

Kognito Informational Session

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

Introductions



Krisan Meyer

Coordinator – Social Emotional Wellness
Santa Clara County Office of Education



Jasmine Lopez

Coordinator - Trainings & Youth
Suicide Prevention Program, SCC
Behavioral Health Services



Marques Nelson

Senior Customer Success Manager
Kognito

Welcoming Ritual



California Suicide Prevention Policies

Bill Policy	Requirements
AB2246 (2016) – Pupil Suicide Prevention Policies	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.
AB1767 (2019) – Pupil Suicide Prevention Policies	*Expansion of AB2246 to includes grades K-6
AB1808 (2019) – Education finance, Section 216 addition to California Education Code	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.
SB972 (2019) - Pupil and student health: identification cards: suicide prevention hotline telephone numbers.	Requires CA schools to print the number for the National Suicide Prevention Lifeline, Local Crisis Line (if available) on student ID cards for 7-12 grades in public, private and charter schools. *May also include Crisis Text Line information.



Conversations that change lives.

Santa Clara County Office of Education

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What is Kognito?

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

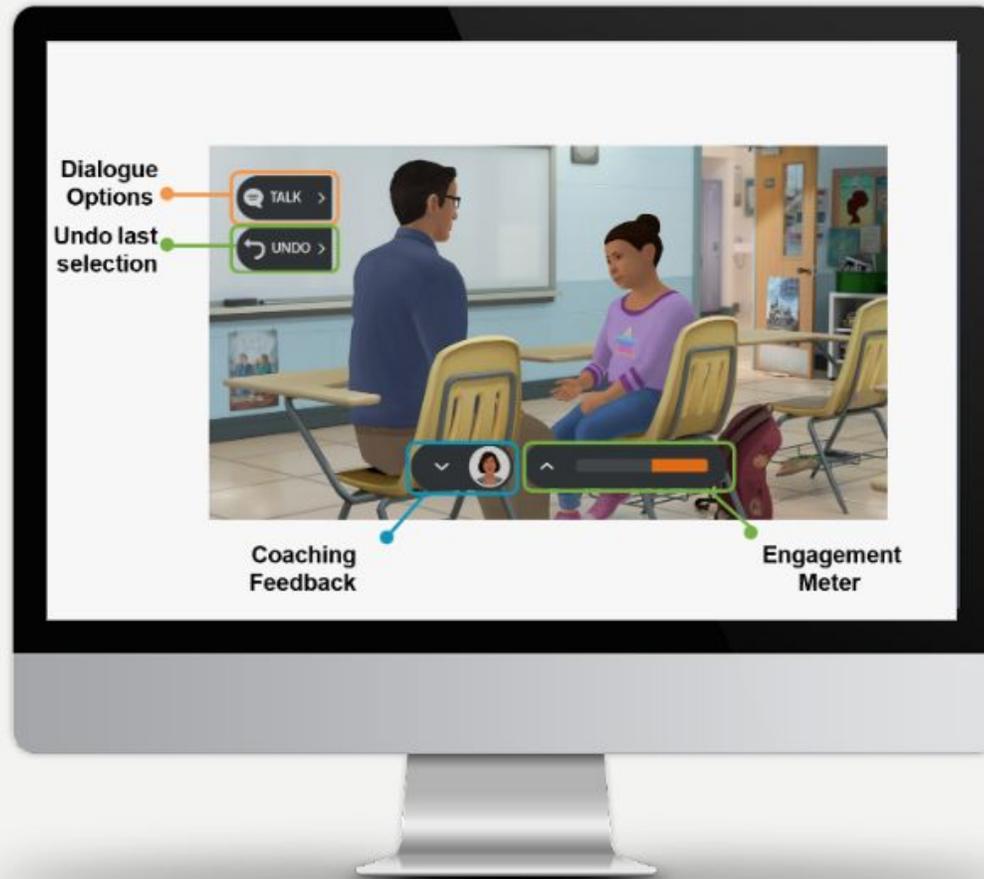
Our evidence-based simulations build a variety of competencies and shape attitudes through **role-play conversations with virtual people.**

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



TOPICS

Early childhood mental health & behavior management

USERS

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

SETTINGS

Preschools, childcare centers, early childhood degree programs

DURATION

45 minutes



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.

