



# Mental Health & Well-being Suite

**Strengthening and Supporting the Health of Every Child**  
A holistic approach focused on practice-based skill building

We understand that to help each child thrive academically, socially, and emotionally, a full circle of support is needed from the home, school and through the larger community. A holistic approach enables students to thrive academically, while also developing other important life skills. Research demonstrates that the most effective way to foster healthy child and young adult development is through practice.

**“With Kognito, Fairfax County Public Schools was able to rapidly train more than 20,000 educators, and saw a 30-40% increase in the number of students whom educators talked with and referred to mental health services.”**



## The Suite Includes Six Interactive Products

### For Teachers, Administrators, and School Staff:

- 1 Emotional & Mental Wellness
- 2 Trauma-Informed Practices

### For Students:

- 3 Friend2Friend (F2F): Emotional & Mental Wellness
- 4 Friend2Friend (F2F): Substance Use

### For Parents, Caregivers and the Larger Community:

- 5 Emotional & Mental Wellness
- 6 Substance Use

Kognito provides students, parents, and the community with the opportunity to build skills focused on mental health and well-being through a virtual learning environment. Users engage in interactive practice scenarios with emotionally responsive, virtual humans while receiving personalized feedback and access to additional learning materials and resources. These scenarios address situations where adolescents may be

adversely affected by trauma or distress and helps the user build communication and resiliency skills. While other topics help guide youth in making healthy choices around alcohol and other substances.

The *Mental Health & Well-being Suite* offers school districts an easy to implement, accessible, and scalable community approach to creating a safe learning environment for students, teachers and staff.

## This Suite helps districts build awareness, knowledge, and skills around emotional and mental wellness

- ✔ **Healthier attitudes** and understanding about emotional and mental well-being, including how and why substance use choices impact overall health
- ✔ **Greater resiliency and lifelong coping skills** for students and adults alike, especially during or following periods of trauma or distress
- ✔ **Stronger relationships** and connectedness through every facet of a student's life
- ✔ **More confidence** in identifying, evaluating and connecting those in need to the right support
- ✔ **Higher academic, social and behavioral outcomes**
- ✔ **Safer, more caring schools**, and more compassionate, successful individuals

## Meet our Virtual Humans

We have spent over 10 years designing and studying virtual humans. Virtual humans are ideally suited to creating safe, engaging, and non-confrontational experiences that promote meaningful and effective behavior change.

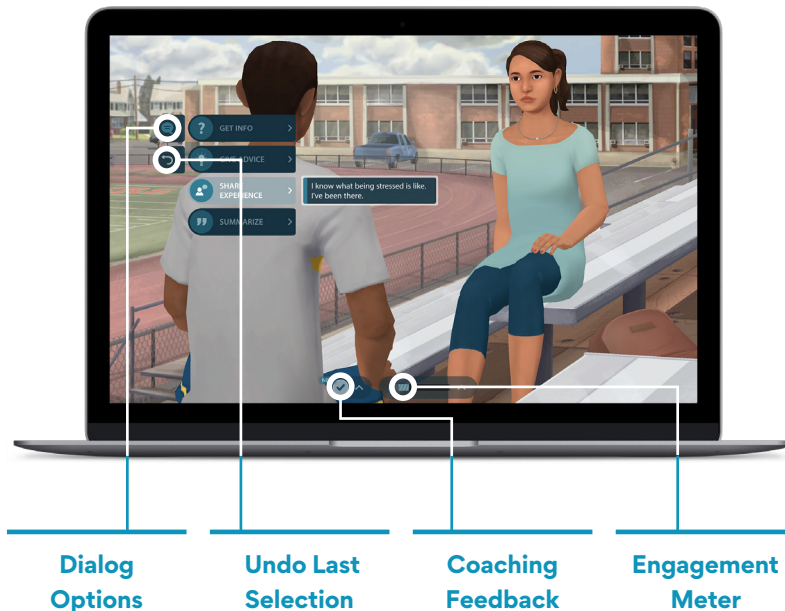
Unlike videos or real-life workshops, virtual humans make people feel more comfortable speaking, experimenting with different communication styles, and more open to receiving feedback about their performance.

Virtual humans are also very “talented”. They never age, and their appearance and level of realism can be adjusted to meet the needs of various audiences. Furthermore, they can be coded to exhibit different personalities, medical or behavioral health conditions.




