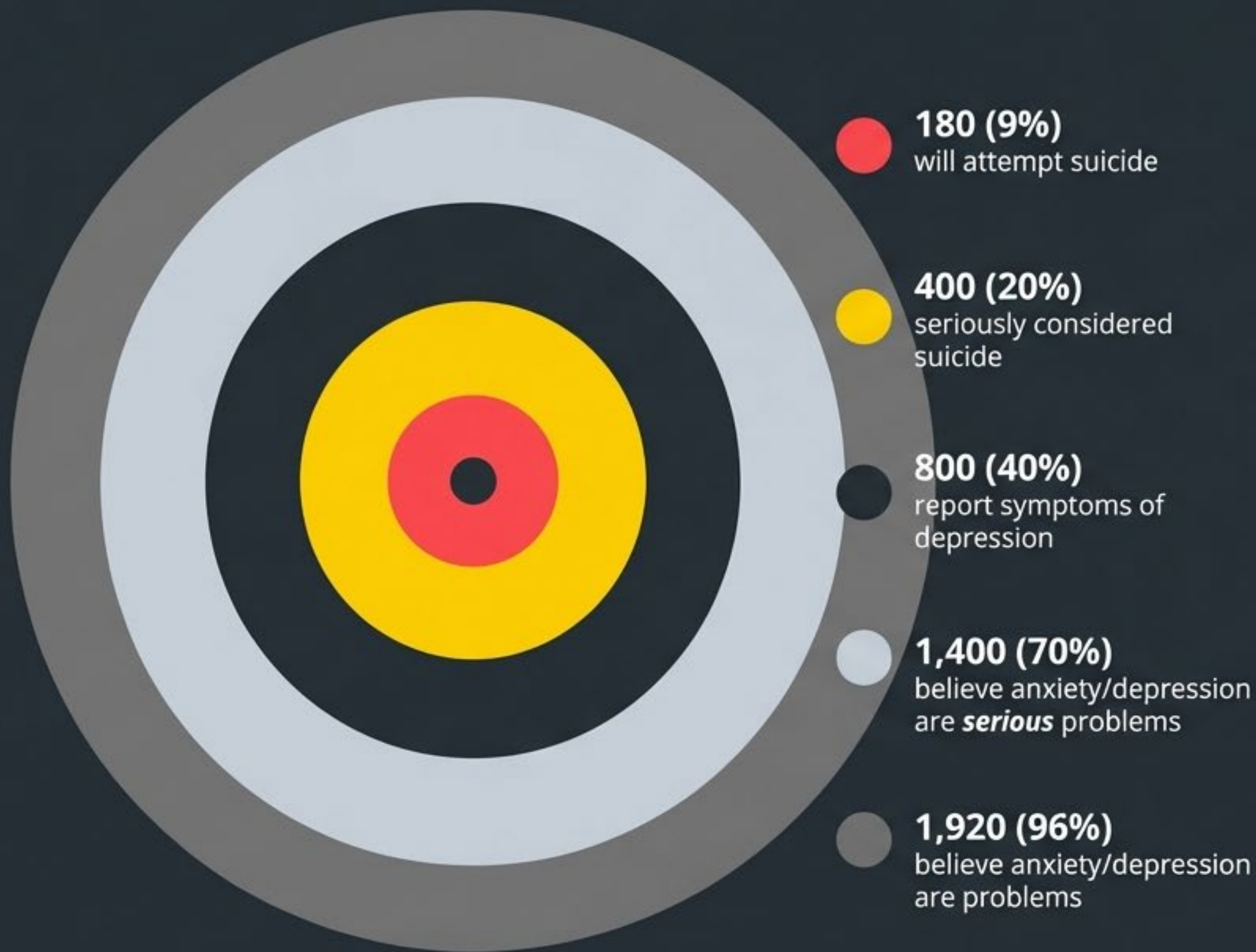




From Crisis Intervention to Culture Change

Evolving Our District's Mental Health Strategy



The Reality Behind the Statistics

We cannot wait for a crisis to identify students in need.

We must address the 800 to save the 180.



An Upstream Approach

Depression Education is Suicide Prevention.

1 in 5 youth experience depression before adulthood. 50% are symptomatic by age 14.

Current Approach: Hope Squad

- The Specialized Strike Team
- Peer-to-Peer Nomination Model
- Selected students are eyes & ears
- Focus: Crisis Intervention (QPR)

**From the Few
to the Many**

Proposed Evolution: Erika's Lighthouse

- Culture Change for Everyone
- Tier-1 Universal Education
- Every student learns literacy
- Focus: Awareness & Prevention

