

Statewide Tool for all Illinois Colleges to Support Student Mental Health August 2014



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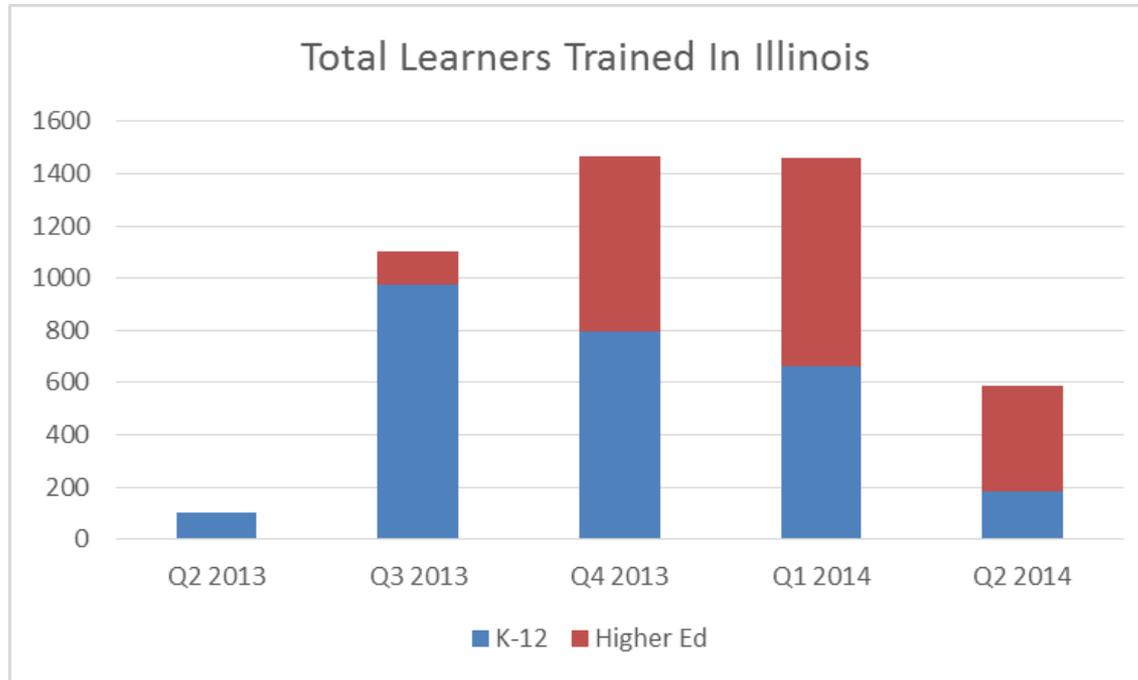


- Illinois Higher Education Center
- About the Training
- How to Implement

- Cherise Murphy, IHEC Assistant Director
- Illinois Higher Education Center (IHEC) Mission
 - To reduce negative health and safety consequences to Illinois college students related to alcohol, other drugs and violence and to increase college and community environmental factors that support healthy and safe norms.
- Mental health support for Illinois college students through IYSP



