

BOARD OF  
EDUCATION

DATE: August 1, 2023

TO: All Employees

Chinua Rhodes  
President  
Trustee Area 5

FROM: Jacqueline Garner, Executive Director  
Student Support and Health Services

Lavinia Grace Phillips  
Vice President  
Trustee Area 7

SUBJECT: Student Suicide Prevention: 2023-24

Jasjit Singh  
2<sup>nd</sup> Vice President  
Trustee Area 2

Today's students face increasing pressures, including the ongoing realities of the COVID-19 pandemic, that can lead to emotional distress, depression, anxiety, and even thoughts of suicide. As educators, we can help mitigate these mental health risks and save lives by learning how to recognize signs of emotional distress, warning signs for suicide, and how to help students access supports.

Tara Jeane  
Trustee Area 1

Christina Pritchett  
Trustee Area 3

**SCUSD Student Suicide Prevention Training Mandate**  
State Law AB2246, AB1767, & SCUSD Board Policy 5141.52 requires all district staff and all other adults who work with students to be trained in suicide prevention awareness.

Jamee Villa  
Trustee Area 4

Taylor Kayatta  
Trustee Area 6

Gracie Miller Segura  
Student Board Member

SCUSD has adopted Kognito, an online role-play simulation to help us recognize the signs of distress, use conversations to approach, understand and discuss our concerns and refer parents/students to the appropriate resources. The Kognito simulations let you practice these challenging conversations at your own pace through role-play with an emotionally responsive virtual student or parent.

In order to access the online Kognito simulations follow the directions below.

Step 1: Visit [SCUSD.Kognito.com](http://SCUSD.Kognito.com)

Step 2: Log in or create a new account

Step 3: Scroll down the list of Kognito modules. Select one of the ~~the~~ modules elementary, middle school, or high school then hit the "LAUNCH" button to begin the module. You may start and stop the simulation anytime and will be able to pick back up where you stopped.

Step 4: Complete the ending evaluation, which will automatically generate your