At-Risk for Elementary School Educators



TOPICS

Mental health

USERS

K-5 Educators and other school-based staff

SETTINGS

Elementary schools, youth programs, foster care

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

USERS

6-8 Educators and other school-based staff

SETTINGS

Middle schools, youth programs, foster care

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

USERS

K-12 Educators and other school-based staff

SETTINGS

Schools, juvenile justice

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

USERS

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

USERS

K-12 Educators and other school-based staff

SETTINGS

K-12 schools, youth programs, juvenile justice

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.

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

Santa Clara County



COUNTY OF SANTA CLARA
Behavioral Health Services



Santa Clara County
Office of Education

Click the name to register:

Search

- Alum Rock Union Elementary School District
- Berryessa Union School District
- Cambrian School District
- Campbell Union High School District
- Campbell Union School District
- Cupertino Union School District
- East Side Union High School District
- Evergreen School District
- Franklin-Mckinley School District
- Fremont Union High School District
- Gilroy Unified School District
- KIPP Navigate College Prep School District
- Lakeside Joint School District
- Loma Prieta Joint Union School District
- Los Altos Elementary School District
- Los Gatos Union School District
- Los Gatos-Saratoga Joint Union High School District
- Luther Burbank School District
- Metropolitan Education District
- Milpitas Unified School District
- Moreland School District
- Morgan Hill Unified School District
- Mount Pleasant School District
- Mountain View Whisman School District
- Mountain View-Los Altos Union High School District
- North County Regional Occupational Center/Program (Roc/P)
- Oak Grove School District

Create your username and password.

Accept the Terms and Conditions and Agree to the Privacy Policy

Username and Password

Username

Password

Confirm Password

First Name

Last Name

Email

LMS Privacy Information

Terms and Conditions and Privacy Policy

Terms and Conditions

Updated: August 12, 2021

THE TERMS AND CONDITIONS SET OUT BELOW ARE A LEGAL AGREEMENT ("USER AGREEMENT") BETWEEN YOU AND KOGNITO SOLUTIONS LLC ("KOGNITO", "WE" OR "US"). KOGNITO IS BASED IN AND OPERATES FROM THE UNITED STATES.

THIS USER AGREEMENT GOVERNS YOUR USE OF THE KOGNITO PRODUCTS AND SERVICES FOR WHICH YOU ARE REGISTERING OR THAT YOU HAVE PURCHASED OR DOWNLOADED. BY CLICKING "I AGREE," YOU EXPRESSLY CONSENT TO THIS USER AGREEMENT.

IN ADDITION, BY AGREEING TO THIS USER AGREEMENT, YOU ALSO AGREE TO OUR PRIVACY POLICY AND THE TERMS OF USE POSTED ON OUR WEBSITES, BOTH OF WHICH ARE INCORPORATED FULLY HEREIN. ANY CHANGES TO OUR PRIVACY POLICY OR TERMS OF USE SHALL BE INCORPORATED HEREIN UPON THE POSTING OF A REVISED VERSION OF SUCH POLICIES ON OUR WEBSITES.

I accept the Terms and Conditions

Privacy Policy

Updated: August 12, 2021

Welcome to Kognito. This privacy policy ("Privacy Policy") explains how Kognito Solutions, LLC ("Kognito", "we", "us" and "our") collects, uses, shares and protects personal information of users of our website, products and services.

