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DATE: August 1, 2023

TO: All Employees

FROM: Jacqueline Garner, *Executive Director*
Student Support and Health Services

SUBJECT: Student Suicide Prevention: 2023-24

Today’s students face increasing pressures, including the ongoing realities of the COVID-19 pandemic, that can lead to emotional distress, depression, anxiety, and even thoughts of suicide. As educators, we can help mitigate these mental health risks and save lives by learning how to recognize signs of emotional distress, warning signs for suicide, and how to help students access supports.

SCUSD Student Suicide Prevention Training Mandate

State Law AB2246, AB1767, & SCUSD Board Policy 5141.52 requires all district staff

and all other adults who work with students to be trained in suicide prevention awareness.

SCUSD has adopted Kognito, an online role-play simulation to help us recognize the signs of distress, use conversations to approach a student and discuss our concerns and refer parents/students to the appropriate resources. The Kognito simulations let you practice these challenging conversations at your own pace through role-play with an emotionally-responsive virtual student or parent.

For the 2023-24 school year, all district staff are required to complete the Kognito Simulation *Emotional & Mental Wellness* simulation module which meets the mandated suicide prevention awareness training requirement and provides professional development about the importance of emotional and mental health wellness. The *Emotional & Mental Wellness* simulation will take approximately 45-60 minutes to complete.

In addition, any district staff hired after July 1, 2023 will need to complete at least one of the Kognito At-Risk Suite Simulations which includes At-Risk for High School Educators, At-Risk for Middle School Educators, and At-Risk for Elementary School Educators.

In order to access the online Kognito simulations follow the directions below.

Step 1: Visit SCUSD.Kognito.com

Step 2: Log in or create a new account

Step 3: Scroll down the list of Kognito modules. Select one of the At-Risk modules- elementary, middle school, or high school then hit the “LAUNCH” button to begin the module. You may start and stop the simulation anytime and will be able to pick back up where you stopped.

Step 4: Complete the ending evaluation, which will automatically generate your certificate of completion. The system will electronically track your certificate and indicate you have met the state law mandate. You do not have to submit anything further to the district.

If you have any issues with logging in or questions about the Kognito simulations - please reach out to the Student Support & Health Services team - Executive Director, Jacqueline Rodriguez, jacqueline-garner@scusd.edu.

Thank you for your work in enhancing the safety net for youth by completing these simulations. Together we can all help keep our students and community safe.