

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



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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

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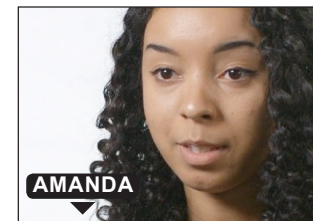
This program includes:

- 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).

LESSON 1 STUDENT PACKET

Introduction

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

Today we'll start off by watching a video that features 7 students sharing their diverse perspectives and personal experiences with depression.

THE VIDEO WILL COVER THE FOLLOWING LEARNING GOALS:

- Depression is a common mood disorder with specific changes in moods, thoughts and behaviors.
- Depression can happen to anyone, anywhere. There's not one reason someone has depression.
- Depression can get better and you can find support.
- Good self-care is a key piece to managing depression.
- Self-harm and suicidal thoughts are symptoms of depression that we must take very seriously.
- There's a lot you can do to support a friend who has depression.



As you watch the video, please feel free to doodle or take notes next to the learning goals. Otherwise, feel free to just watch the video if that's how you learn best.



As you watch the video, pay attention to your thoughts and feelings. The video might remind you of things that have happened in your life or in the lives of people you know. You might find that there's a particular story you connect with or a story that really affects you.



If anything today prompts a feeling that you need to talk to someone, please let your teacher or another trusted adult at school know. At the end of today's lesson, you will also be informed of how to connect with help at school should you ever be concerned about yourself or a friend.

1

SELF-REFERRAL CARD

Please fill out the ENTIRE card, fold it in half and turn 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.

MASON
Mason experienced depression and struggled with anxiety while in high school. He also learned that depression runs in his family. He found comfort in knowing his friends stood by him and never judged him for his depression. Mason shares how finding the right fit in a therapist is important.

CALLIE
Callie experienced bullying and her parents' divorce also had an impact on her. She also lost a friend to suicide, which was something that contributed to her depression. Callie learned about the self-care strategies that work best for her when she is experiencing depression.

EDGAR
When Edgar was a teenager, he moved from Mexico City to the United States. His experience moving and having to leave some of his family behind in Mexico contributed to his depression. His story shows how he came to understand his depression and how family and mentors can play an important role in getting help.

JASMINE
Jasmine experienced depression after being affected by community violence. She also faced some challenges when trying to get help, but connecting with a therapist provided a safe space for her to talk about her feelings.

ALAN
Alan's story involves his parents' divorce and the impact it had on him. His experience helps us understand what it might feel like when someone is struggling with depression. He learned a lot about the power within himself and relies on practicing mindfulness to help cope with his depression.

MAC
Mac has experienced depression for much of his life which he says is connected to his struggles with his gender identity. He grew up in a high pressure community and had a hard time finding the right people to help him. Here he shares his story about how he found hope and help to get through his most difficult times.

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



PARENT HANDBOOK ON
**childhood
and
teen
depression**

how to get help for your child or teen
things you might want to know
about depression and treatment
ideas for good mental health

SECOND EDITION

Thank You



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