



KOGNITO

O H I O C A M P A I G N F O R H O P E

Youth Suicide Prevention Initiative

at-risk Training

3 At-Risk Trainings are offered for School Educators and Staff.

At-Risk High School: Focuses on signs of mental distress. Training moves through 3 modules of Identifying, Approaching, and Referring processes. Simulations look at 3 students and offer practice conversations between the teacher and student. Simulations last approximately 60 minutes.

At-Risk Middle School: Similar to High school training, but adds the levels of Resiliency, Coping Skills, and Perspective. Focuses on Bullying and Suicidal Thoughts. Simulations last approximately 50 minutes.

At-Risk Elementary School: Goes through 2 Modules and focuses on the EASING strategy to enter difficult conversations with students and parents. Simulations last approximately 45 minutes.

Simulations do not have to be completed in one sitting; each training saves automatically and may be completed in multiple sessions.



Friend 2 Friend

Training offered for High School Students

Training shows students how to offer peer-to-peer support.

Simulations focus on how to effectively broach difficult topics if a student believes a friend is struggling. Simulations last approximately 25 minutes.



About

Kognito offers free research-proven training for educators, staff and students to: 1) recognize when someone is showing signs of psychological distress or trauma and 2) manage a conversation with the goal of connecting them with appropriate support.

In the online simulation courses, users engage in practice conversations and are provided with a virtual coach to guide them. Users learn effective strategies for broaching difficult conversations with students and parents, learn how to apply motivational interviewing skills, learn to ask open-ended questions, and how to avoid common pitfalls.

Some topics covered in the training are: PTSD, behavioral health, suicide prevention, social change, and LGBTQ support.

Step In Speak Up!

LGBTQ Training for School Staff

Focuses on the importance of support for LGBTQ students in a high school setting. Offers statistics and facts about LGBTQ youth in the US. Virtual trainers help educators identify harassment, prevent future harassment, and reach out to a student following a situation that caused emotional distress. This simulation lasts approximately 30 minutes.

FREE ONLINE ACCESS
ohio.kognito.com

Create an Account & select Training POV: K-12 Personnel or Student. Enter enrollment key for list of all trainings.

Enrollment Key: ohiospf