



Conversations that change lives.

**North Dakota Statewide Partnership
Learning Session**

Goals & Agenda

The Partnership

What is Kognito?

Simulation Overview

Implementation Planning in Your District

Questions and Answers



PARTNERSHIP OVERVIEW

North Dakota

During the 2021 North Dakota Legislative session, [Senate Bill 2311](#) passed, authorizing the Department of Human Services' Behavioral Health Division to offer an evidenced-based, online virtual mental health and suicide prevention simulation-based training program that incorporates hands-on practice, contextual learning, and personalized feedback through interactive role-playing available to school personnel in public and nonpublic schools.

Available Now!

through 2024.

Further guidance and support is available through the Behavioral Health in Education: Resources and Opportunities Technical Assistance Center (B-HERO) in connection with your school's identified Behavioral Health Resource Coordinator (BHRC). Please connect with your BHRC or through B-HERO at bhero.crea@k12.nd.us



WHAT IS KOGNITO?

What is Kognito?

Kognito is a health simulation company that comprises learning experts, designers, technologists and implementation professionals.

Our evidence-based simulations build a variety of competencies and shape attitudes through role-play conversations with virtual people.

Over 1+ million educators, students, and health care professionals have used Kognito simulations to change lives, including over 500,000 K-12 educators.

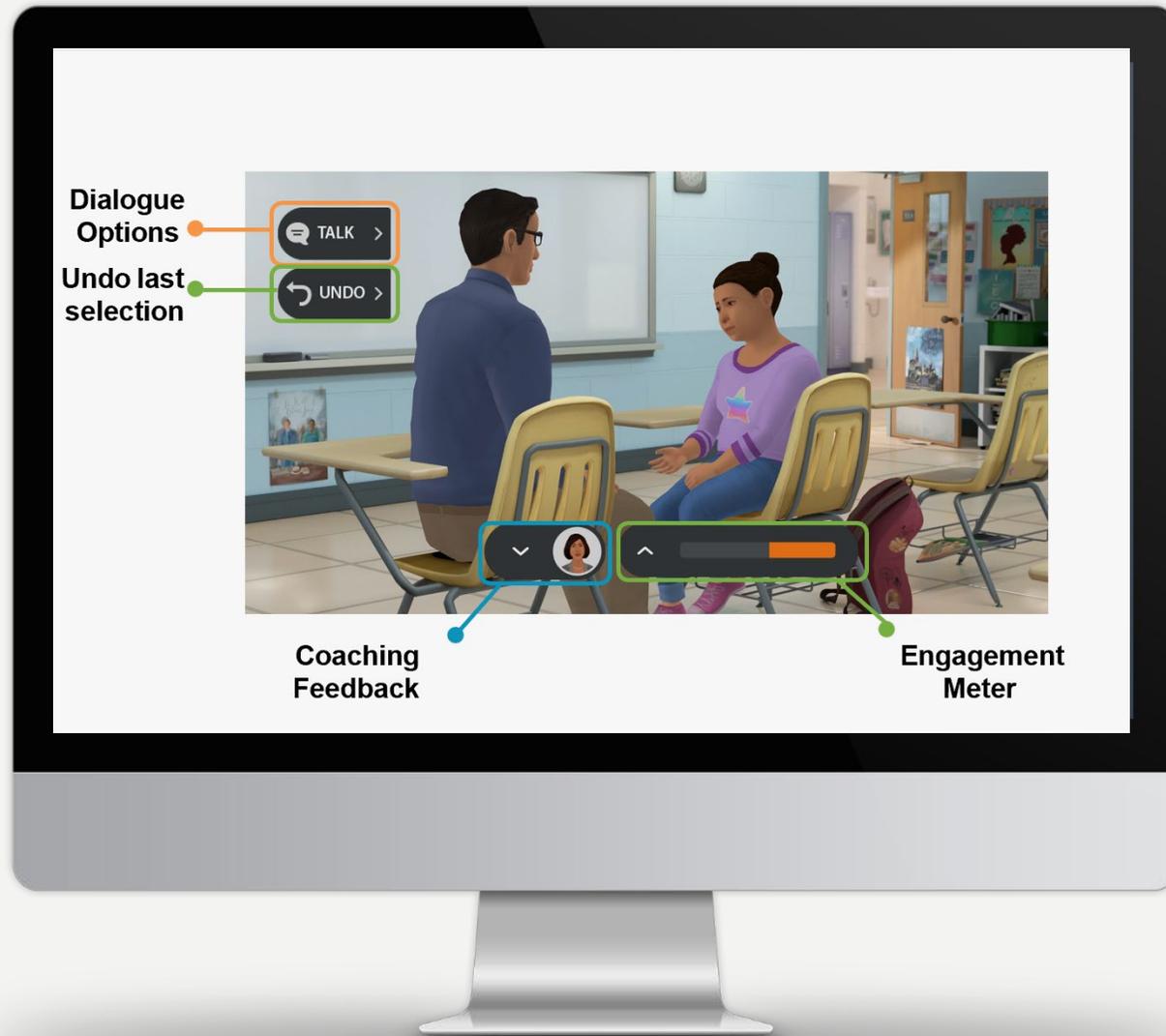
Our innovative approach has resulted in partnerships with government agencies and NGOs.