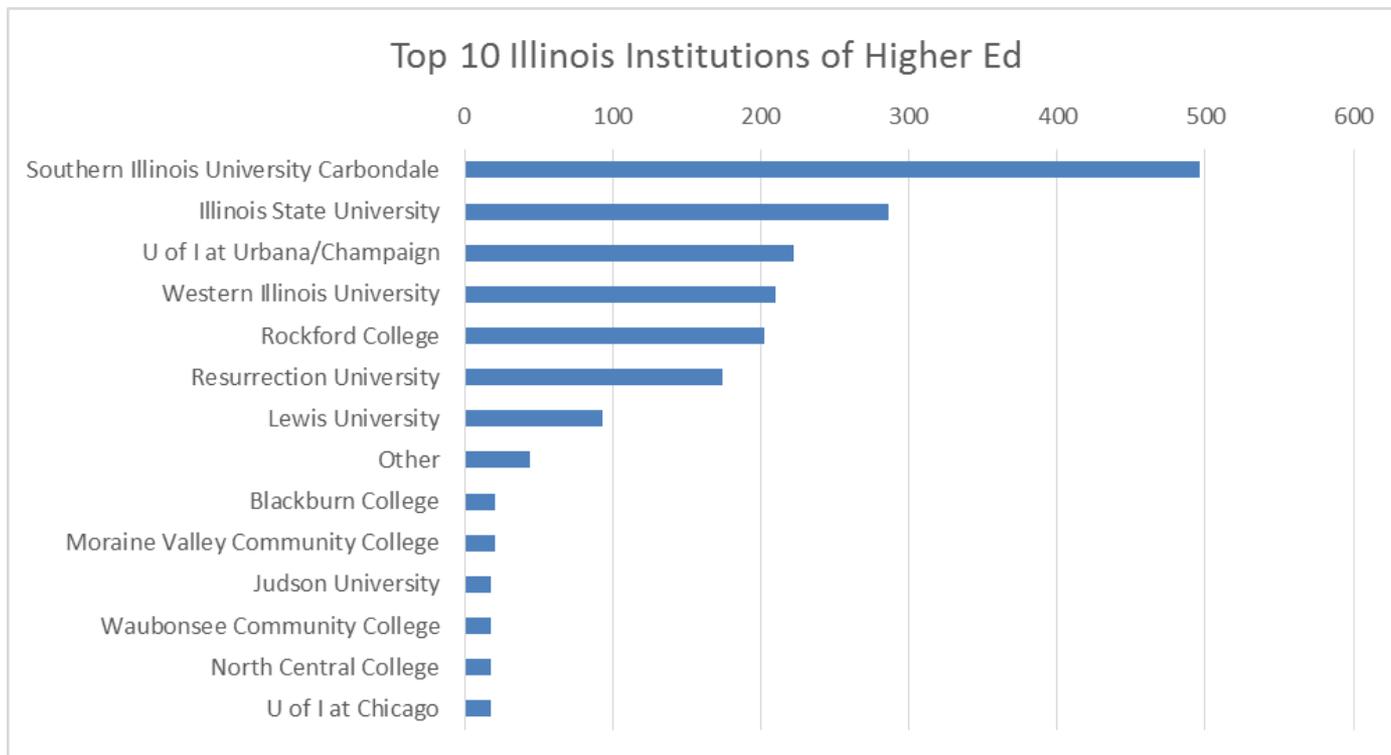
Illinois results



5000+
trained
(including
July)

Channel	Year 1	Year 2 (through Q2)	Total
K-12	180	2,533	2,713
Higher Ed	Not launched	2,000	2,000
Total	180	4,533	4,713

Leaderboard



Training Suite

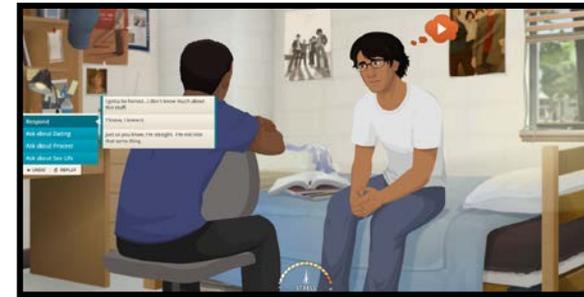
At-Risk



Veterans on Campus



LGBTQ on Campus



for Faculty & Staff



for Students

How it Works



Veterans on Campus



LGBTQ on Campus



At-Risk

Features:

- Online, 24/7 accessibility
- Includes simulated conversations with emotionally responsive virtual students
- Built-in program assessment and tracking
- Utilized by 750+ institutions, listed in SPRC Best Practices Registry, and evaluated in a national study
- Materials for on-campus promotion
- *Veterans on Campus* is a collaboration between Student Veterans of America (SVA) and Kognito
- *LGBTQ On Campus* is a joint initiative of The Trevor Project, Campus Pride, and Kognito

