





Empowering Every Student: Why Erika's Lighthouse?

A Universal, Inclusive Approach to Mental Health

Unlike programs that rely on an exclusive, peer-voted nomination model, Erika's Lighthouse utilizes a **Tier-1 universal approach**. The curriculum is taught to entire classrooms, ensuring that *every single student* learns vital depression literacy, mental health awareness, and self-care skills without any selection process.

The Comprehensive Four Pillar Model

Erika's Lighthouse is designed to positively change our entire school culture through four main pillars:

-  **Classroom Education:** Universal, Tier-1 education for all students.
-  **Empowerment Clubs:** Inclusive, student-led clubs that are open to everyone.
-  **Family Engagement:** Resources to bring parents and caregivers into the conversation.
-  **Policy & Staff Training:** Comprehensive training to support our educators.

Turn-Key & Highly Supported

The program is designed to be easily implemented by any classroom teacher, removing the need for special certification for advisors. It also features robust support for our staff, including a Virtual Staff Training program to build confidence.

Evidence-Based Quality

- Listed on the **Suicide Prevention Resource Center (SPRC) Best Practices Registry**.
- Dedicated to reducing stigma, increasing help-seeking behaviors, and preventing youth suicide.
- Safely trains students to bridge peers to a trusted adult, rather than expecting them to act as counselors.