**HARNESSING THE
POWER OF
CONVERSATION TO
CHANGE LIVES**

What is a simulation?



- **User interacts** with a fully animated at-risk virtual student
- **Navigate** through the scenarios by selecting what to say to the virtual student
- **Receive instant feedback** from the virtual coach and engagement meter
- **Can undo decisions** and explore different conversation approaches
- **Receive personalized performance** summary upon completion

A Unique Tool

- Offers a **safe, non-confrontational** practice **environment**
- Creates a **higher learner engagement** than traditional online learning
- Models **realistic classroom experiences**
- Provides **immediate feedback** in a way that is comfortable to the learner
- Proven to result in **sustained behavior change**



Kognito's Virtual Humans

Virtual humans reduce the perception of being judged, thereby removing impediments to self-disclosure and increasing receptivity to education.

CORE FEATURES:

- Embody specific personality, attitude, and scenarios
- Creates a higher learner engagement than traditional online or in-person learning
- Adapt to user's dialogue decisions and provides immediate feedback
- Emotionally responsive with Real human voices
- Models realistic classroom experiences and Staff can practice in a safe environment
- Proven to result in sustained behavior changes



MI In the Classroom

Motivational Interviewing (MI) comprises skills that can make brief conversations about any behavioral, academic, or peer-related challenge more effective.

SOAR

Four core skills are at the heart of Motivational Interviewing's role in effective communication.



SUMMARIZE



OPEN-ENDED QUESTIONS



AFFIRM



REFLECT



SIMULATION OVERVIEW

At-Risk Series for Mental Health Promotion, Early Identification, and Suicide Prevention

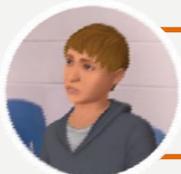
At-Risk for High School Educators *60 Minutes*



Rene: A girl who is highly anxious about her grades and may be cutting



Rob: A boy who is withdrawn, bullied, and suffered a loss by suicide.



Joey: A shy boy who has written about suicidal thoughts in an essay

At-Risk for Middle School Educators *60 Minutes*



Mariah: A new girl who is being teased by a clique of popular girls

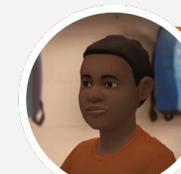


Jen: The clique ringleader, who is having trouble at home



Michael: A boy struggling with impending loss and thoughts of suicide

At-Risk for Elementary Educators *60 Minutes*



Derrick: A third grader who has recently become withdrawn



Ms. Parker: The mother of a fifth grader who has become increasingly disruptive and aggressive



At-Risk Learning Objectives

1. **Recognize** warning signs that a student may be suffering from psychological stress, including anxiety, depression, substance abuse and suicidal ideation
2. **Initiate** a conversation with a student to build resiliency and help the student identify sources of support
3. **Connect** the student to appropriate support services
4. **Learn** motivational interviewing techniques and how to avoid common pitfalls, such as attempting to diagnose the problem or giving unwarranted advice



ACCESSING THE SIMULATIONS

Go to NorthDakota.Kognito.com and Select Public Schools or Private Schools

North Dakota

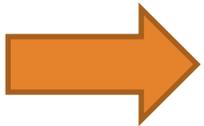
These courses are made freely available by the Department of Human Services' Behavioral Health Division in collaboration with the Behavioral Health in Education: Resources and Opportunities (B-HERO) Technical Assistance Center. B-HERO provides North Dakota's Behavioral Health Resource Coordinators with technical assistance, resources, and opportunities related to identifying warning signs, risk factors and the availability of resources in the community.

For further implementation support, contact B-HERO at bhero.crea@k12.nd.us or Amanda Francis, Behavioral Health and Education Administrator at amafrancis@nd.gov.

Click the name to register:

Search

[Private Schools](#)
[Public Schools](#)



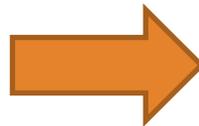
Select your District from the dropdown menu

Public Schools

Click the name to register:

Search

- ALEXANDER 2
- ANAMOOSE 14
- APPLE CREEK 39
- ASHLEY 9
- BAKKER 10
- BARNES COUNTY NORTH 7
- BEACH 3
- BELCOURT 7
- BELFIELD 13
- BEULAH 27
- BILLINGS CO 1
- BISMARCK 1
- BOTTINEAU 1
- BOWBELLS 14
- BOWMAN CO 1
- BURKE CENTRAL 36
- CARRINGTON 49
- CAVALIER 6
- CENTER-STANTON 1
- CENTRAL CASS 17

