

# Training Tools to Support **BHERO** SCHOOLS

"As educators, we are always looking for training to improve our skillset. Kognito offers ND educators an excellent opportunity to gain real-life experience through simulations during a time where accessing training may not be safe or financially viable. It also gives our rural teachers the opportunity to gain new skills without leaving their communities."

—Bret Dockter, North Dakota's 2022 Teacher of the Year, Harvey Elementary School

## PROGRAMMING FEATURE:

# KOGNITO

HEALTH SIMULATIONS

## DEVELOPED BY:

Co-Founders Ron Goldman and Glenn Albright & Ascend Learning, a leading provider of health education software, content, and analytics

**INCEPTION:**  
2004

## REACH: 1+ million individuals

(educators, healthcare professionals, students) have utilized Kognito, including over 500,000 K-12 educators.

## BH PROFESSIONAL DEVELOPMENT TRAINING CATEGORY: KNOWLEDGE

**OF BEHAVIORAL HEALTH SYMPTOMS AND RISKS:** Find all Behavioral Health Professional Development Training Categories in North Dakota state law, NDCC 15.1-07-34.

**COST:** All public, private and tribal school personnel in North Dakota have access to Kognito's At-Risk Series for Mental Health Promotion, Early Identification, and Suicide Prevention **at no cost.**

**DESCRIPTION OF SERVICE:** Kognito is a health simulation company that comprises learning experts, designers, technologists and implementation professionals to provide evidence-based simulations that build a variety of competencies and shape attitudes through role-play conversations with virtual people.

Kognito's At-Risk simulation experience allows users to interact with fully animated at-risk students or their parents in robust conversation surrounding observable behaviors, indicators of risk, and referral procedures. Participants take on the role of a trusted adult or school personnel and can select dialogue options, utilize feedback from a virtual coach, and receive personalized performance summaries upon completion of the simulations.

## WHO WE ARE.

A group of educators and advocates passionate about the importance of behavioral health in our schools and communities.

Learning objectives for the *At-Risk Series for Mental Health Promotion, Early Identification, and Suicide Prevention* include:

## WHAT WE DO. We provide:



Training



Technical Assistance



Opportunities

B-HERO Technical Assistance Center is a collaborative effort between Central Regional Education Association and the Department of Human Services, Behavioral Health Division.

B-HERO's mission is to engage K-12 Behavioral Health Resource Coordinators in training, technical assistance, and opportunities to facilitate connections.

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

## TO GET STARTED WITH KOGNITO:

Visit North Dakota's landing page at [northdakota.kognito.com](http://northdakota.kognito.com)

 Kognito

**BHERO**  
TECHNICAL ASSISTANCE CENTER