At-risk for High School Educators
Identify and Refer Students in Psychological Distress

According to a 2010 report by the CDC, nearly 14% of high school students surveyed had seriously considered suicide in the previous 12 months and 6% had attempted suicide. High school teachers are in a unique position to spot indicators of students' psychological distress and refer them to support services. Equipping them with the skills and knowledge to identify these students, effectively talk with them and refer them is essential in ensuring these students receive the help they need as early as possible.

PRACTICE-BASED LEARNING:
At-Risk for High School Educators is an interactive, web-based training simulation that uses innovative and effective educational gaming technology to prepare high school educators to identify, approach, and refer at-risk students. In the simulation, users learn by engaging in conversations with emotionally responsive student avatars that exhibit symptoms of psychological distress including depression, anxiety, and thoughts of suicide. A narrated trailer and demo can be viewed at:
www.kognito.com/products/highschool

ADOPTION:
- Adopted by the health departments and non-profit agencies in New York, Texas, Ohio, Arizona and Washington to train over 120,000 high school teachers in those states.
- Listed in the SPRC/A&FSP Best Practices Registry for Suicidal Prevention Programs and will soon be included in the National Registry of Evidence-Based Programs and Practices (NREPP).

PROGRAM EFFECTIVENESS:
A study among 327 teachers in 40 states using an experimental and control group found that:
- At-Risk significantly increases teachers' ability to identify, approach and refer students exhibiting signs of psychological distress, including depression, anxiety and suicidal ideation.

- Teachers who complete At-Risk are more confident in their ability to help a suicidal student and are significantly more likely to intervene when faced with such a student.

FEATURES:
- Engaging, skills-based learning format, available 24/7 via the Internet
- Complete in one or multiple sessions
- Turnkey materials for promotion (dedicated website, narrated video trailer, materials for promotion to staff)

At-Risk for High School Educators is freely available in Arizona for educators and youth service providers

To Train: https://highschool.kognito.com/arizona
Enrollment Key: az126

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