

At-Risk for Middle School Educators

PROFESSIONAL DEVELOPMENT SIMULATION

An interactive role-play simulation for middle 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

Middle schools, youth programs, foster care



DURATION

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

Adopted by more than 6,000 schools and districts nationally, this research-proven online, CE-certified solution cost-effectively drives sustainable changes in behaviors 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' contains 'TALK' and 'UNDO' buttons. The main area shows a 'VIRTUAL EDUCATOR' (a man in a blue shirt) interacting with a 'VIRTUAL STUDENT' (a woman in a purple top labeled 'JEN'). On the right, two other 'VIRTUAL STUDENT' portraits are shown, labeled 'MICHAEL' and 'MARIAH'. At the bottom, there is a 'VIRTUAL COACH' icon and a progress bar.

Learn more at 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, 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 10–14.

LEARNING OBJECTIVES

- Increase knowledge and awareness about pre-adolescent 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
- Certified for 1.0 ANCC CNE contact hours

RESEARCH PROVEN

The simulation has been accepted for review by 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 go to ***store.kognito.com***.