

The Counseling Center

Providing quality behavioral health services since 1963

ROGER D. SIKORSZKY
Executive Director

Dear Parents/Guardians,

Like you, I want all students to be healthy, both physically and mentally. One of the biggest challenges to mental health is teen depression, a very common, yet widely overlooked mood disorder that will impact 15-20% of young people before they reach adulthood. It is also a risk factor to suicide.

I'd like to introduce myself as a Community Ambassador for Erika's Lighthouse, a highly respected mental health education and advocacy organization. Erika's Lighthouse mission is to make sure no young person feels alone in their depression. Through their pillars- Classroom Education, Family Engagement, and School Policy & Staff Engagement- any school can start a meaningful conversation about mental health, depression, and suicide. We are dedicated to creating a community of empathy and education.

Erika's Lighthouse offers a suites of programs designed to allow educators to empower their students with an introduction to mental health, depression-literacy, help-seeking and what it takes to promote good mental health. Focused on grades 6-12, these no-cost, skills-based programs use diverse teen voices to spread awareness and reduce stigma. Staff training, family workshops and teen empowerment activities are also available for you to use in your school community.

I will be visiting the classrooms on the following dates:
10th grade- Sept 21st, 11th grade- Sept 22nd, 12th grade- Sept 23rd, and 9th grade Sept 24-25th. Please sign below and return this letter by September 14th if you ***DO NOT*** *want your child to participate.*

Thank you, and I look forward to continuing to make an impact in our county!

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*Parent Name*_____