



## The CHAMPION TOOLKIT

### Turn Awareness into Action. Mental Health and Suicide Prevention Professional Development with Kognito Role-Play Simulations

Welcome to Kognito role-play simulations – a new form of Professional Development that integrates the science of learning, the art of conversation, and the power of gaming technology to teach conversational style that improves social, emotional, and physical health.

If you are the recipient of this toolkit, it means you are either already committed to supporting the use of Kognito simulations in your school or community, or you are considering doing that. Thank you.

People learn about mental health in many ways. When you go through our [simulations](#), you quickly see the opportunity to experience the hands on practice, individualized coaching and many levels of feedback that Kognito simulations deliver.

The purpose of this Champion Toolkit is to provide you with the tools that make it easy for you to share the benefits of this professional development with others.

### The Importance of Becoming a Champion

Every single faculty and staff member, from top level administration to part time employees, is eligible to take these simulations,

- Providing a high level of interactivity, the realistic virtual students and role play scenarios provide the practice that allows you to learn through trial and error, while building user confidence and competence to lead real life conversations.
- Our data show that educators identify, approach and refer more students after completing Kognito simulations. A lot more!

Thank you for taking a leadership role and learning how you can become a Champion of the Kognito simulations in your community.

Welcome to Kognito simulations –Thank you for being part of the conversation!

Your ideas and feedback are invaluable. Please feel free to contact us with your feedback and experience.

Best regards,

Shawna Hite  
with contact points

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This toolkit is designed to be a one-stop resource to support champions, like yourself, who are willing to be an advocate for mental health training and are willing to support the adoption of Kognito simulations offered in your geography.

This toolkit includes an overview of the Best Practices in delivering the Kognito Programs in your schools and organizations. The [Tips and Resources](#) section on Ohio's Campaign for Hope: Youth Suicide Prevention Initiative website further complements this package of ideas and includes downloadable flyers, important talking points, and content that you can share with school leaders.

- The Ohio PK12 Suite of Services
- Identifying the Critical Stakeholders
- Three Simple Steps
- Talking Points
- Promotional Support Tools available on [ohio.kognito.com](http://ohio.kognito.com)

## **The Ohio PK12 Suite of Services**

There are five products available in the state of Ohio, all of which are available to your schools and organizations. Being a Champion for any of these products follows the same strategies when it comes to gaining support from the leadership and engaging the stakeholders to complete the simulation.

### ***At-Risk Simulations***

*Unique simulations are available for those in the Elementary School, Middle School and High School environments. This product represents 3 of the 5 products available to the Ohio K12 market*

### ***Step In Speak Up***

*This 30-minute online interactive program helps youth-serving adults understand the challenges that LGBTQ youth face and gives them a chance to practice techniques for creating a safer and more supportive environment. Step In, Speak Up! is the result of a collaboration between Kognito Interactive and The Trevor Project.*

*•Listed in SPRC/AFSP Best Practices Registry*

### **Friend2Friend**

Created as a tool to develop peer support amongst high school students, the 25 minute Friend2Friend simulations introduce young adults to the warning signs of psychological distress in their peers and encourages proactive referrals to trusted adults.

• Easy to introduce and incorporate within the high schools and after school groups.

## Identifying the Critical Stakeholders

Professional Development around mental health and suicide prevention is one of the most important things that we can do to support you in supporting youth. It is not surprising that when you ask stakeholders for help....."the power of the ask" multiplies and multiplies, allowing us to reach scores of educators and youth in your local area.

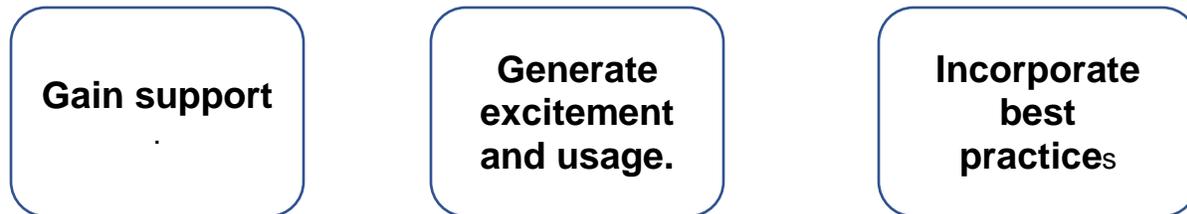
To date, Kognito simulations have been completed by over 300,000 educators nationally.