Learning Objectives

In these courses, users will learn:

1. How to recognize the common warning signs of **psychological distress** and **PTSD**
2. Ways to **approach students** with greater skill and confidence and effectively refer students to campus mental health services, administrative support, and student groups on campus
3. How to **effectively manage a conversation** around topics that may be sensitive to at-risk, veteran, and LGBTQ students
4. Their local and **college-specific resources**

At-Risk



- Learn to identify, approach, and refer (when necessary) at-risk students
- Broach the topic of psychological distress
- Motivate the student to seek help
- Avoid common pitfalls such as attempting to diagnose or giving unwarranted advice



Veterans on Campus



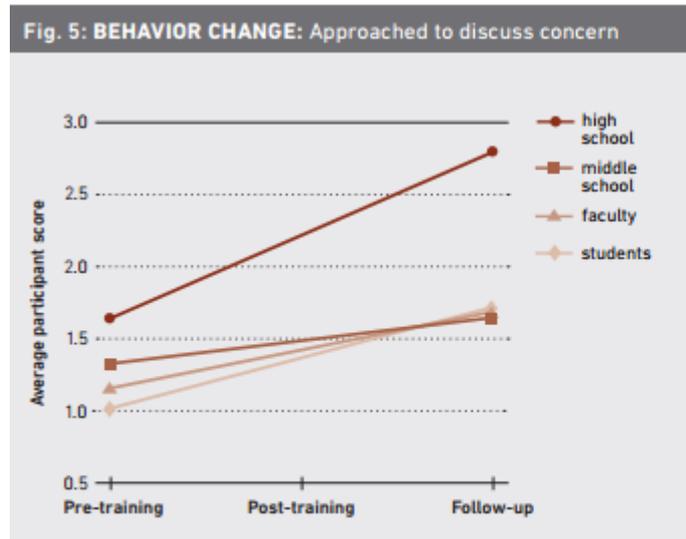
- Build military cultural competency
- Ease the transition to college life
- Build a support system for student veterans
- Learn how to handle thoughts of dropping out or suicide
- Learn about the VA and how to refer to appropriate resources

LGBTQ on Campus

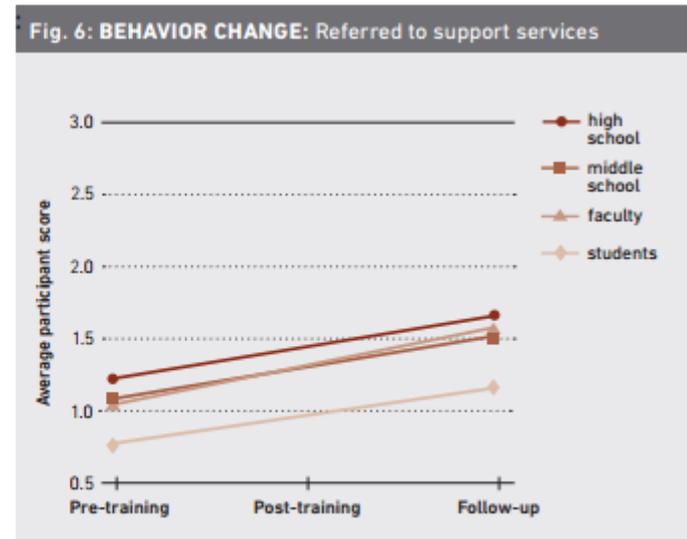


- Manage discussions about LGBTQ-sensitive topics and create a supportive and respectful environment on campus
- Have a conversation with Kallie, a student struggling with relationship and familial pressure
- Explore questions and receive feedback during a “coming out” conversation (student version)
- Learn how to refer students to appropriate mental health and campus services

Changes in Behavior: Approaching and Referring Students



Changes in the average number of students that participants in each study approached to discuss concerns in the prior two academic months



Changes in the average number of students that participants in each study referred to support services in the prior two academic months

Users reported statistically significant increases at follow-up points in terms of number of students they were concerned about, approached, and referred to support services during the prior two academic months.

