it in to your teacher.

**Name**

**Classroom**

**Teacher**

**Period**

**After hearing the presentation,**

☐ I would like to talk to a mental health worker in the next 24 hours.
☐ I would like to talk to a mental health worker in the next week.
☐ I would not like to talk to a mental health worker.
Lesson 2 Overview

- The class will break into 6 small groups and read interview excerpts from one of the students in the video.
- Excerpts give students an opportunity to understand what it might be like to experience depression as a high school student.
- Each group member will create a mini-poster about their student to present to the class.
Lesson 2 Overview (cont.)

- Through the excerpts, students will learn more about:
  - Risk factors that might contribute to depression
  - Challenges a student with depression might encounter
  - People and activities that can be helpful when you have depression
  - What young people say they have learned from their experiences with depression
Lesson 3 Overview

• Designed to raise students’ awareness of what might help them when they’re having a difficult time, including what people they find supportive during times of stress

• Also designed to raise students’ awareness of how they can help create a positive mental health culture in their school

• Break class into groups of 4 students to go through each question and share their answers with one another

• Wrap up with full class discussion questions
How to Get Started

• Where will the program will fit?
  • Advisory, Home Room, Health & Physical Education

• Who will teach it?
  • Team teach with mental health staff

• Engage your mental health staff before, during and after

• Review and communicate mental health protocol to all staff and/or host a staff training

• Access the program through our online portal and review all program materials
How to Access the Program

- Go to erikaslighthouse.org
- Click on the Schools page, select *The Lighthouse Curriculum*.
- Click on the button to donate in order to access the program
- You will immediately receive log-in information to access the full video and all curriculum materials
Additional Resources

• Depression Awareness Campaign Materials for Schools

• Teen Depression Toolbox and Screener

• Parent Handbook on Childhood & Adolescent Depression
Thank You

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