



MENTAL HEALTH Programming in NCCVT



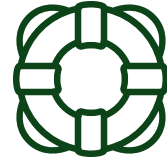
40 Million

adults aged 18+ in the U.S. are said to have anxiety, the most common mental health illness.



1/5 DE Youth

ages 12 to 17 experience a major depressive episode each year.



Resources

and help are available for students and families impacted by mental health challenges.

Why and how is NCCVT implementing mental health programming for students?



#1. Delaware House Bill 301

Delaware House Bill 301 requires schools to adopt and implement mental health programming. Raising awareness can lead to earlier detection and intervention, which can significantly improve outcomes for people with mental health challenges.



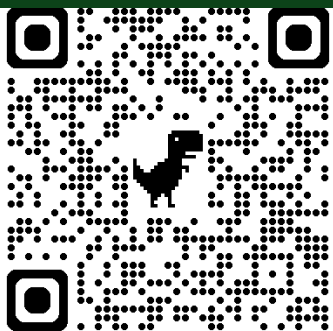
#2. Delivering Erika's Lighthouse Lesson

NCCVT will be utilizing materials from Erika's Lighthouse to launch the mental health programming in the district. Erika's Lighthouse is a renowned organization that specializes in providing evidence-based mental health education and resources for schools. Tentative plans are for a one day lesson to be delivered in a 1-hour delay schedule.



#3. Increasing Mental Health Literacy

Implementing mental health programming can increase mental health literacy. The [CDC explains that mental health literacy is](#) 'having knowledge and understanding of mental health as well as skills that help people reach out for support when they need it.'



<<< SCAN HERE FOR MORE RESOURCES

For more information and parent/family resources, please visit <https://erikaslighthouse.org/familyengagement/>

#MentalHealthMatters