



**Innovative Approaches to School-Based Suicide Prevention  
— Notes from the Field**

September 2017

A W E B I N A R P R E S E N T A T I O N

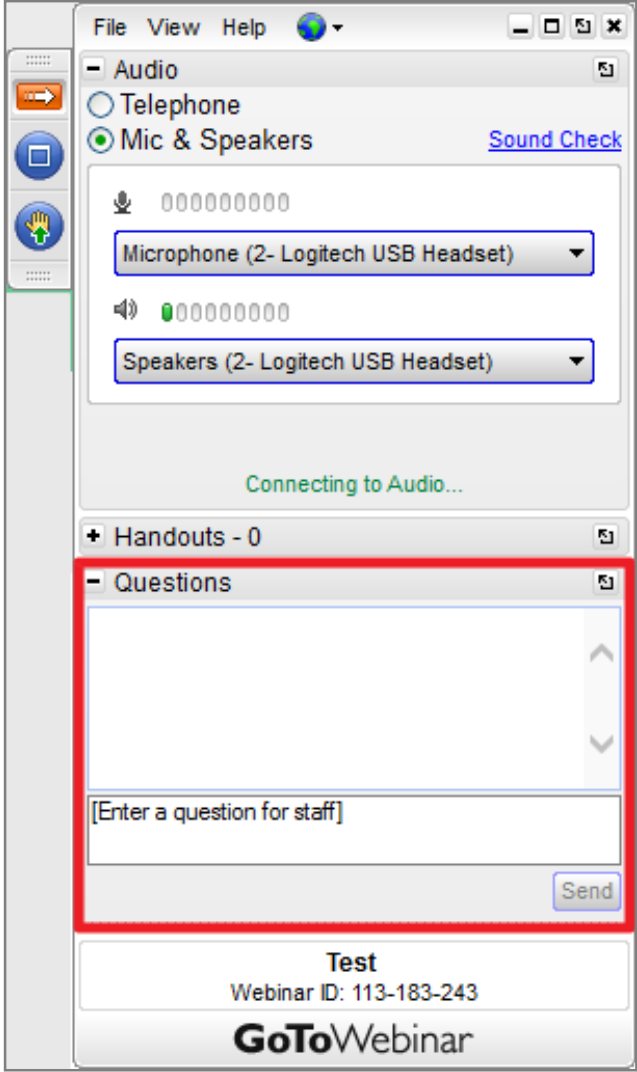
# Welcome!

- Presentation will be recorded
- A copy of the recording will be sent after the presentation
- Attendees are in listen-only mode
- Please submit questions on the right side of your screen
- Connect with us!

 @kognito #Kognitowebinars



Brian Nido  
Director of Client Experience  
Kognito





Conversations that change lives.



- Talk with Virtual Students to build skills, increase self confidence be ready to act
- Used by over 300,000 educators and students in over 11,000 schools
- Portfolio of simulations for K12 professional learning and student curriculum

Kognito is the only company with health simulations listed in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP).



# Build Skills Through Role-Play Conversations

## *At-Risk for High School Educators* 60 / 120 Minutes



**Rene:** A girl who is highly anxious about her grades and may be cutting



**Rob:** A boy with poor attendance, low motivation, and drug use



**Joey:** A shy boy who has written about suicidal thoughts in an essay

## *At-Risk for Middle School Educators* 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 Elementary School Educators* 60 / 120 Minutes



**Lucas:** A third grader who has recently become withdrawn



**Ms. Parker:** The mother of a fifth grader who has become increasingly disruptive and aggressive

## Today's Panel



Karen Li, M.D.  
Wellness Coordinator, Sequoia Union High  
School District, California



Cynthia (Cindi) A. Schultmeier, Ph.D., NCSP  
Coordinator of School Psychology,  
Howard County Public School System, Maryland



Jennifer Lyon, M.Ed.  
Coordinator of Counseling Services and Social Emotional Learning,  
Leander ISD, Texas



MaryAnn Panarelli, Ed.D.  
Director of Intervention and Prevention Services,  
Fairfax County Public Schools, Virginia

## Sequoia Union High School District, California



Karen Li, M.D.  
Wellness Coordinator, Sequoia Union High  
School District, California

- Public high school district: Grades 9-12
- 9,900 students, 1,100 staff
- Diverse student demographic



## Howard County Public School System, Maryland



Cynthia (Cindi) A. Schulmeyer, Ph.D., NCSP  
Coordinator of School Psychology,  
Howard County Public School System, Maryland

- Large suburban community of over 310,000
- 55,638 students, 4,305 teachers
- 76 schools PK-12

## Leander Independent School District, Texas



Jennifer Lyon, M.Ed.  
Coordinator of Counseling Services and  
Social Emotional Learning,  
Leander ISD, Texas

- One of the fastest growing districts in Texas
- 39,000 students
- 4,000+ faculty & staff
- 42 campuses & 2 alternative schools



## Fairfax County Public Schools, Virginia



MaryAnn Panarelli, Ed.D.  
Director of Intervention and Prevention Services,  
Fairfax County Public Schools, Virginia

- Large suburban district near Washington, DC
- 188,000 students
- 200 schools and centers PK-12

## Topics

1. What factored into the decision to utilize Kognito within your district?
2. How did you develop stakeholder buy-in and consensus to disseminate district-wide?
3. What, if any, barriers did you face and how did you overcome them?
4. What were your district's implementation approach and roll-out tactics?
5. Looking back, what are some best practices and lessons learned from your district implementation of Kognito?

# TOPIC #1: What Factored into the Decision to Utilize Kognito Within Your District?



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## TOPIC #2: How did you Develop Stakeholder Buy-in and Consensus to Disseminate District-wide?



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## TOPIC #3: What, if Any, Barriers Did You Face and How Did You Overcome Them?



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## TOPIC #4: What Were Your District's Implementation Approach and Roll-out Tactics?



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Wellness Coordinator, Sequoia Union High  
School District, California



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## TOPIC #5: Looking Back, What are Some Best Practices and Lessons Learned From Your District Implementation of Kognito?



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## Q&A



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