

As a special education teacher I work with students with a history of high and serious behaviors. Most of their behaviors are associated with many things, however mental illness is always an underlying factor. Many of my students suffer with PTSD and historical trauma. Suicide and self-harm is always a concern. My staff and I are grateful for the Suicide Awareness and Prevention Training opportunities provided through NAMI and Kognito. It has helped my paraprofessionals to become more aware of how to identify possible concerns through the interactive Kognito program. The program is a very effective and vital to educate and raise awareness in how to identify behaviors that may just appear to be odd or weird in the school environment. Please help to provide this essential service statewide.  
Thank you

Gwen Tacheny  
Special Education Teacher/Coordinator  
Minisinaakwaang Leadership Academy

I am happy to write this letter in support of Kognito Suicide Prevention Training. This online training has been used at Princeton High School for the past two years. In the 2016-2017 school year, all certified staff completed this training. Although not required for all certified staff in the 2017-2018 school year, it was required for all teaching faculty new to the High School. Therefore, the first year, we had 100% of certified staff complete the training and this year we have had 100% of new teachers, therefore, 100% of certified staff have completed this training within the last 12 months. We are hoping to continue our partnership with NAMI Minnesota.

As the main contact for this training, I attest to the ease of implementation. We had minor glitches the first year in password. completely expected. What is not always expected is the quick and congenial support I received from NAMI staff as we worked through these. Our experience with NAMI has been very positive.

The training itself is not set up to just click through it. The participant must be present and engaged in the learning in order to proceed through. At our debrief with staff, it was mentioned several times that in some cases, many went back to choose a different option in order to learn a better outcome. The training was well-received and we followed up with discussion at staff training. I strongly recommend this training program.

Sincerely,  
Barbara Muckenhirn, Principal  
Princeton High School

After I completely the online Kognito training I placed the overview notes on my desktop for ease of accessibility. Within a couple of weeks after completing the training a high school student was brought to my attention who had some worrisome behaviors. I found that I was able to effectively intervene while remaining sensitive to the student. Using the "I" statements and being specific was key to a positive resolution.

Chris  
New Century Academy

I would like to extend my support to NAMI Minnesota in its advocating for a bill that would provide funding for all schools in Minnesota to have access to the online Kognito training. My school was able to participate in the pilot training of suicide prevention for school staff. The simulations reflected real life scenarios that I have been faced with as an educator of twenty years. My staff found this training to be valuable in knowing what to look for and how to respond to children in crisis.

Regards,

Amy Elverum  
Associate Director/Director of Special Education  
Upper Mississippi Academy