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KOGNITO INTERACTIVE PROGRAM INFORMATION



Overview: Kognito provides online, interactive training programs for mental health, suicide prevention, and other topics. Their proprietary Kognito Conversation Platform allows participants to implement learnings through role-play conversations with emotionally responsive virtual humans. Participants receive feedback and suggestions after these conversations are completed. Participants also receive a course summary, summary of best practices, and/or a listing of local and national resources.



At-Risk for Elementary School Educators, Middle School Educators, and High School Educators (three separate programs available)

Length: 1 hour each

Audience: Faculty and staff

Format: The participant learns about mental health warning signs and communication strategies by viewing a conversation between a virtual child psychologist and a virtual teacher. The participant then guides the teacher through three conversations with distressed students, each taking approximately 5-7 minutes. The program prepares the participant to identify, approach, and refer students exhibiting signs of depression, anxiety, and suicidal ideation.

Evidence base: The At-Risk for High School Educators program has been accepted into SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) and the SPRC/AFSP Best Practices Registry for Suicide Prevention (BPR). A quasi-experimental study among 327 high school teachers from 40 states found consistent and statistically significant results across demographic characteristics. The results suggested that At-Risk increases teachers' ability to identify, approach, and refer students exhibiting signs of distress; teachers' confidence in their ability to help a suicidal student; and the likelihood that teachers will intervene when faced with a student at risk.

The Elementary and Middle School Educators programs have not been evaluated on the same scale, but are based on and similar to the High School program.

Teacher Learning Hub: The Hub is a learning network on the Moodle platform dedicated to providing free, high quality professional learning for all K-12 educators across Montana. It aims to minimize the time teachers spend away from their classrooms to attend training, as well as save school districts money on professional learning. Get started by creating an account today at <http://learninghub.mrooms.net/>. (These courses should be available by the end of September 2017.)