PLEASE READ THIS PRIVACY POLICY CAREFULLY. BY VISITING OR USING OUR WEBSITE OR SERVICES (BOTH AS DEFINED BELOW), YOU ACKNOWLEDGE THAT YOU HAVE READ, UNDERSTAND, AND AGREE TO BE BOUND BY THE TERMS OF THIS PRIVACY POLICY. IF YOU HAVE ANY QUESTIONS ABOUT THIS PRIVACY POLICY, PLEASE CONTACT US AT THE ADDRESSES BELOW. IF YOU DO NOT AGREE WITH ANY OF THE TERMS IN THIS PRIVACY POLICY, DO NOT ACCESS OR USE OUR WEBSITES, PRODUCTS OR SERVICES.

Contents:

1. Our commitment to privacy

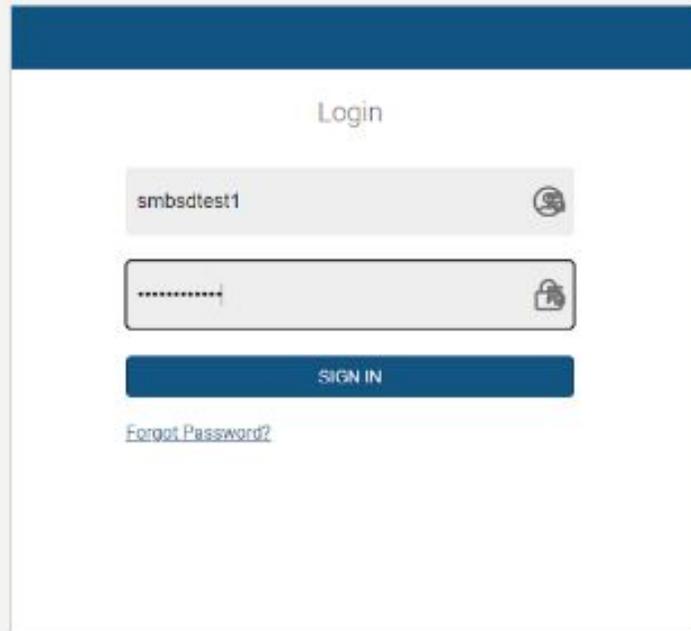
I accept the Privacy Policy

REGISTER

Click on the blue **HERE** button

Confirmation: Marques, your account has been created. please click [HERE](#) to sign in.

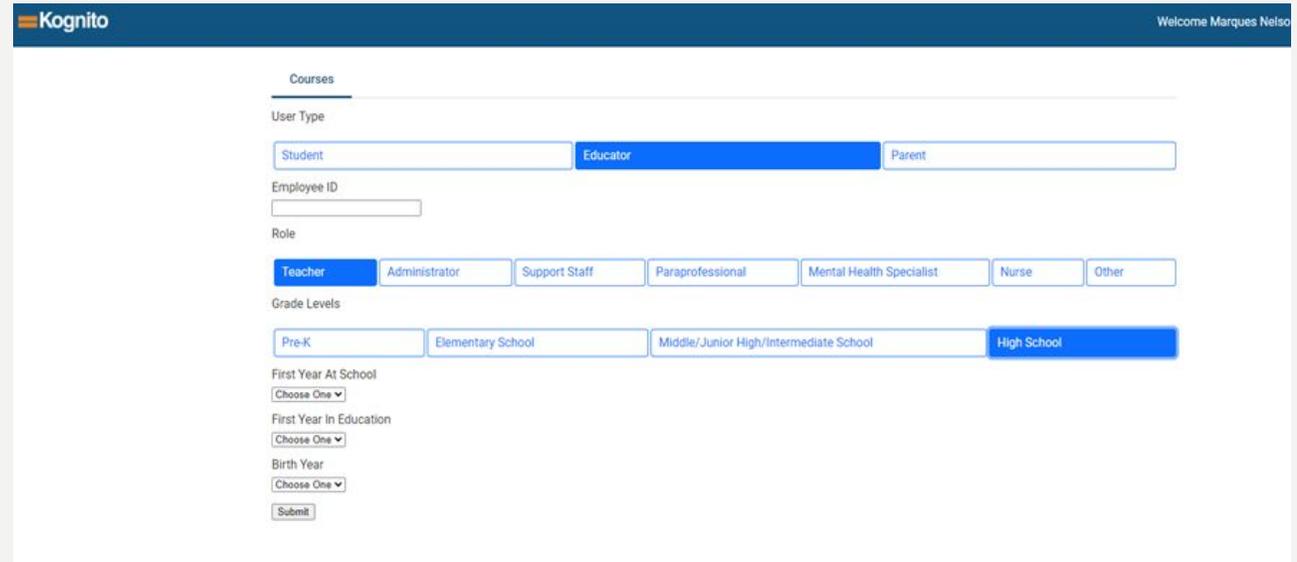
Sign in with the **username** & **password** just created