PROGRAM COMPARISON

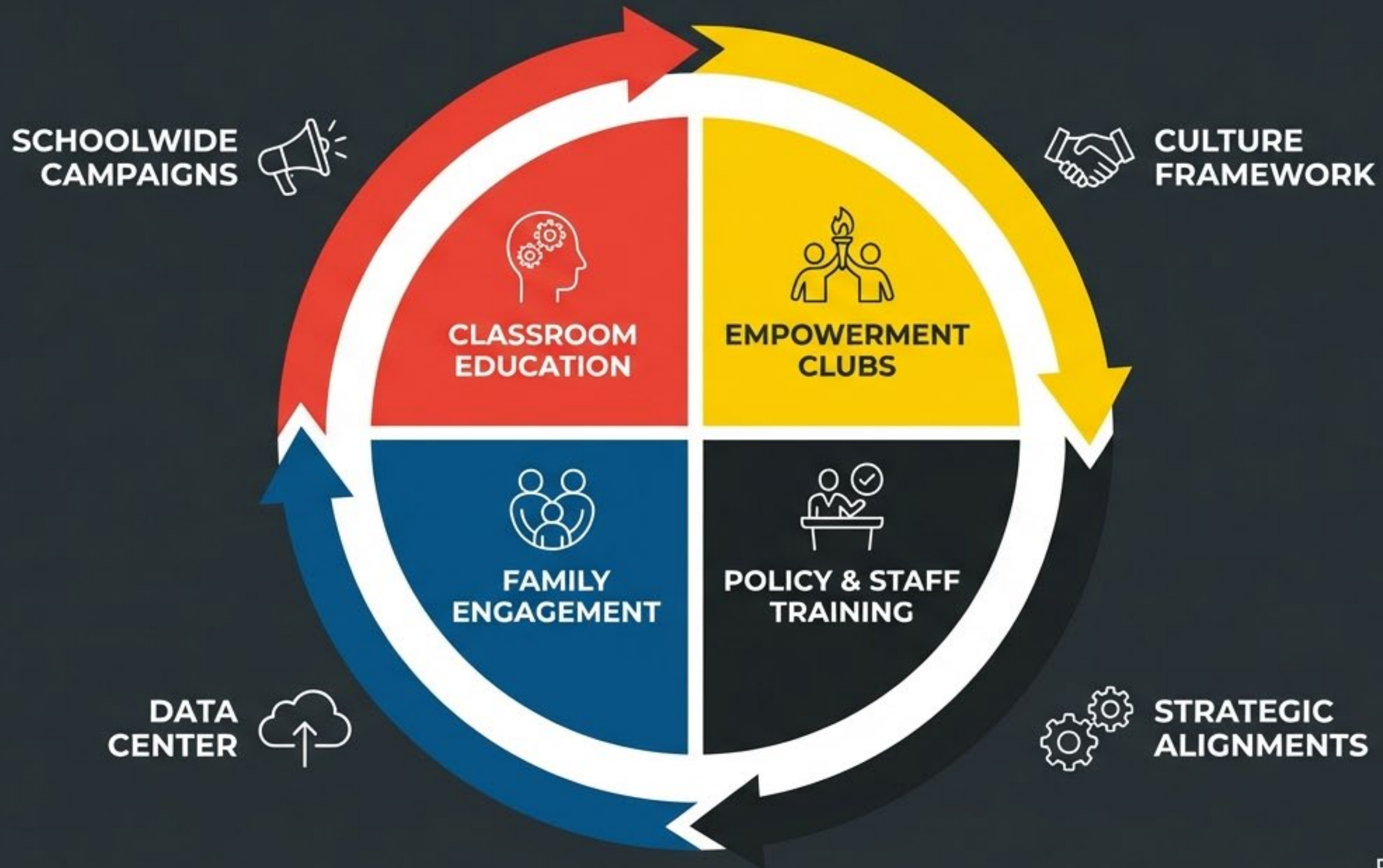
Feature	Hope Squad	Erika's Lighthouse
Selection	Nomination / Exclusive	Inclusive / Open to All
Curriculum	Suicide Intervention	Depression Literacy
Implementation	Certified Advisors Required	Turn-Key for Teachers
Cost	\$14,900/yr + training fees	FREE. Always.

Why Universal Access Matters

Nomination models can inadvertently become popularity contests, leaving gaps in our safety net. Erika's Lighthouse ensures every student—regardless of social standing—gains the skills to identify depression and seek help.

No student should have to be nominated to learn how to save a life.

A Comprehensive Ecosystem of Care



Pillar 1: Evidence-Informed Classroom Education

- **Level I:** We All Have Mental Health (Grades 4-6)
- **Level II:** Depression Awareness (Grades 5-9)
- **Level III:** Depression Education & Suicide Awareness (Grades 8-12)



Pillar 2: Inclusive Empowerment Clubs

Awareness Into Action

- Open to All. No Nominations. No Elections.
- Seamless integration into existing clubs (SADD, Kindness, Key Club).



Pillar 3: Engaging Families as Partners

Bridging the critical gap between home and school.



Available in English and Spanish. PDF or Print.

Pillar 4: Policy & Staff Training

The Goal: A Network of Trusted Adults.

- Staff are NOT expected to be counselors.
- Training focuses on: Identifying Signs, Managing Crises, and Bridging to Professional Help.



Creating a wraparound culture of safety.



Built for Easy Implementation



Turn-Key Resources. No Heavy Lifting for Principals.



Sustainable & Cost-Free

\$0.00

Philanthropy Funded. Forever.

- ✓ Unlimited Resource Portal Access
- ✓ All Curriculum & Workbooks
- ✓ Staff Training Modules
- ✓ Club Funding Opportunities

Reallocate your budget to **direct student services.**

Trusted, Proven, and Mission-Driven



Founded in 2004

Born from a community's loss, dedicated to saving lives.



Evidence-Informed

Listed on SPRC Best Practices Registry. Validated by Loyola University Chicago.



Impact

22 years of empowering schools.

Get Depression Out of the Dark



Erika's Lighthouse

Let's move from reactive intervention for the few, to proactive prevention for all.