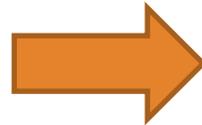


Select the name of your school

BISMARCK 1

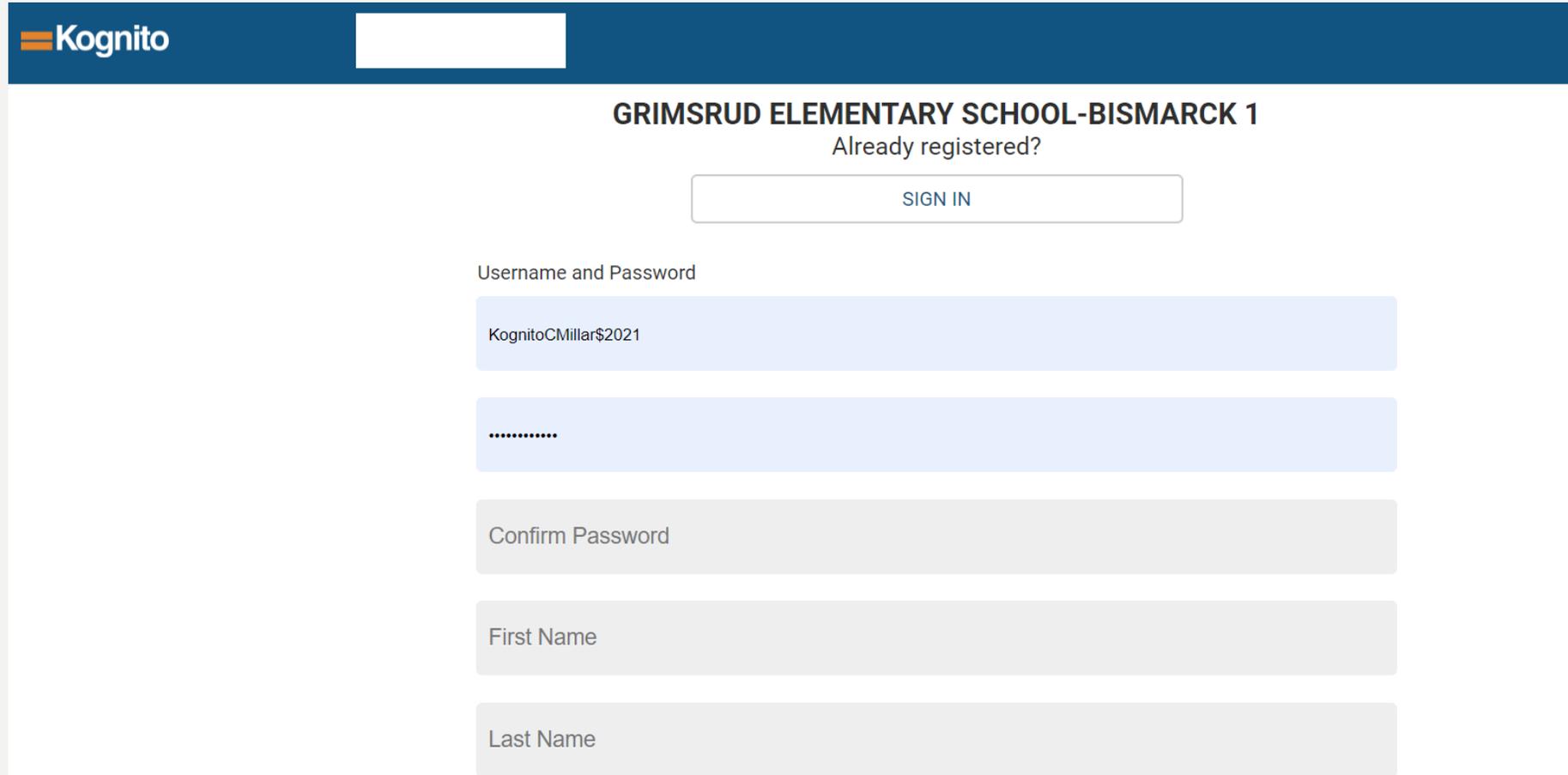
Click the name to register:

Search



- BECEP CENTER-BISMARCK 1
- BISMARCK HIGH SCHOOL-BISMARCK 1
- CENTENNIAL ELEMENTARY SCHOOL-BISMARCK 1
- CENTURY HIGH SCHOOL-BISMARCK 1
- DOROTHY MOSES ELEMENTARY SCHOOL-BISMARCK 1
- GRIMSRUD ELEMENTARY SCHOOL-BISMARCK 1
- HIGHLAND ACRES ELEMENTARY SCHOOL-BISMARCK 1
- HORIZON MIDDLE SCHOOL-BISMARCK 1
- JEANNETTE MYHRE ELEMENTARY SCHOOL-BISMARCK 1
- LEGACY HIGH SCHOOL-BISMARCK 1
- LIBERTY ELEMENTARY SCHOOL-BISMARCK 1
- LINCOLN ELEMENTARY SCHOOL-BISMARCK 1
- NORTHRIDGE ELEMENTARY SCHOOL-BISMARCK 1
- PIONEER ELEMENTARY SCHOOL-BISMARCK 1
- PRAIRIE ROSE ELEMENTARY SCHOOL-BISMARCK 1
- RITA MURPHY ELEMENTARY SCHOOL-BISMARCK 1
- ROBERT PLACE MILLER ELEMENTARY SCHOOL-BISMARCK 1
- ROOSEVELT ELEMENTARY SCHOOL-BISMARCK 1
- SIMLE MIDDLE SCHOOL-BISMARCK 1
- SOUTH CENTRAL ALTERNATIVE HIGH SCHOOL-BISMARCK 1

Create your username and password. Accept the Terms and Conditions and Agree to the Privacy Policy. Then Log In.