The screenshot shows a login interface with the following elements:

- A dark blue header bar at the top of the form.
- The word "Login" centered below the header.
- A text input field containing the username "smbstest1" with a user icon on the right.
- A password input field with masked characters "....." and a lock icon on the right.
- A dark blue button labeled "SIGN IN".
- A link labeled "Forgot Password?" below the button.

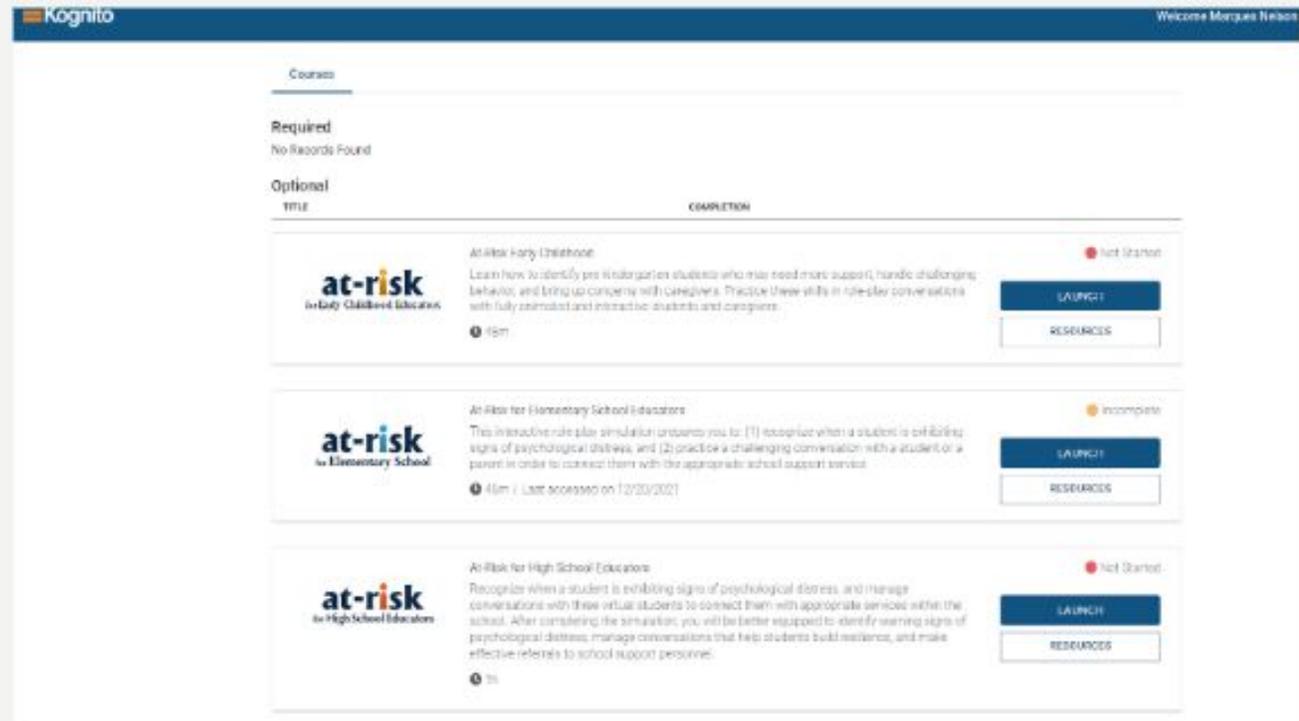
Complete your demographics information



The screenshot shows a user profile form in the Kognito system. The header includes the Kognito logo and the text "Welcome Marques Nelso". The form is titled "Courses" and contains the following fields:

- User Type:** A horizontal selection bar with three options: "Student", "Educator" (selected), and "Parent".
- Employee ID:** An empty text input field.
- Role:** A horizontal selection bar with seven options: "Teacher" (selected), "Administrator", "Support Staff", "Paraprofessional", "Mental Health Specialist", "Nurse", and "Other".
- Grade Levels:** A horizontal selection bar with four options: "Pre-K", "Elementary School", "Middle/Junior High/Intermediate School", and "High School" (selected).
- First Year At School:** A dropdown menu with "Choose One" selected.
- First Year In Education:** A dropdown menu with "Choose One" selected.
- Birth Year:** A dropdown menu with "Choose One" selected.
- Submit:** A button at the bottom of the form.

Select your training
by clicking **Launch**



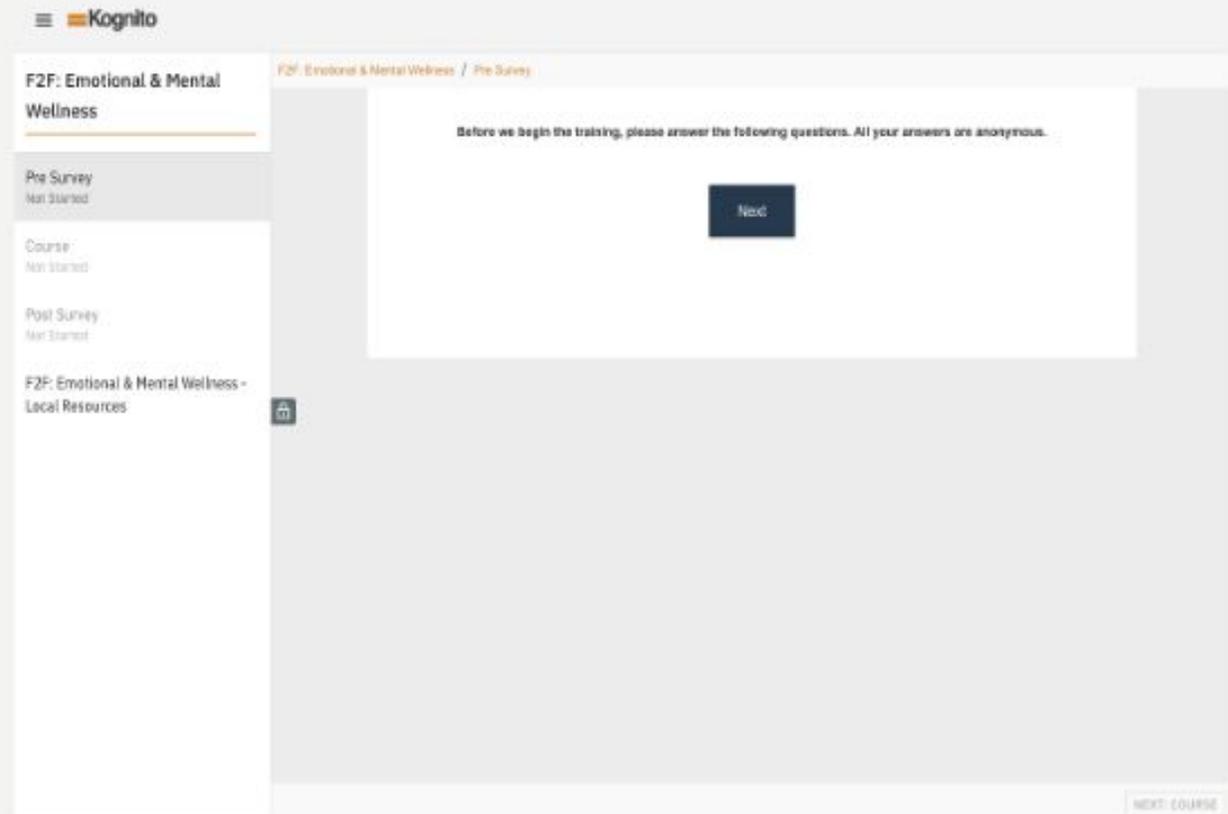
The screenshot shows the Kognito user interface. At the top, there is a navigation bar with the Kognito logo on the left and a user greeting 'Welcome Marques Hixon' on the right. Below the navigation bar, the page is titled 'Courses' and lists 'Required' and 'Optional' categories. Under the 'Optional' category, there is a table with columns for 'TIME' and 'COMPLETION'. Three training modules are listed:

	TIME	COMPLETION
 at-risk for Early Childhood Educators	15m	Not Started
 at-risk for Elementary School Educators	45m / Last accessed on 12/20/2021	Incomplete
 at-risk for High School Educators	30m	Not Started

Each course entry includes a brief description of the training content and two buttons: 'LAUNCH' and 'RESOURCES'.

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.

Discussion Guides

DISCUSSION HANDOUT

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 observations 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

DISCUSSION HANDOUT

At-Risk for High School

Your School's Referral Process

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 schools' 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



Santa Clara County
Office of Education



COUNTY OF SANTA CLARA
Behavioral Health Services

1290 Ridder Park Drive
San Jose, CA 95131
www.sccoe.org



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 Respect: Bullying Prevention
- Trauma-Informed Practices
- Resilient Together
- Step In, Speak Up!
- Safe and Caring Schools for Educators
- Emotional & Mental Wellness

These virtual modules offer evidence-based role-play 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/3r3nUMb.

For more information, please contact:

Krisan Meyer • kmeyer@sccoe.org
Coordinator – Social Emotional Wellness

Available: July 1, 2022 – June 30, 2023

Format: Online, self-paced

Location: [SCCOE Kognito.com](https://www.sccoe.org/kognito)

Timeframe: 30-45 minutes per course

Audience: District & Charter School Staff in Santa Clara County

Grade Level(s): PK – 12

Cost: Free

To access the Kognito simulations:

- Visit [SCCOE Kognito.com](https://www.sccoe.org/kognito)
- 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://na.eventscloud.com/enag/indxx.php?eventid=338733&>



Santa Clara County
Office of Education



COUNTY OF SANTA CLARA
Behavioral Health Services

 Kognito

TIME TO GET STARTED

- **Review** the materials
- **Select** dates for student training
- **Communicate** to staff
- **Monitor** usage