(Complete results available online: <http://kognito.com/research>)

Effectiveness of Instructional Approach

- **100% of educators & staff** and **98% of students** rated the program as good, very good, or excellent
- **97% of educators & staff** and **96% of students** said the program is based on scenarios relevant to them and students at their institution
- **98% of educators, staff and students** said the program was easy to use

Access the Courses

<http://kognito.com/illinois>



The screenshot displays the Kognito Interactive website interface. At the top right, the Kognito logo is visible. The main content area features a dark brown banner with the text "Support Students in Psychological Distress" and a sub-headline "Learn how you can help students you are worried about. Trainings available for faculty, staff, and students." Overlaid on this banner is a white sign-in form with an orange border. The form includes a "Sign In" title, a link to "Create a New Account", input fields for "Email" and "Password", and "REMEMBER" and "SIGN IN" buttons. Below the form are links for "Having trouble signing in?" and "Reset Your Password". Below the banner, there are two columns of text: "About" and "Spread the Word". The "About" section describes the training simulations, and the "Spread the Word" section provides instructions on how to share the resources. A button labeled "Tips & Resources for Schools" is located at the bottom right of the page.

Support Students in Psychological Distress

Learn how you can help students you are worried about.
Trainings available for faculty, staff, and students.

Sign In

Sign in to your Account or [Create a New Account](#)

Email

Password

REMEMBER **SIGN IN**

[Having trouble signing in?](#) [Reset Your Password](#)

About

This suite of six online, interactive, and **research-proven** training simulations are designed to educate our faculty, staff, and students about best practices in supporting (1) students who struggle with psychological distress including depression and suicidal ideation, (2) LGBTQ students who are struggling due to harassment or exclusion, and (3) student veterans who are facing challenges in adjusting to college life. Each training takes 30-60 minutes to complete and is structured as a virtual practice environment where users learn by engaging in interactive role-play conversations with emotionally responsive student avatars.

Spread the Word

You can help spread the word about the availability of these trainings to target learners. Please click on "Tips & Resources for Schools" below to gain access to a variety of resources to assist you in achieving this goal. They include promotional flyers, email and newsletter text, and more.

Tips & Resources for Schools

Identify Yourself

Your Account

First Name	<input type="text"/>	Last Name	<input type="text"/>
Email Address	<input type="text"/>	Re-enter Email Address	<input type="text"/>
User Name	<input type="text"/>	Re-enter User Name	<input type="text"/>
Choose Password	<input type="text"/>	Re-enter Password	<input type="text"/>

Training Point-of-View (POV): Please indicate which choice most closely represents your role in your institution

Choose your Training POV...
Choose your Training POV...
Faculty / Staff Member / Administrator
Student/RA

Already have an account? [Sign In](#)

Choose your Training Point-of-View:
Faculty, Staff, Administrator
Student

Launch a Course

Select Your Course

Users can launch the course, as well as view their status

At-Risk for College Students
Help a Friend Who Is Struggling. *At-Risk for Students* is an evidence-based, online training simulation designed to prepare students to help other students or friends that they are worrie... [More](#)

STATUS: Not Started

LAUNCH

at-risk for Students

VETERANS ON CAMPUS
PEER PROGRAM

LGBTQ ON CAMPUS
for Students

at-risk for Faculty & Staff

Looking for more information about other Kognito trainings? [Click here](#)

