



Mental Health in New York City Schools: Professional Development Opportunities



Kognito At-Risk Suite



Online training using interactive roleplay to identify, approach, and refer students showing signs of emotional or psychological distress with separate modules for elementary, middle, and high school educators.

Participants	
Providers	<input type="checkbox"/>
School Staff	<input checked="" type="checkbox"/>
School Admin	<input checked="" type="checkbox"/>
Community	<input type="checkbox"/>

Appropriate for school staff in any role

Location: nyc.kognito.com—any time, any computer!

Time: 1 hour per module

Register: Easy sign-up at nyc.kognito.com

Making Educators Partners (MEP)



Classroom-based professional development program through **Thrive NYC** to increase awareness and understanding of youth suicide including recognizing warning signs, responding to a mental health crisis, and making appropriate referrals.

Appropriate for school staff in any role.

Participants	
Providers	<input type="checkbox"/>
School Staff	<input checked="" type="checkbox"/>
School Admin	<input checked="" type="checkbox"/>
Community	<input type="checkbox"/>

Location: On-site in schools

Time: 1 hour per module

Register: Contact a Counseling Manager at the NYCDOE Borough/Citywide Offices (former BFSC). Look up at: <https://sites.google.com/a/strongschools.nyc/contacts/>

Youth Mental Health First Aid



A national and local program that provides basic knowledge and skills to respond to a young person in emotional distress. **Through Thrive NYC and the NYC Department of Health and Mental Hygiene.**

Participants	
Providers	<input checked="" type="checkbox"/>
School Staff	<input checked="" type="checkbox"/>
School Admin	<input checked="" type="checkbox"/>
Community	<input checked="" type="checkbox"/>

Appropriate for anyone who works with or has regular contact with young people in any setting.

Location: Various locations throughout the city

Time: 8 hours

Register: DOE staff or school-based providers contact David Rivera to express your interest at drivera3@health.nyc.gov

Creating Suicide Safety in Schools



This training helps educators develop suicide prevention and response plans, review suicide prevention and intervention readiness, discuss evidence-based and best practice guidance, and receive suicide safety resources.

With School Mental Health and the Suicide Prevention Center of New York.

Ideal for crisis teams or implementation teams—4-5 people per school.

Participants	
Providers	<input checked="" type="checkbox"/>
School Staff	<input checked="" type="checkbox"/>
School Admin	<input checked="" type="checkbox"/>
Community	<input type="checkbox"/>

Location: Various locations throughout the city

Time: 6 hours

Register: For more information contact School Mental Health at MH@schools.nyc.gov

Please reach out to MH@schools.nyc.gov with any questions.