Marques Nelson
Senior Client Success Manager
Marques.Nelson@Kognito.com

Kognito Support
support@kognito.com

QUESTIONS

Additional Opportunity

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

Audience: Site-based Crisis Response Teams

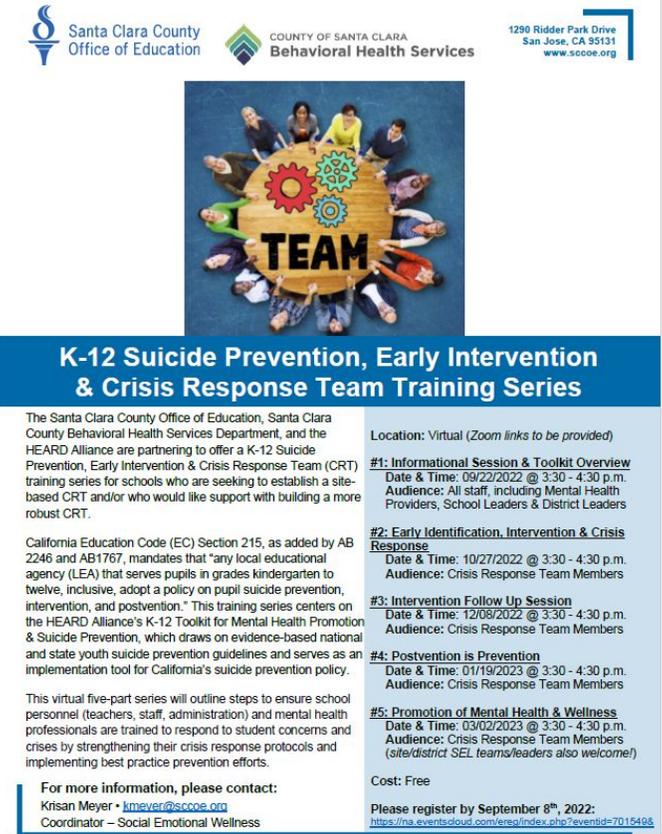
Dates: 09/22/22, 10/27/22, 12/08/22, 01/19/23, 03/02/23

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

Location: Zoom

Cost: Free

Details & Registration: <https://na.eventscloud.com/ereg/index.php?eventid=701549&>



Santa Clara County Office of Education | COUNTY OF SANTA CLARA Behavioral Health Services | 1290 Ridder Park Drive San Jose, CA 95131 www.sccoe.org

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

The Santa Clara County Office of Education, Santa Clara County Behavioral Health Services Department, and the HEARD Alliance are partnering to offer a K-12 Suicide Prevention, Early Intervention & Crisis Response Team (CRT) training series for schools who are seeking to establish a site-based CRT and/or who would like support with building a more robust CRT.

California Education Code (EC) Section 215, as added by AB 2246 and AB1767, mandates that "any local educational agency (LEA) that serves pupils in grades kindergarten to twelve, inclusive, adopt a policy on pupil suicide prevention, intervention, and postvention." This training series centers on the HEARD Alliance's K-12 Toolkit for Mental Health Promotion & Suicide Prevention, which draws on evidence-based national and state youth suicide prevention guidelines and serves as an implementation tool for California's suicide prevention policy.

This virtual five-part series will outline steps to ensure school personnel (teachers, staff, administration) and mental health professionals are trained to respond to student concerns and crises by strengthening their crisis response protocols and implementing best practice prevention efforts.