# Kognito Offers Top-Notch Support and Implementation Guidance

Developed by experienced teachers, child psychologists and childcare experts, Kognito’s Mental Health & Well-being Suite includes products for students, educators, parents and the larger community. Each scenario is set in an approachable, brief and guided setting, averaging 30-45 minutes in length. Evidence-based models and techniques, game mechanics, and key learning and assessment principles ensure users stay engaged and emerge with a deeper understanding of their ability to use their new skills in real life.



 **Personalized, Strategic Implementation**

After carefully understanding what will be successful to reach your community, Kognito will provide a personalized implementation kit, including email templates, flyers and other promotional materials to get you up and running quickly.

 **Ongoing, Responsive Customer Support**

Our dedicated team is with you every step of the way, helping you plan and execute both a strategic implementation and ongoing, successful usage.

 **On Demand, Unlimited Access to Practice & Improve**

Users can return to and practice Kognito’s virtual conversations as many times as needed, whenever needed, trying different approaches, gathering further feedback, and gaining greater insight for real-life scenarios.

# Explore Emotional & Mental Wellness



## Emotional & Mental Wellness

For Teachers, Administrators, and School Staff (Professional Development)

Length 30-45 minutes | Applicable Grades 4 -12

### Program Overview

Through practice conversations with two, different, virtual adolescent students, Kira and Jake, this scenario builds awareness, knowledge and skills around student emotional and mental well-being, as well as suicide prevention. With an SEL and trauma-informed lens, it prepares teachers, administrators and school staff to lead real-life conversations that create a more positive environment, work to build greater resilience, strengthen relationships, and connect students with appropriate support. This scenario also introduces new features such as an optional, advanced practice scenario and the inclusion of de-escalation and mindfulness techniques.

### Learning Objectives

- ✔ Increase awareness, knowledge and skills around emotional and mental wellness.
- ✔ Identify warning signs of distress, including verbal, behavioral, and situational indicators, as well as suicidal thoughts and risk.
- ✔ Utilize effective communication techniques with students to discuss concerns, strengthen relationships, build resilience, and increase connectedness.
- ✔ Understand the need for referral and distinguish best type of support, while understanding how to motivate a student to be receptive to additional help.



# Explore Friend2Friend: Emotional & Mental Wellness



## Friend2Friend: Emotional & Mental Wellness For Students (SEL Curriculum)

Length 30-45 minutes | Applicable Grades 6-12

### Program Overview

Through practicing conversation between virtual high schoolers, Michael and Ana, this scenario helps (middle and) high school aged students build awareness, knowledge, and skills about the importance of emotional and mental wellness. They learn to become more comfortable talking about difficult or uncomfortable situations and feelings, and in doing so, reduce stigma around mental health. These conversation practices prepare students to recognize signs of distress in their friends and peers, giving them the tools and courage to reach out to someone they care about. This scenario also helps users know how and when to identify a trusted adult for support.

### Learning Objectives

- ✔ Increase awareness, knowledge and skills around emotional and mental wellness, as well as social awareness and relationship skills.
- ✔ Identify warning signs of distress in peers, including verbal, behavioral, and situational indicators, including becoming comfortable asking a friend if they are thinking about suicide.
- ✔ Utilize effective communication techniques so that students can approach a peer in a manner that will motivate them to access support should they need it.
- ✔ Understand the need for referral and distinguish best type of support, while understanding how to motivate a peer to be receptive to additional help.
- ✔ Acquire greater skills surrounding self-management and self-awareness, responsible decision-making, help-seeking, empathy and active-listening, as well as stress management and coping mechanisms.

# Explore Emotional and Mental Wellness for Parents, Caregivers, and the Larger Community



## Emotional & Mental Wellness For Parents, Caregivers, and the Larger Community

Length 5-30 minutes; self-paced, return to product as needed | Applicable Grades K -12

### Program Overview

With the help of Hope, a knowledgeable and relatable professionally trained guide, this product teaches parents, caregivers, and those in a student's larger community of support, how to create a healthier environment for children and adolescents by encouraging open dialogue about emotional and mental wellness. Users engage with Hope through a series of conversation topics, as they explore how to identify, approach and get support for their children, when needed. They also learn how to better connect, forge stronger bonds, and better respond to the expression of various feelings, thoughts and emotions. Practical suggestions are provided for teaching by example, engaging more often and more meaningfully, as well as when, where and how to seek additional support. Designed for busy parents and caregivers, this product can be utilized for brief, or extended learning sessions.

