

# At-Risk for High School Educators

## PROFESSIONAL DEVELOPMENT SIMULATION

An interactive role-play simulation for high school educators that builds awareness, knowledge, and skills about mental health and suicide prevention, and prepares users to lead real-life conversations with students that build resilience, strengthen relationships, and connect them with support.



**TOPICS**

Mental health and suicide prevention



**USERS**

Educators, teachers, and staff



**SETTINGS**

High schools, youth programs, foster care, juvenile justice



**DURATION**

**60/120**  
minute versions\*  
(\*satisfies state mandates)

Adopted by more than 8,000 schools and districts nationally, this evidence-based online, CE-certified solution quickly and cost-effectively drives sustainable changes in educator behavior that support student wellness, academic performance, attendance, and school safety.

## BUILD REAL-LIFE SKILLS IN A VIRTUAL CLASSROOM

Assume the role of an educator and talk with three virtual students who are showing signs of distress. Try different approaches to see what works best.



The screenshot shows a virtual classroom environment. On the left, a 'CONVERSATION MENU' includes 'TALK' and 'UNDO' options. A 'VIRTUAL EDUCATOR' is shown from behind, sitting at a desk. Three 'VIRTUAL STUDENTS' are seated at desks: JOEY, ROBERT, and RENE. A 'VIRTUAL COACH' is visible in a small circular inset at the bottom center. The interface also features a progress bar and a dropdown menu for the coach.

Learn more at [kognito.com](https://kognito.com)

# Harnessing the power of conversation to improve student wellness and school safety.

Educators are in an ideal position to engage in early intervention and prevention of mental health issues. According to the Centers for Disease Control and Prevention, 13–20% of children living in the U.S. experience a mental disorder in a given year, and suicide is the second-leading cause of death among children ages 15–24.

## LEARNING OBJECTIVES

- Increase knowledge and awareness about teen mental health and suicide
- Identify warning signs of psychological distress, including verbal, behavioral, and situational clues
- Lead conversations with students to discuss concerns, build resilience, and increase connectedness
- Assess the need for referral, motivate the student to seek help, and make a warm hand-off to support

## FEATURES

- Fully-hosted solution deployed to users in less than one week
- Technical assistance and outreach templates to drive adoption
- Usage reports and customizable online surveys to support program evaluation
- Customizable list of local and national mental health resources
- Discussion guides to support blended delivery with in-person workshops

## RESEARCH PROVEN

The simulation is listed in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP). Studies show that it results in (1) statistically significant increases in mental health skills that remain significant at a 3-month follow-up point, and (2) statistically significant increases in the number of students that educators connect with, discuss concerns, and if necessary, refer to support.

## HOW TO BUY

Organizations can purchase yearly subscriptions to the simulation that include hosting, technical assistance, program evaluation, and usage reports. For details, contact ***k12accounts@kognito.com*** or ***212.675.9234***. To purchase 1–50 individual licenses, please visit ***store.kognito.com***.