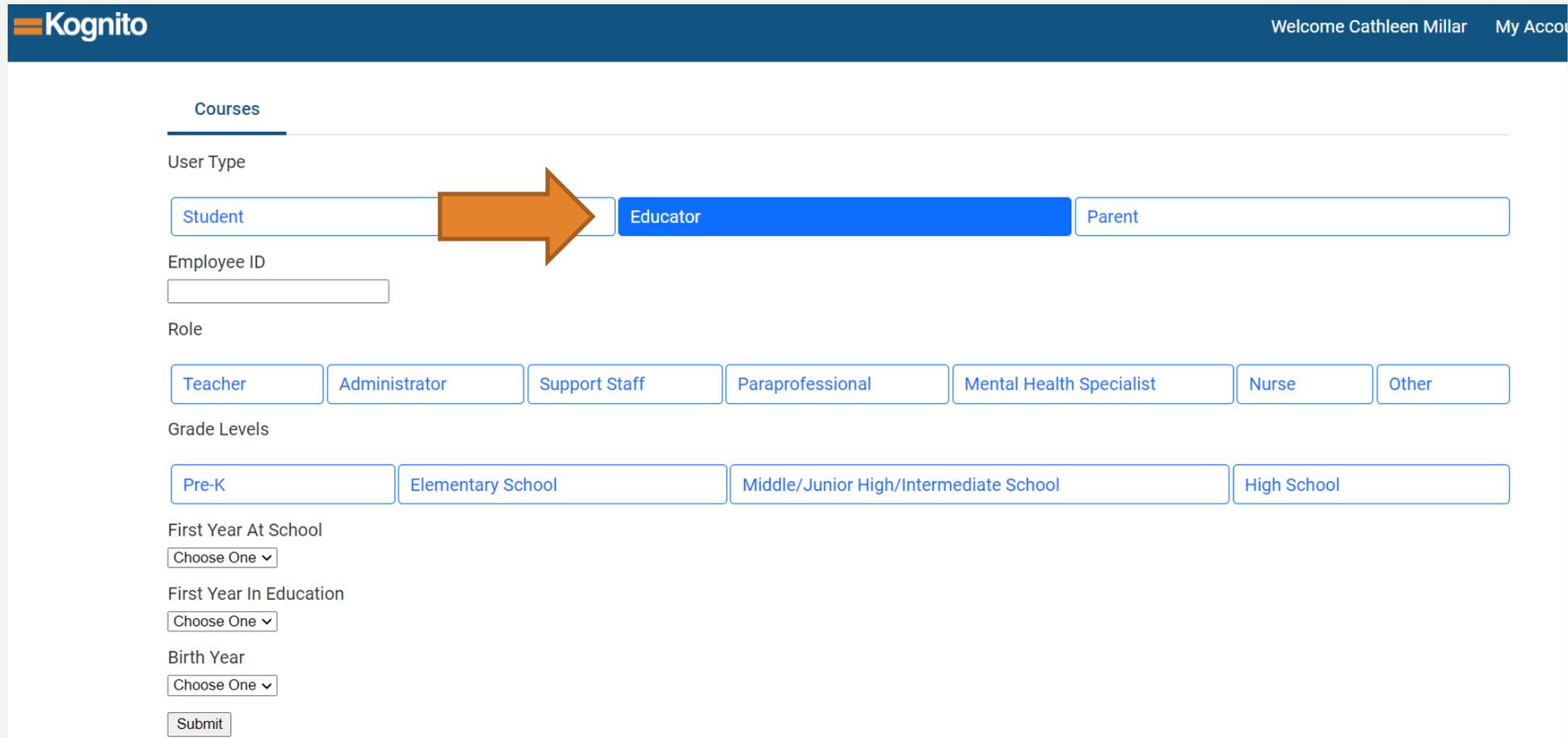




GRIMSRUD ELEMENTARY SCHOOL-BISMARCK 1
Already registered?

Username and Password

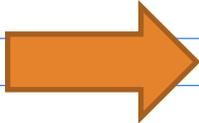
Complete your demographics information. Select “Educator” and enter the remaining details.



Kognito Welcome Cathleen Millar My Account

Courses

User Type

Student  Educator Parent

Employee ID

Role

Teacher Administrator Support Staff Paraprofessional Mental Health Specialist Nurse Other