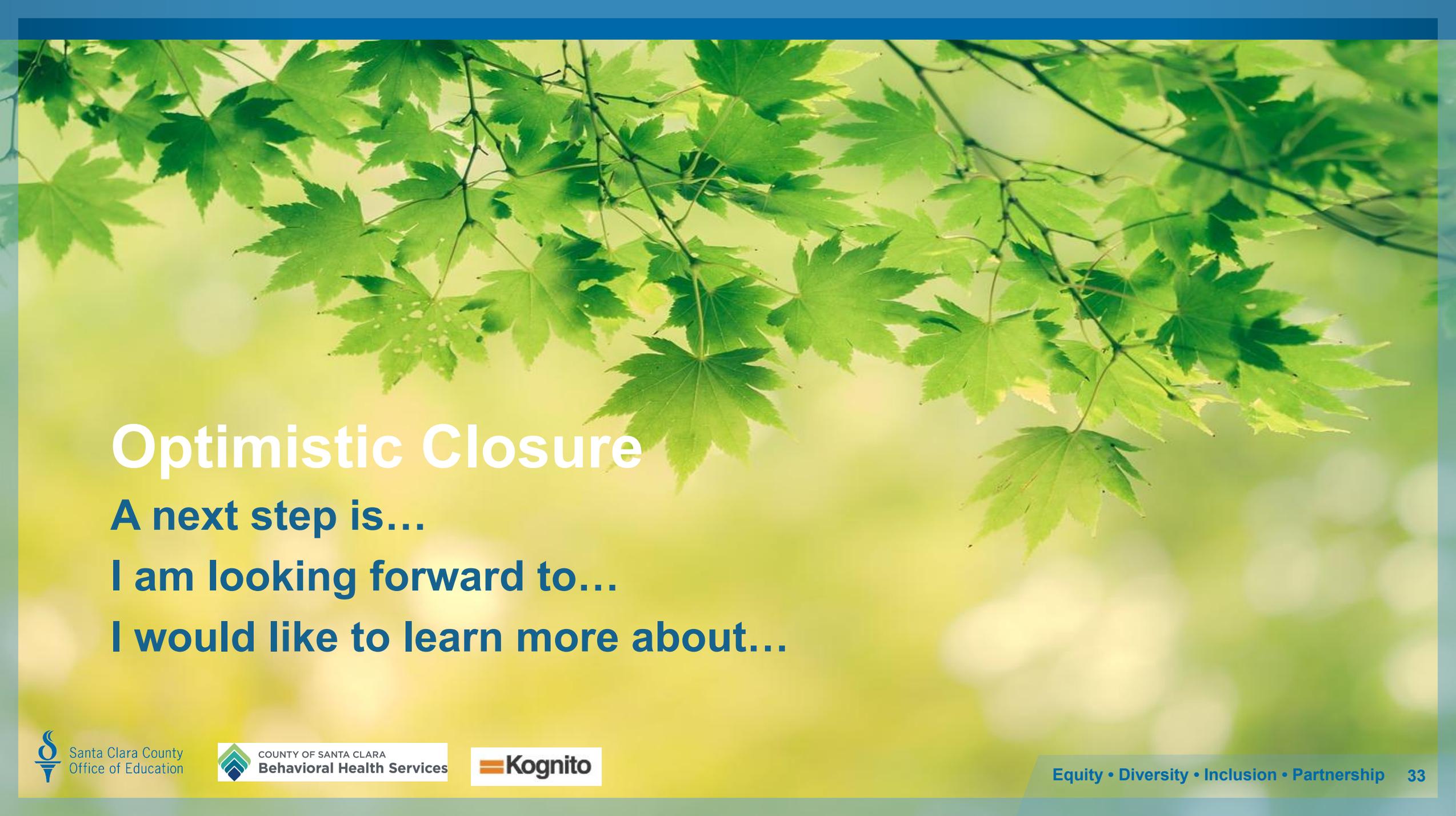
For more information, please contact:
Krisan Meyer • kmeyer@sccoe.org
Coordinator – Social Emotional Wellness

Location: Virtual (Zoom links to be provided)

- #1: Informational Session & Toolkit Overview**
Date & Time: 09/22/2022 @ 3:30 - 4:30 p.m.
Audience: All staff, including Mental Health Providers, School Leaders & District Leaders
- #2: Early Identification, Intervention & Crisis Response**
Date & Time: 10/27/2022 @ 3:30 - 4:30 p.m.
Audience: Crisis Response Team Members
- #3: Intervention Follow Up Session**
Date & Time: 12/08/2022 @ 3:30 - 4:30 p.m.
Audience: Crisis Response Team Members
- #4: Postvention is Prevention**
Date & Time: 01/19/2023 @ 3:30 - 4:30 p.m.
Audience: Crisis Response Team Members
- #5: Promotion of Mental Health & Wellness**
Date & Time: 03/02/2023 @ 3:30 - 4:30 p.m.
Audience: Crisis Response Team Members (site/district SEL teams/leaders also welcome!)

Cost: Free

Please register by September 8th, 2022:
<https://na.eventscloud.com/ereg/index.php?eventid=701549&>



Optimistic Closure

A next step is...

I am looking forward to...

I would like to learn more about...

