Kognito Informational Session

July 26, 2022
12:00 - 12:30 p.m.
Introductions

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Santa Clara County Office of Education

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Suicide Prevention Program, SCC
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Welcoming Ritual
# California Suicide Prevention Policies

<table>
<thead>
<tr>
<th>Bill Policy</th>
<th>Requirements</th>
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<tbody>
<tr>
<td><strong>AB2246 (2016) – Pupil Suicide Prevention Policies</strong></td>
<td>Requires governing board of any local education agency (LEA) serving students in grades 7-12, to adopt a policy on pupil suicide prevention, intervention, and postvention. Policy shall specifically address the needs of high-risk groups, include consideration of suicide awareness and prevention training for teachers.</td>
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<td><strong>AB1767 (2019) – Pupil Suicide Prevention Policies</strong></td>
<td>*Expansion of AB2246 to includes grades K-6</td>
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<td><strong>AB1808 (2019) – Education finance, Section 216 addition to California Education Code</strong></td>
<td>Online suicide prevention training for CA schools. California Dept of Education provides funding to ensure staff are prepared to identify, support, and refer middle and high school students who may be experiencing thoughts of suicide. The bill also calls for the training to be offered to middle and high school students.</td>
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<td><strong>SB972 (2019) - Pupil and student health: identification cards: suicide prevention hotline telephone numbers.</strong></td>
<td>Requires CA schools to print the number for the <strong>National Suicide Prevention Lifeline, Local Crisis Line (if available)</strong> on student ID cards for 7-12 grades in public, private and charter schools. *May also include Crisis Text Line information.</td>
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What is Kognito?

Kognito is a health simulation company that comprises learning experts, designers, technologists and implementation professionals.

Our evidence-based simulations build a variety of competencies and shape attitudes through role-play conversations with virtual people.

Over 1+ million educators, students, and health care professionals have used Kognito simulations to change lives, including over 500,000 K-12 educators.

Our innovative approach has resulted in partnerships with government agencies and NGOs.
What is a simulation?

- **User interacts** with a fully animated at-risk virtual student
- **Navigate** through the scenarios by selecting what to say to the virtual student
- **Receive instant feedback** from the virtual coach and engagement meter
- **Can undo decisions** and explore different conversation approaches
- **Receive personalized performance** summary upon completion
Professional Development & Trainings

All District and Charter School staff in Santa Clara County

- At Risk series for Mental Health Promotion, Early Identification & Suicide Prevention
- Emotional & Mental Wellness
- Building Respect -Bullying Prevention in Schools
- Trauma-Informed Practices for Educators
- Step In, Speak Up
- Resilient Together: Coping with Loss
- Safe & Caring Schools for Educators
At-Risk for Early Childhood Educators

Assume the role of Ms. Kelly in different situations related to classroom management and regulating emotions.

Practice talking with virtual students and virtual caregivers and try different approaches to see what works best.

TOPICS
Early childhood mental health & behavior management

SETTINGS
Preschools, childcare centers, early childhood degree programs

USERS
Educators and other staff who work with children ages 3-5

DURATION
45 minutes
At-Risk for Elementary School Educators

Topics:
- Mental health

Settings:
- Elementary schools, youth programs, foster care

Users:
- K-5 Educators and other school-based staff

Duration:
- 45 minutes

Derrick: A third grader who has recently become withdrawn

Sandra: The mother of a fifth grader who has become increasingly disruptive and aggressive
At-Risk For Middle School Educators

TOPICS
Mental health & suicide prevention

SETTINGS
Middle schools, youth programs, foster care

USERS
6-8 Educators and other school-based staff

DURATION
45 minutes

Mariah: A new girl who is being teased by a clique of popular girls
Jen: The clique ringleader, who is having trouble at home
Michael: A boy struggling with impending loss and thoughts of suicide
At-Risk For High School Educators

TOPICS
- Mental health and suicide prevention

USERS
- 9-12 Educators and other school-based staff

SETTINGS
- High schools, youth programs, foster care, juvenile justice

DURATION
- 45 minutes

Rene: A girl who is highly anxious about her grades and may be cutting

Joey: A shy, withdrawn boy who has written about suicidal thoughts in an essay

Rob: A boy with poor attendance, low motivation, and drug use
Emotional & Mental Wellness

**GOAL**
Gain awareness, knowledge, skill, and self-confidence to effectively identify, communicate with, and refer students in distress.