Grade Levels

Pre-K Elementary School Middle/Junior High/Intermediate School High School

First Year At School

Choose One ▾

First Year In Education

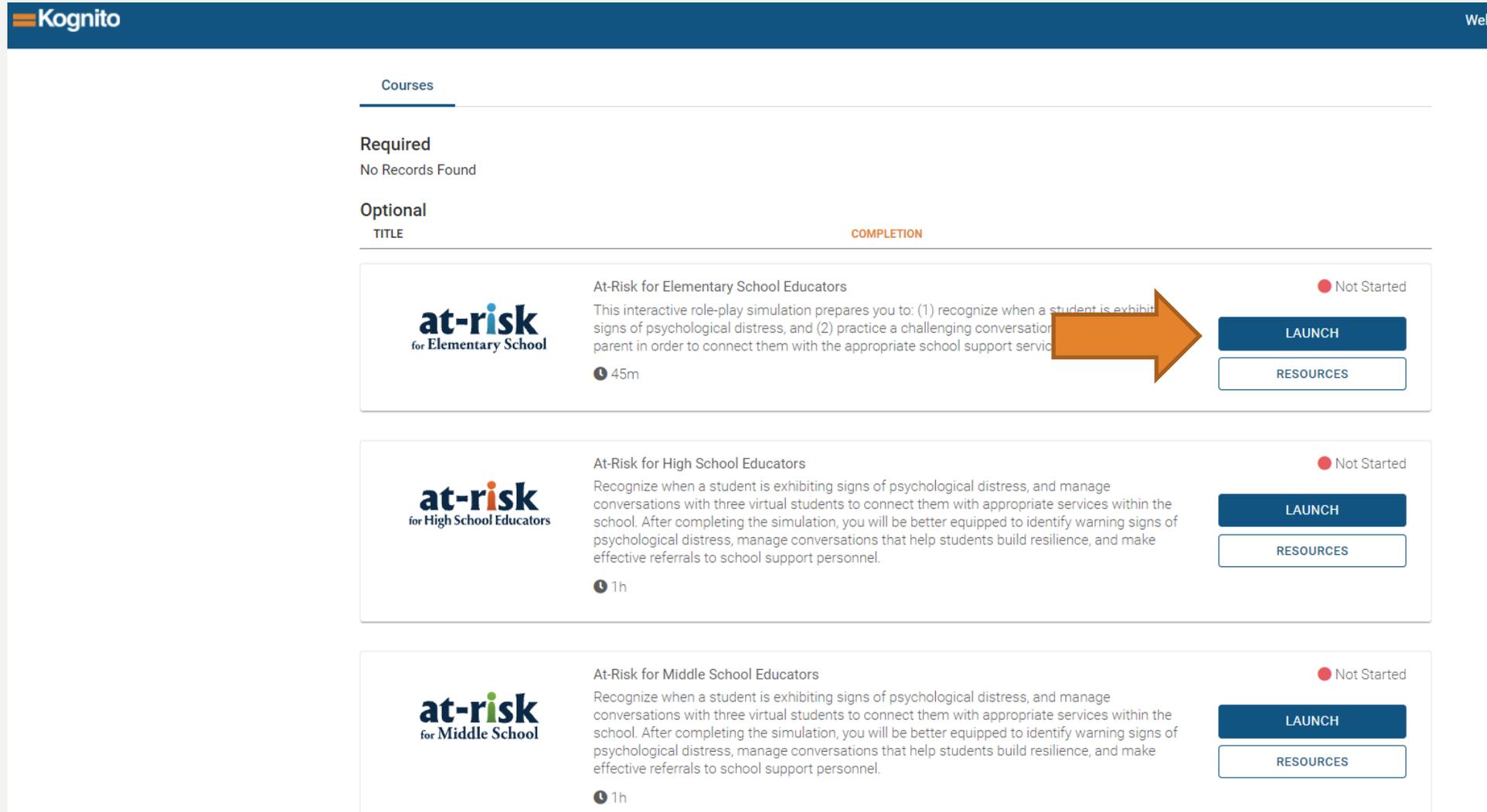
Choose One ▾

Birth Year

Choose One ▾

Submit

Select your training by clicking Launch.

