

EMOTIONAL & MENTAL WELLNESS SUITE

Kognito

The *Emotional & Mental Wellness Suite* is a scalable community approach to build awareness, knowledge and skills around emotional and mental wellness. The suite includes experiential learning programs for each audience in the full community of support: educators, students, and caregivers.

With an SEL and trauma-informed lens, these programs work together to prepare learners to lead real-life conversations that build resilience, strengthen relationships, and connect students with appropriate support.

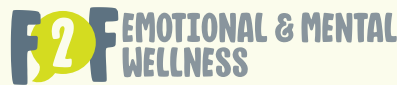


PROFESSIONAL DEVELOPMENT FOR TEACHERS & SCHOOL STAFF



LEARNING OBJECTIVES

- Increase awareness and knowledge around emotional & mental wellness
- Identify warning signs of distress, including verbal, behavioral, and situational clues, suicidal thoughts, and suicide risk
- Utilize effective communication techniques with students to discuss concerns, build resilience, and increase connectedness
- Understand the need for referral
- Know how to motivate student to seek help and make a warm hand-off to support



SEL STUDENT CURRICULUM



LEARNING OBJECTIVES

- Learn about mental health and wellness while reducing stigma
- Identify warning signs of distress, including verbal, behavioral, and situational clues
- Build skills in how to approach a peer in a manner to motivate them to access support
- Become comfortable asking a friend if they are thinking about suicide
- Overcome barriers to help-seeking through a better understanding of potential support options



COMMUNITY PROGRAM FOR PARENTS & CAREGIVERS



LEARNING OBJECTIVES

- Describe the role of parents and caregivers in supporting the emotional & mental wellness of kids
- Examine strategies that help build resiliency
- Identify potentially concerning changes in behavior
- Examine how to help their children recognize and verbalize their feelings, thoughts, and emotions
- Overcome barriers to help-seeking through a better understanding the role of mental health professionals and other support resources