

Talking Points

Engage Educators About the Value of the Kognito Simulations with These Facts and Stats

Why it is important for Faculty and Staff to use the Kognito simulations?

Explain the prevalence of student mental health issues

- 50% of lifetime mental disorders emerge by mid-teens.
- According to the Centers for Disease Control and Prevention (CDC), 13–20% of children living in the U.S. experience a mental disorder in a given year; that's as many as one out of five.
- A national survey of high school students found that 16% had seriously considered suicide in the past year. Thirteen percent had made a plan for suicide. And 8% had tried to take their own lives.
- Suicide is the second leading cause of death among youth ages 10–24 according to the CDC.
- Studies link treatment for depression with academic success and lack of treatment with low educational attainment.

Outline why it is important that everyone who interacts with PK-12 students take the simulation

- PK-12 educators make up the safety net for students and need to be confident and ready to talk with a student they might be concerned about.
- Kognito simulations focus on conversation skills and support other goals, such as better attendance, academic performance, school climate and school safety.
- The simulations build the skills that reduce the anxiety teachers and staff may experience about identifying and responding to an emotionally at-risk student.
- Supports early intervention as well as crisis intervention.
- Emphasize the unique benefits of the Kognito conversation simulations.
- It is a high-quality learning experience that respects educator time and intelligence.
- Created in collaboration with school and mental health experts, the simulations have yielded high-level user appreciation for interactivity, relevance, and realism. In addition, more than 200,000 users have shown measurable gains in skills, attitudes and behavior.
- Research proven, listed in respected federal mental health database: National Registry of Evidence-based Programs and Practices (NREPP): At-Risk for High School Educators was listed as of 2013; At-Risk for Elementary Educators and At-Risk for Middle School Educators have been accepted for review by NREPP.
- The simulations pack hours of information, exercises, and hands-on practice into 45–60 minutes, and expedites the pace of learning. They can be completed in multiple sittings and used in prep periods, part of a PD day, or a self-paced PD activity.
- Provides hands-on, interactive, and personalized learning through use of practice role-play conversations with virtual students.

Highlight what they can learn

- Recognize the warning signs that a student may be suffering from psychological stress, including anxiety, depression, substance use, and suicidal ideation.
- Initiate a conversation with a student to build resiliency and help parents/student identify sources of support.
- Learn motivational interviewing techniques and how to avoid common pitfalls, such as attempting to diagnose the problem or giving unwarranted advice.
- How to connect parents, guardians, and students to appropriate support services.