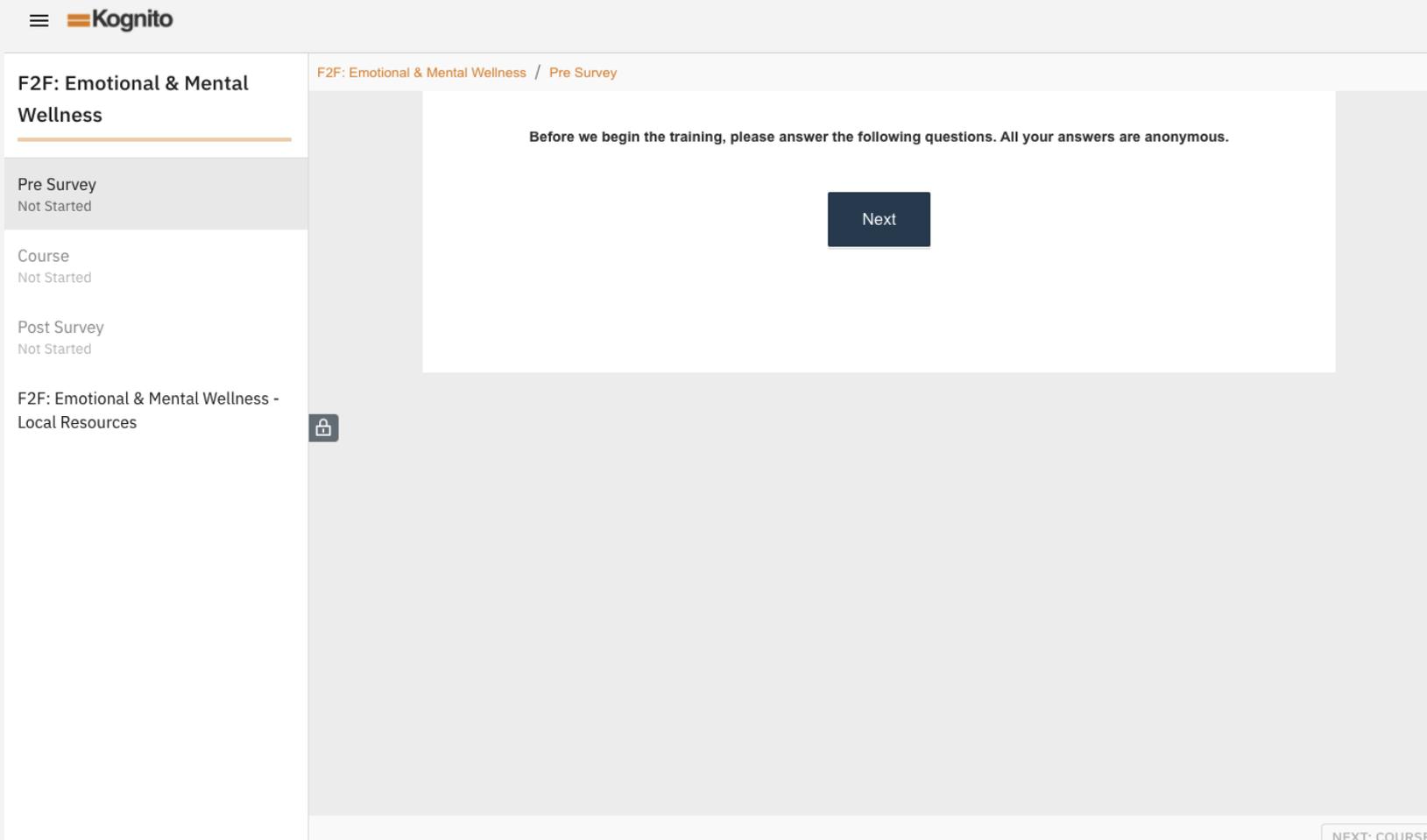


The screenshot shows the Kognito user interface for selecting training. At the top, there is a blue header with the Kognito logo on the left and a 'Welcome' message on the right. Below the header, the 'Courses' section is active. Under 'Required', it states 'No Records Found'. Under 'Optional', there is a table with columns for 'TITLE' and 'COMPLETION'. Three training courses are listed:

TITLE	COMPLETION
 at-risk for Elementary School	At-Risk for Elementary School Educators This interactive role-play simulation prepares you to: (1) recognize when a student is exhibiting signs of psychological distress, and (2) practice a challenging conversation with a parent in order to connect them with the appropriate school support services. 45m
 at-risk for High School Educators	At-Risk for High School Educators Recognize when a student is exhibiting signs of psychological distress, and manage conversations with three virtual students to connect them with appropriate services within the school. After completing the simulation, you will be better equipped to identify warning signs of psychological distress, manage conversations that help students build resilience, and make effective referrals to school support personnel. 1h
 at-risk for Middle School	At-Risk for Middle School Educators Recognize when a student is exhibiting signs of psychological distress, and manage conversations with three virtual students to connect them with appropriate services within the school. After completing the simulation, you will be better equipped to identify warning signs of psychological distress, manage conversations that help students build resilience, and make effective referrals to school support personnel. 1h

Each course entry includes a 'LAUNCH' button and a 'RESOURCES' button. A large orange arrow points to the 'LAUNCH' button for the 'At-Risk for Elementary School Educators' course. The 'COMPLETION' status for all courses is 'Not Started'.

Your training will begin once you complete the Pre-Survey. You will receive your certificate of completion once you finish the Post-Survey.



The screenshot shows the Kognito user interface. On the left is a navigation sidebar with the Kognito logo at the top. Below the logo, the sidebar lists: 'F2F: Emotional & Mental Wellness' (underlined), 'Pre Survey' (Not Started), 'Course' (Not Started), 'Post Survey' (Not Started), and 'F2F: Emotional & Mental Wellness - Local Resources' (with a lock icon). The main content area has a breadcrumb trail 'F2F: Emotional & Mental Wellness / Pre Survey'. A central white box contains the text: 'Before we begin the training, please answer the following questions. All your answers are anonymous.' Below this text is a dark blue 'Next' button. At the bottom right of the main area, there is a button labeled 'NEXT: COURSE'.



IMPLEMENTATION PLANNING

Kognito Implementation

LAUNCH

- Communicate the topic, build engagement, and provide access information to staff using flyers, talking points, and email templates available.

LEARN

- Allow time for staff to complete the simulation. Schedule a day or range of time to allow for completion.

LEAD

- Schedule your post-simulation discussion utilizing the discussion guides. Use this time to ensure staff are aware of your referral process and students know where to go for mental health support.

