



Erika's Lighthouse



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

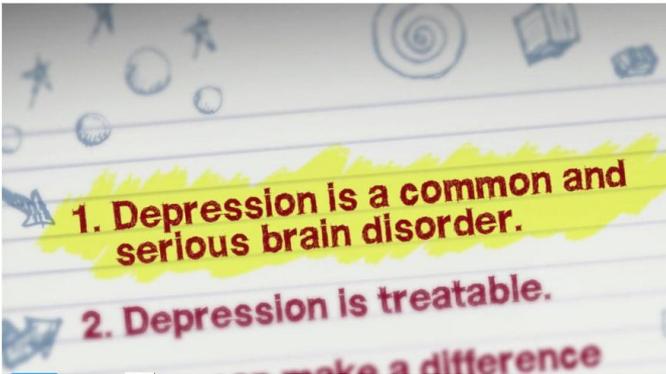
or

stay seated
if you disagree with the statement



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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



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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.



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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

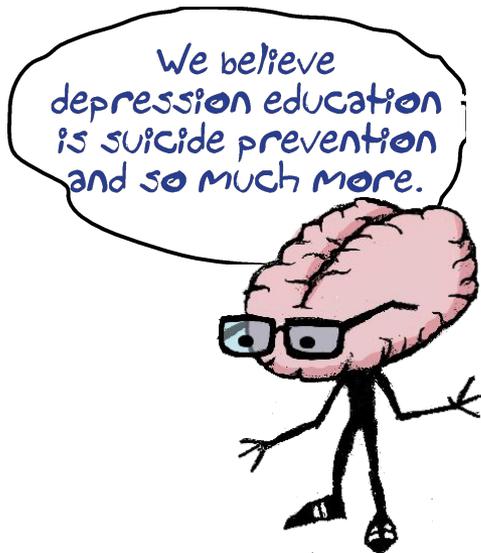




The **Erika's Lighthouse** Program:

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





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**



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www.erikaslighthouse.org

Classroom Programs

Depression awareness

Parent Handbook

Teen depression toolbox



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](#)



Don't have an account?

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.



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Thank you!



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