### Learning Objectives

- ✔ Understand the importance of emotional and mental wellness in overall health and how parents, caregivers and the larger community can best support children and adolescents.
- ✔ Identify potentially concerning changes in behavior.
- ✔ Explore strategies that help build resiliency, strengthen relationships, and ensure a sense of connectedness.
- ✔ Help children and adolescents recognize and verbalize their feelings, thoughts and emotions.
- ✔ Determine the best actions to take in response to listening to your children.
- ✔ Overcome barriers to help-seeking through a better understanding of the role of mental health professionals and other support resources.

# Explore Trauma-Informed Practices



## Trauma-Informed Practices

For Teachers, Administrators, and School Staff (Professional Development)

Length 30-45 minutes | Applicable Grades K-12

### Program Overview

Through practice conversations with three, different, virtual adolescent students ranging in age from third through eleventh grade, this product helps educate teachers, administrators and staff about the effects of trauma on adolescents and the developing brain. Users build awareness and skills in how to identify, engage, understand, and support students who may have experienced trauma or adversity, including when to refer to a mental health professional for additional care. Problem-solving together and the importance of self-care are also addressed as integral components to successfully helping students who have or are undergoing traumatic experiences.

### Learning Objectives

- ✔ Increase knowledge and awareness about the types of experiences that can cause distress or trauma, and how these relate to adolescent brain development.
- ✔ Recognize when a student's behavior might be the result of trauma or distress, and help lead conversations that enable students to feel comfortable sharing how they might be feeling.
- ✔ Problem-solve ways their class or school can become a more comfortable place for students who have experienced trauma.
- ✔ Assess the need for referral, motivating students to be open to and seek help when needed.
- ✔ Understand the importance and benefits of self-care for both educator and student in coping with and helping support traumatic experiences and adversity.



# Explore Friend2Friend (F2F): Substance Use



## Friend2Friend (F2F): Substance Use For Students

Length 30-45 minutes | Applicable Grades 6 -12

### Program Overview

Through a practice conversation with virtual friend, Dan, middle and high school students build awareness, knowledge, and skills to make positive decisions about alcohol and other substances. This interactive learning experience introduces social norms and addresses the challenges of media portrayals and misconceptions that surround adolescents today. Students identify personal goals that motivate them to make healthy decisions, learn coping and refusal skills, and communication techniques to best support friends. Users emerge with the confidence and tools they need to better navigate real-life situations involving substances.

### Learning Objectives

- ✔ Distinguish healthy vs. unhealthy coping strategies in navigating the challenges of being a teen, including the risks associated with substance use.
- ✔ Adopt a more positive self-concept and social norms, as well as effective refusal skills that can help yourself and others.
- ✔ Identify substance misuse and how, when, and where to find potential support services.
- ✔ Apply communication skills to help a friend who may be in need.
- ✔ Create a personalized action plan around substances based on reflection, individual values and goals.



# Explore Substance Use For Parents, Caregivers, and the Larger Community



## Substance Use For Parents, Caregivers, and the Larger Community

Length 5-10 minutes | Applicable Grades 6 -12

### Program Overview

Through a practice conversation assuming the role of a parent interacting with virtual teen, Sienna, this product helps parents and caregivers initiate conversations about healthy choices and substance use, which in turn has a strong positive influence on adolescent decision-making. Users explore ways to effectively discuss risks, set expectations, and imagine scenarios with teens that will help them to better manage tough situations involving substances in real life.

### Learning Objectives

- ✔ Understand the positive and powerful role that parents and caregivers play in influencing a teen's substance use.
- ✔ Conduct non-judgmental, open conversations with a teen about substance-use decision-making.
- ✔ Acquire a variety of strategies to use in engaging teens on the topic of substance use.
- ✔ Ensure a teen feels heard, which will help make it easier for them to listen to their parents and caregivers.

## Let's Start the Conversation

Engage in an interactive demo, and hear how other schools just like yours have transformed their ability to connect with students and provide them with the tools to support their emotional and mental well-being.

CONTACT US AT [GO.KOGNITO.COM/CONTACT-US](https://go.kognito.com/contact-us) OR [212.675.9234](tel:212.675.9234)