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DATE: July 1, 2020

TO: All Employees

FROM: Victoria Flores, Director III
Student Support and Health Services

SUBJECT: Student Suicide Prevention: 2020-2021 School Year

Today's students face increasing pressures 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.

With grant funding provided by SAMHSA and Kaiser Permanente, 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, if necessary, 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 2020-2021 school year, all district staff are required to complete the *Kognito Simulation Trauma Informed Practices K-12* which meets the mandated suicide prevention awareness training requirement as well as provides professional development on the impact of trauma. The *Trauma Informed Practices K-12 simulation* will take approximately 45-60 minutes to complete.

In addition, any district staff hired after July 1, 2020 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: Go to - <https://kognitocampus.com/>

- If you already have an existing *Kognito* account with your SCUSD email, sign in to your account.

- If you do not already have an account, click on the link directly above the login section where it says “Don’t have an account? Click Here”.

Step 2: Once you arrive at the popup window, fill in the required information and enter the enrollment key: **scusd**

- You will then be asked to identify your school site and answer a few demographic questions.

Step 3: Once you login to your account, choose the appropriate simulation to complete. You will have access to the *Trauma Informed Practices* simulation and all of the *At-Risk* simulations, should you be interested and/or want to complete additional simulations. 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 - Victoria Flores, Director victoria-flores@scusd.edu or Jacqueline Rodriguez, Coordinator jacqueline-rodriguez@scud.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 safe.