Implementation Resources and Support

Free & Unlimited Access to Kognito

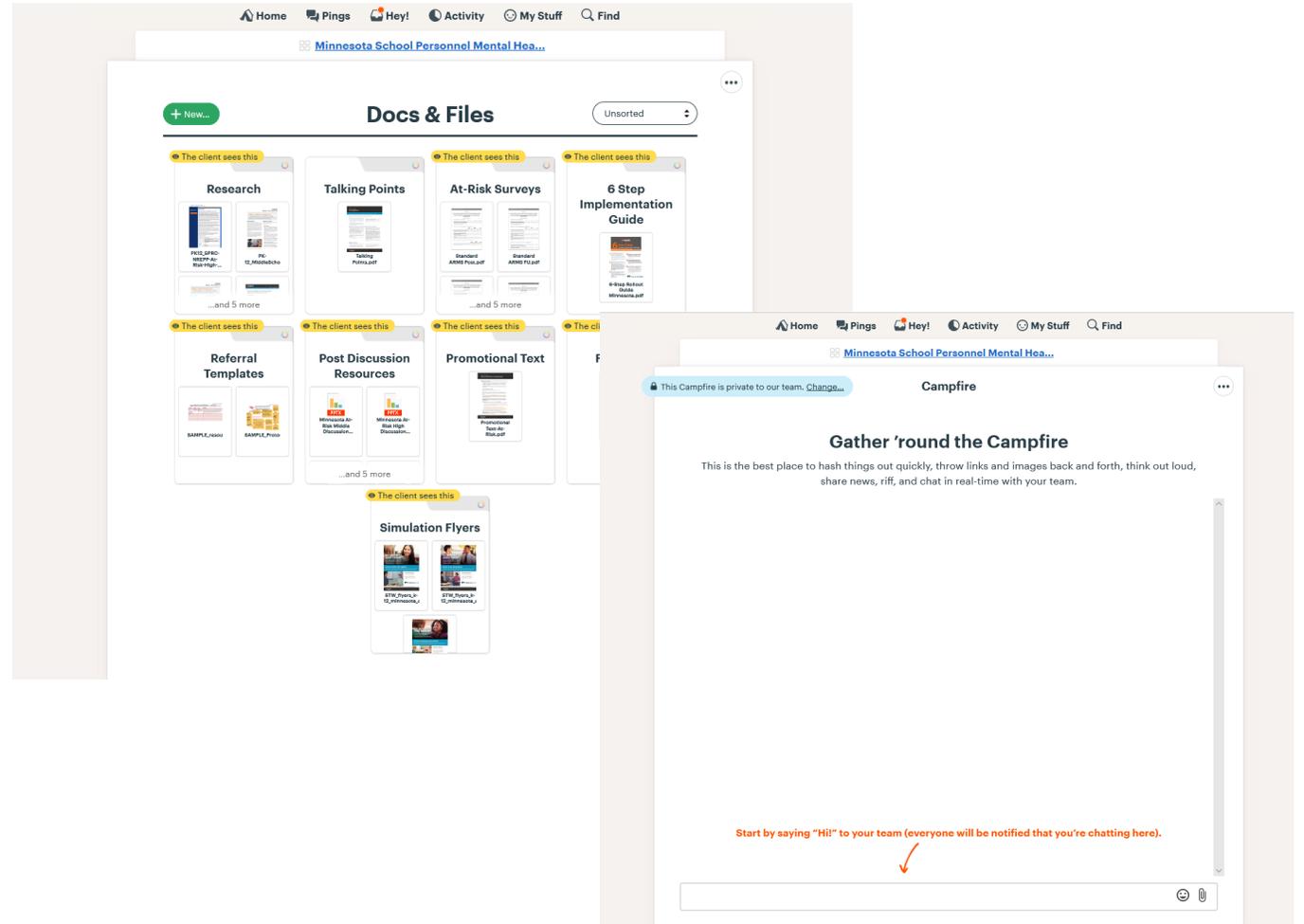
Access to Kognito Basecamp

All Implementation Materials

Dedicated Account Manager

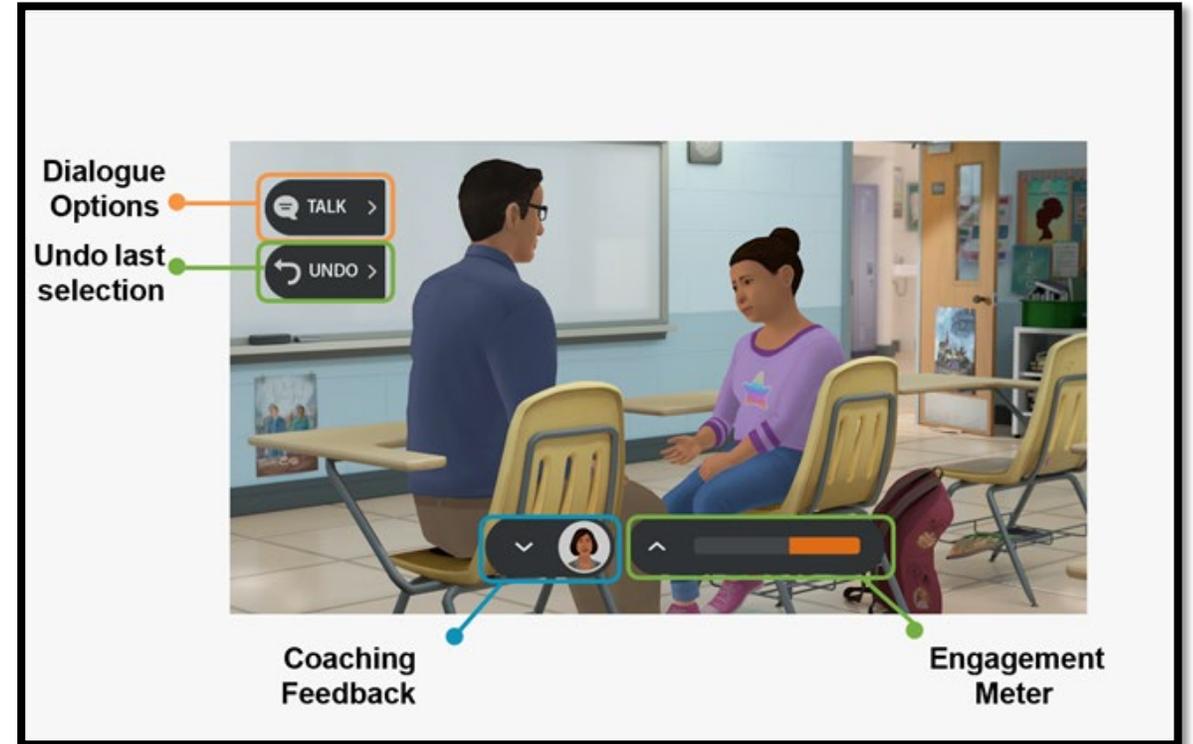
Data Reporting

Technical Support and Assistance



Who may access?

- Educators
- Administrators
- Food Service Staff
- School Psychologists
- School Counselors
- School Nurses
- Transportation Staff
- Grounds Staff
- After-School Program Staff



Post-Training Discussion Guide

- **Review mental health resources available at the school and district level**
- **Provide teachers and staff with school and district specific referral process**
- **Have educators and staff draft a personal action plan**

Discussion Guides



Workshop Facilitator Guide

Facilitator Prep time: 2-3 hours

Workshop Runtime: 2.5-4 hours

Preparation

- ☑ Determine how to best implement the training at your school:

Decision 1: Will staff complete the simulation prior to coming to the workshop?

- We recommend staff complete the simulation on their own and then meet for a 2.5 hour workshop.
- Alternatively, staff can take the simulation as part of the workshop (on separate computers). Then they rejoin the group for discussion. This would be a half-day training.

Decision 2: Will the workshop be face-to-face or online?

Tips for online workshops:

- Some software possibilities are Zoom, Google Hangouts, WebEx, or Skype.
- The "breakout rooms" in Zoom allow participants to partner for role plays and discussion.
- Share your screen to show PowerPoint slides.
- Assign a co-host to help you manage the workshop.
- Complete a recording of the online workshop and make it available for those who cannot attend.

- ☑ Review *At-Risk for Middle School Educators* and the full Workshop Facilitator Guide and corresponding PowerPoint. Customize the PowerPoint to include your school's or district's logo and any mission- or vision-specific details. If you will have less than 2.5 hours for your workshop, customize it to suit your time constraints.
