



Health

Department of
Education

FREE TRAINING OPPORTUNITY FOR HIGH SCHOOL TEACHERS

The New York City Department of Education (DOE) in collaboration with the New York City Department of Health and Mental Hygiene (DOHMH) is offering teachers a free professional development opportunity. For a limited time, the DOE and DOHMH are making available an on-line training course, *At-Risk for High School Teachers*, developed by Kognito Interactive. The training aims to teach you how to **identify, approach, and refer students who show signs of psychological distress**.

- The on-line course takes about 60 minutes and tracks your progress so you can complete it at your own pace.
- The training can be taken from any computer that has internet access.
- The training is voluntary.
- The free training opportunity will be available from January 31, 2012 to the end of the school year.
- The training is available for all high school teachers in the building.

Research shows that nearly 50% of lifetime mental disorders begin by the mid-teens. More than 10% of High School students in the New York City reported attempting suicide in the past year according to the 2009 Youth Risk Behavior Survey. Furthermore, anxiety, depression, substance abuse and other common conditions can compromise students' academic achievement and disrupt learning. You can play a vital role in ensuring that students come to the attention of school support staff and receive the help and support they need.

To preview a trailer of the **At Risk for High School Teachers**, go to <http://bit.ly/nyc-trailer>.

How to enroll as a learner in 4 easy steps:

- 1) Go to: <https://nyc-arht.kognito.com>-You will need to know your school DBN or ATS code to get started.
- 2) Register as a FIRST TIME USER using your DOE email address.
- 3) **Enter your 4-digit school ATS or DBN code** from the drop down menu (e.g., M485 is LaGuardia High School of the Performing Arts) and other requested information. Once you've agreed to the terms of use, you will be automatically directed to the course launch page.

The training consists of a one hour course and three brief surveys. The results of the surveys are anonymous unless you volunteer to be contacted. We need to know whether this training was of benefit to you so please take the time to fill out the surveys once you complete the training.

Training Support:

- **Technical Support:** Log-In/Technical Assistance: Please address any login issues to: support@kognito.com.
- **General Questions:** If you have any questions about this staff development initiative, please call or e-mail Scott Bloom, LCSW, Director of School Mental Health, Office of School Health at the DOE: SBloom5@schools.nyc.gov or 212 374-6846.