

Emotional & Mental Wellness for Educators & Staff

Emotional & Mental Wellness for Educators & Staff is an interactive role-play simulation that allows educators to get hands-on practice interacting with virtual students to gain skills related to SEL and mental wellness.

Learning Objectives

- ✓ Increase awareness, knowledge and skills around emotional and mental wellness
- ✓ Identify warning signs of distress, including verbal, behavioral, and situational indicators, as well as suicidal thoughts and risk
- ✓ Utilize effective communication techniques with students to discuss concerns, strengthen relationships, build resilience, and increase connectedness
- ✓ Understand the need for referral and distinguish best type of support, while understanding how to motivate a student to be receptive to additional help



Learners interact with Virtual Humans through interactive conversations



Market
PK-12



Audience
Educator



Topic
Mental Health & Wellness,
SEL, Suicide Prevention,
Trauma-Informed Teaching



Duration
30 Minutes



Overview

Similar to Kognito's flagship *At-Risk* program, this 30-minute version builds awareness, knowledge and skills around emotional and mental health, as well as suicide prevention. With an SEL and trauma-informed lens, the program prepares learners to lead real-life conversations that build resilience, strengthen relationships, and connect students with appropriate support.



The *Emotional & Mental Wellness* program introduces new features such as an optional advanced practice scenario and the inclusion of de-escalation and mindfulness techniques.

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

Fort Worth ISD Uses Kognito to Create Safer Schools

“Not only are we using funding to acquire and to adopt professional development, but we also use it to strengthen our curriculum.”

**– Dr. Roina Baquera, Director,
Health and Physical Education Department**



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Contact us at info@kognito.com or 212-675-9234