- Specific to Ohio, we have already reached over 7,800 education professionals.
- As exciting as this number is.....we have the opportunity to do more.

Look at all of these stakeholders as resources to support you.



### 3 SIMPLE STEPS TO IMPLEMENT KOGNITO SIMULATIONS AT YOUR SCHOOL



#### Step One: Gain Support

The single most successful way to get these programs into the field is to get your school leadership to endorse the program. In the next section, we highlight some of the key reasons educators endorse the Kognito programs for the Professional Development. Look to the [Tips and Resources](#) section on Ohio's Campaign for Hope to find a sample letter that you can share with school principals.

#### + School leadership, including Superintendents and Principals get on board because

- Kognito simulations are evidence-based. This means they deliver reliable skills for prevention and early intervention
- Are cost effective because they minimize educators' time away from classroom responsibilities and further reduce the administrator time through turnkey implementation and tracking tools.
- *Satisfies HB543/Jason Flatt mandates for suicide prevention training mandates*

#### + Teachers and Staff get on board because

- *Academic performance, attendance and dropping out are directly related to student distress.*
- Kognito role-play simulations draw on instructional design best practices, so they are highly engaging, relevant and provide immediate, individualized feedback
- The confidence and competence educators gain in completing the simulations can be put into immediate use in real life.
- The trainings are short and self-paced, allowing you to maximize your time.

More than 95% of those who took the simulations would recommend them to a colleague.

### **Step Two: Generate Excitement and Usage**

- Users love the interactive nature of the learning platform and 95% say they would recommend it to a peer. See the testimonials in the next section (Hotlink when layout is complete)
- Clients who are able to get school leaders to share their own impressions of the program and to set PD times for such to be completed see lots of staff activity.
- HB543 encourages all staff to be included in suicide prevention training. This can include non-certified staff such as Bus Drivers, Athletic Coaches and Substitute Teachers

The [Tips and Resources](#) section on Ohio's Campaign for Hope provide additional tools that you can use to ensure that adults who deal with our youth taking advantage of the suite of Kognito programs available free of charge through the [Ohio Suicide Prevention Foundation's](#)

### **Step Three: Increase Usage with Best Practices**

- Request that users take the simulation by a deadline or in different deadline blocks.
- Make scheduling flexible and let staff pick dates that work with their schedule.
- Send the emails multiple times during the school year to remind learners to take the simulations.
- Train more than once. Create on-going training opportunities available and consider asking staff to "recertify" in Kognito trainings every 3 years

## TALKING POINTS THAT EVERYONE LIKES TO HEAR

The Talking Points section found within the [Tips and Resources](#) section on Ohio's Campaign for Hope provides an assortment of talking points that you can personalize to your own style. Here are a few more that we are finding helpful to our Champions:

### **Easy to rollout, monitor usage and assess program**

- Online 24/7, fully hosted, tech support for all end users
- Daily tracking reports, Built in surveys
- Implementation support from Kognito Client Experience team

### **Engaging for users**

- Simulated conversations with “emotionally responsive” virtual characters
- Private practice and personalized feedback
- Created with input from experts on school health and educators
- 30-60 minutes to complete

### **Effective**

- Proven in national longitudinal studies to increase skills, attitudes, and self-efficacy; Going through the simulations results in positive behavior change.

## **IMPORTANT USER COMMENTS**

- *Share this with everyone who has anything to do with children.*
- *As a school counselor, it is a regular occurrence for me to talk to students about their psychological distress. However, I feel this training helped the teachers understand how to approach students they had concerns about and then refer them to me for further help.*
- *I have had more confidence in having discussions with students about their stress.*
- *I have approached other teachers at our school about students I have been concerned about. We have come together as a group to support more students*

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