

ThriveNYC - Kognito's At-Risk Suite

What is ThriveNYC?

ThriveNYC is New York City's plan of action to improve and promote mental health. As part of ThriveNYC, the NYC Department of Education in collaboration with the NYC Department of Health and Mental Hygiene will be offering **Kognito's At-Risk Suite**.

Additional information on ThriveNYC is available at:

<https://thrivenyc.cityofnewyork.us/>

What is Kognito's At-Risk Suite?

Kognito's At-Risk Suite is an evidence-based, online training offering three distinct modules for **all** elementary, middle, or high school personnel. The modules educate teachers on how to:

- a. recognize early signs and symptoms of psychological distress in students including depression, anxiety, and suicidal thoughts and
- b. approach and connect students in need of resources within a school setting.

at-risk

What will this training prepare school personnel to do?

Staff members will learn to identify, approach, and appropriately refer at-risk students by receiving training to:

- ◆ Broach the topic of psychological distress
- ◆ Motivate students to seek help
- ◆ Avoid common pitfalls such as attempting to diagnose

What are the details?

- ◆ **Time commitment:** 1 hour training
- ◆ **Mode:** Online; individual; avatar-based (participants practice simulated conversations with virtual humans); interactive

Who is the recommended audience?

All elementary, middle, and high school personnel

Take the online training at: <https://nyc.kognito.com/>

This training is made available to New York City educators through the New York City Department of Education Office of Safety and Youth Development, the New York City Department of Health and Mental Hygiene, and Kognito.