Available courses are displayed across the bottom

In-Course Resources

The image shows a screenshot of an interactive video player interface. At the top left, the text "LGBTQ ON CAMPUS" is displayed in a teal and orange font. To its right, the word "Introduction" is shown in a smaller, grey font. In the top right corner, there is a "toolkit" button with an upward-pointing arrow. Below the "LGBTQ ON CAMPUS" text is a "menu" button with a downward-pointing arrow. The main content area features two stylized male characters: one with dark skin and short hair wearing a grey jacket over a white shirt, and another with light skin, glasses, and dark hair wearing a red t-shirt. Between them is a white rectangular box with a teal border containing the letters "L G B T Q" in a teal, sans-serif font. On the right side, a "toolkit" menu is open, listing several options: "Glossary", "Printable Course Summary" (highlighted with an orange border), "Helpful Links", "Local Resources" (highlighted with an orange border), "Survey", and "Certificate". At the bottom of the player, there is a progress bar showing a current time of 00:26 and a total duration of 02:14. Below the progress bar are icons for play/pause, volume, settings, and full screen. A copyright notice "© 2013 Kognito Interactive" is visible at the bottom center.

Resources for Implementation

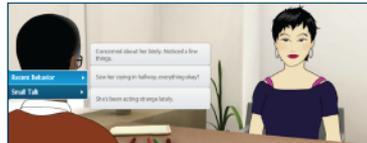
Resources for getting started

Spread the Word Tips & Resources for Colleges & Universities

1. GETTING STARTED

- Administrator Guide
- Tip Sheet

2. ENGAGING YOUR AUDIENCE



Faculty & Staff Trainings



Student Trainings

PowerPoint Presentations

- Slides for a faculty or staff meeting

Promotional Flyers

- *At-Risk*
- *Veterans on Campus*
- *LGBTQ on Campus*
- Combination flyer

Promotional Text

- Language for email blasts or newsletters
- Course descriptions

Discussion Guide

- Prompts & ideas for follow-up conversation

Video Walk Through

- 3-minute *At-Risk* walk through



PowerPoint Presentations

- Slides for faculty, staff, and students

Promotional Flyers

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Video Walk Through

- 3-minute *At-Risk* walk through

Discussion guide for facilitating an in-person follow-up conversation

Short descriptions of each course for working with on-campus newspapers, local media, and student blogs

Resources for All Trainings

Banners & Buttons

- Images for your website or newsletter

Media Kit

- Press Release templates
- Kognito fact sheet

Webinars

- Previously recorded webinars

Scheduling Your Outreach

- Sample calendar with suggested timing

New Course Administrators

- Orientation recording (30 min)
- Orientation presentation slides
- Quick-start guide

3-minute video walk throughs of the At-Risk courses, which can be downloaded and used offline

Use Stakeholders – Faculty & Staff

Provost

Chancellor

College
President



Academic Affairs

College Deans

Department
Chairs



Human
Resources

Behavioral/Crisis
Intervention
Team

Use Stakeholders – Students

 Residence
Life

Dean of
Students

Peer Mentors

Greek Life /
Athletics

 First Year
Experience
Coordinator

Active Minds

LGBTQ
Advisors /
SafeZone

SVA / Student
Veteran Clubs

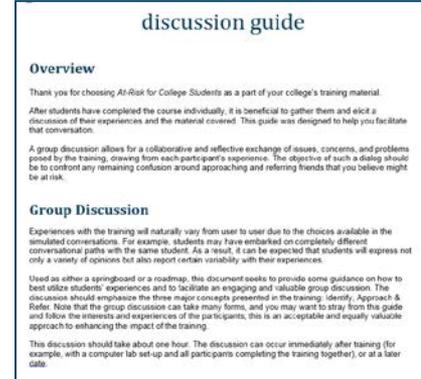
 Key faculty
members

Faculty Members

Assign Course as
Homework or
Provide Extra
Credit

Collect
Certificate of
Completion

Facilitate in-class
discussion using
Discussion
Guide



Next Steps

- Take the training
- Identify stakeholders and secure support
- Schedule
- Let your counterparts at other IL schools know

<http://kognito.com/illinois>

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