- ☑ Discuss your school's referral process with the school leader, counselor, and/or mental-health team. Customize slides 18-20 (bullying prevention, referral process, and local resources) and be ready to present this information to the group. Be sure to include both the traditional at-school referral process as well as the process for referral and connection if students are learning from home. If you will provide mental health services via telehealth, explain that process.
- ☑ Cue up the corresponding PowerPoint presentation and make sure you have adequate means to present it to your participants. If needed, you can adjust the length of time of your workshop by adding/removing discussion items or activities (download the PowerPoint presentation https://cognito.com/arms_ppt_presentation).
- ☑ Print or email the workshop handouts.
 - Note-Taking Guide
 - Simulation Summary
 - Role-Play Scenarios
 - Local Resources page from the simulation

Login Flyers

Each training simulation is accompanied by a **Login Flyer**. This flyer can be attached via email, printed, or used in newsletters. These flyers have **login instructions and the Enrollment Key**.

Login Flyers



ARE YOU WORRIED ABOUT A STUDENT?

Life can be stressful, even for kids. Build the confidence to talk with a student who you're concerned about.

At-Risk for K-12 Educators

Recognize when a student is in distress, initiate a conversation with a student about your concerns, and connect parents and students to support services.

Accredited for 1.0 ANCC CNE contact hours



TO ACCESS THIS SIMULATION:

1. Visit northdakota.kognito.com
2. Select your District and School.
3. Log in or create a new account.
4. Launch *At-Risk*

[CLICK HERE TO ACCESS AT-RISK](#)



QUESTIONS & ANSWERS

Technical Support
Support@Kognito.com

NORTH DAKOTA SUPPORT
northdakota@kognito.com

BHERO
Bhero.crea@k12.nd.us

Amanda Francis
Behavioral Health and Education
amafrancis@nd.gov

QUESTIONS