**USERS**
K-12 Educators and other school-based staff

**DURATION**
30 - 45 minutes

What’s New:
- Shorter duration
- Two grade bands vs. 3 (9/10 yo, 16/17 yo)
- Initial and follow up conversations
- Choice of difficulty level

Learning Objectives
- Evaluate the best methods to effectively address student concerns.
- Evaluate how to motivate the student to seek help, understand need for referral, and make a warm hand-off to support.
- Identify warning signs of psychological distress, such as verbal, behavioral, and situational clues, including suicidal thoughts and suicide risk.
- Utilize effective communication techniques with students to discuss concerns, build resilience, and increase connectedness.
Building Respect: Bullying Prevention in Schools

**TOPICS**
Preventing and curtailing bullying

**SETTINGS**
Schools, juvenile justice

**USERS**
K-12 Educators and other school-based staff

**DURATION**
30 - 40 minutes

**Victoria:** An eighth-grade student who intentionally uses biased language toward another student while they are reading out loud.

**Stephanie:** A sixth-grade student who has been increasingly absent and leaving early over the last few weeks.

**Mr. Walker:** A teacher suspected of not reporting a bullying incident that happened to a transgender student.
Safe and Caring Schools

TOPICS
Understanding the positive role of educators in the lives of children

SETTINGS
Schools, youth programs, juvenile justice

PLAYERS
K-12 Educators and other school-based staff

DURATION
30 minutes

Playing the role of an educator. Practice reflecting on your role in fostering a safe & caring school environment, recognize signs that a student may be in distress, understand potential resources of support, and engage in a caring conversation within a safe practice environment.
Trauma Informed Practices for K-12 Schools

**Topics**
- Trauma-Informed Teaching, Adverse Childhood Experiences (ACEs)

**Settings**
- K-12 schools, youth programs, juvenile justice

**Users**
- K-12 Educators and other school-based staff

**Duration**
- 30-45 minutes

**Lucas**: A third-grader who has recently become tired and distracted in class.

**Charlie**: A middle school student who has stopped participating in class and sometimes does not respond to teachers or classmates at all.

**Noah**: A junior in high school whose grades have recently dropped and whose behavior has become erratic.
Step In, Speak Up

**TOPICS**
Build appreciation for the challenges faced by LGBTQ youth, curtail harassment

**SETTINGS**
K-12 schools, youth programs, juvenile justice

**USERS**
K-12 Educators and other school-based staff

**DURATION**
30 minutes

Build understanding and appreciation for the challenges faced by LGBTQ youth.

Lead real-life conversations with students to curtail harassment and support those who may be struggling as a result of bullying or isolation.

Meet three virtual high school students who share statistics and their own experiences about the challenges LGBTQ students face, including harassment, absenteeism, homelessness, and thoughts of suicide.

Conversations that change lives.

Kognito

Santa Clara County Office of Education
COUNTY OF SANTA CLARA Behavioral Health Services

Equity • Diversity • Inclusion • Partnership
Resilient Together: Coping with Loss at School

**TOPICS**
Responding to a death, grief and loss, crisis response planning

**USERS**
K-12 Educators and other school-based staff

**SETTINGS**
K-12 Schools

**DURATION**
40 minutes

**Elementary Educators**
**Aiden**: An elementary school student whose classmate drowned while on a family vacation.

**Secondary Educators**
**Amy**: A middle school student whose classmate died by suicide.

**All Educators**
**Ms. Park**: A colleague who has lost a student to suicide.
Accessing the Simulation
Go to SCCOE.Kognito.com

Select your District
Then select your school
Create your username and password.

Accept the Terms and Conditions and Agree to the Privacy Policy
Click on the blue **HERE** button

**Confirmation:** Marques, your account has been created. Please click **HERE** to sign in.
Sign in with the **username & password** just created

![Login page](image-url)
Complete your demographics information
Select your training by clicking **Launch**
Your training will begin once you complete the Pre-Survey.

You will receive your certificate of completion once you complete your Post-Survey.
Post-Training Discussion Guide

- Review mental health resources available at the school and district level.

- Provide teachers and staff with school and district specific referral process.

- Have educators and staff draft a personal action plan.
At-Risk for High School

Identifying At-Risk Students
Worrisome behavioral changes in students can be identified in three categories:

- Academic changes, like slipping grades and diminishing attendance.
- Behavioral changes, like emotional outbursts, or withdrawn social interactions.
- Appearance changes, like drastic weight gain/loss, and declining grooming and hygiene

Approaching At-Risk Students
You can avoid having the student you speak with get defensive and shut down by using these techniques:

1. Using "I" statements, with phrases such as "I think," "I feel," and "it seems like..."
2. Avoiding negative labels, and replacing them with neutral phrases that avoid accusations, such as "it seemed like you were insensitive..." (rather than "extremely rude")
3. Avoiding exaggerations and using soft modifiers.
4. Using specific examples of observances and/or behavior

Using these techniques encourages a student to share and will create a more open environment for discussion, to avoid the student getting defensive and refusing to communicate.

Referring At-Risk Students
Referral can be a difficult subject to bring up, but you learned about some effective suggestive

Questions

Q. What is the referral policy in your school? To whom do you make a referral if you are worried about a student in psychological distress that is not deemed an imminent threat to a student’s life? Is that the school psychologist, guidance counselor, social worker, or nurse? For non-imminent threats, referrals are made to a school administrator or any school mental health professional including school counselor, TRUST counselor, school social worker, school psychologist, or mental health coordinator. Additionally, students with emotional/behavioral disabilities (E/BD) will be referred to the schools E/BD clinician.

Q. What is the referral policy in your school for students who may be a danger to themselves or others?
For imminent threats (students who may be a danger to themselves or others) referrals must be made immediately to school administration, any one of the school’s mental health professionals and school resource/police officer who then contacts (305) 995-COPS and the District Crisis Line. If anyone is in immediate danger, call 911. Employees must remain with the student until professional assistance arrives.

Q. When and how would a student’s parents/guardians be notified about your concerns? Whose role is it to notify them?
Per School Board Policy, the parent/guardian of students identified as being at risk (posing a threat to themselves, school or others) must be contacted by school administration and the school’s mental health professional.
Santa Clara County’s Kognito Flyer

Kognito Mental Health & Wellness Professional Development Courses

Conversations that change lives.

The Santa Clara County Office of Education and Santa Clara County Behavioral Health Services Department are pleased to provide all educators and school staff across the county with access to the following simulations from Kognito's social emotional learning curriculum:

- At-Risk for Early Childhood Educators
- At-Risk for Elementary School Educators
- At-Risk for Middle School Educators
- At-Risk for High School Educators
- Building Resilient Students: A Phantasy Intervention for Every Classroom
- Trauma-Informed Practices
- Resilient Together
- Step In, Speak Up
- Safe and Caring Schools for Educators
- Emotional & Mental Wellness

These virtual modules offer evidence-based roleplay simulations focused on increasing comfort and competency in managing critical conversations with youth. For detailed information about each course, please click here or visit bit.ly/3ofl12t.

For more information, please contact:

Katherine Mooney • kmooney@socoe.org
Coordinator – Social Emotional Wellness

Available: July 1, 2022 – June 30, 2023
Format: Online, self-paced
Location: SOCOC-Kognito.com
Timeframe: 15-45 minutes per course
Audience: District & Charter School Staff in Santa Clara County
Grade Levels: PK – 12
Cost: Free

To access the Kognito simulations:

- Visit SOCOC-Kognito.com
- Create a new account
- Select a simulation

Please join us for a Kognito informational session on July 26, 2022 from 12:00 – 12:30:
- For new & returning users
- Includes an overview of the modules & the new Kognito platform

Registration: https://bit.ly/3ofl12t
TIME TO GET STARTED

- Review the materials
- Select dates for student training
- Communicate to staff
- Monitor usage
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QUESTIONS
Additional Opportunity

K-12 Suicide Prevention, Early Intervention & Crisis Response Training Series

**Audience:** Site-based Crisis Response Teams

**Dates:** 09/22/22, 10/27/22, 12/08/22, 01/19/23, 03/02/23

**Time:** 3:30-4:30 p.m.

**Location:** Zoom

**Cost:** Free

Optimistic Closure

A next step is…
I am looking forward to…
I would like to learn more about…