

Family of Heroes

HEALTH EDUCATION SIMULATION

An interactive role-play simulation for military families that builds their skills to lead real-life conversations with their veteran about improving family cohesion, employment, and if necessary, the need to seek professional help for PTSD, TBI, depression, or thoughts of suicide.



TOPICS

Family cohesion, PTSD, help-seeking, stigma reduction



USERS

Military families and caregivers



SETTINGS

Home, military units, Veterans Service Organizations



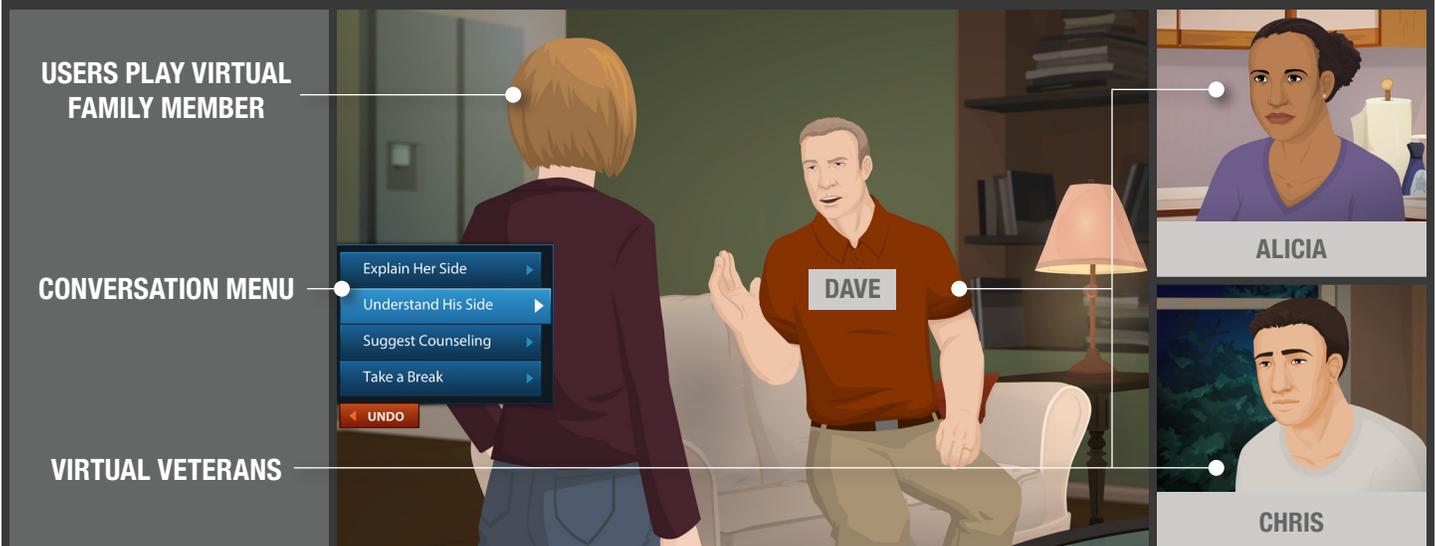
DURATION

60
minutes

Developed in collaboration with the Veterans Affairs of NY/NJ and adopted by more than five states, many non-profits, and VA/DoD entities, this evidence-based online solution drives sustainable changes in behaviors that support help-seeking, family cohesion, and stigma reduction.

BUILD REAL-LIFE SKILLS IN A VIRTUAL ENVIRONMENT

Assume the role of a family member and talk with three virtual veterans struggling with adjusting to post-deployment life. Try different approaches to see what works best.



The screenshot shows a virtual environment where a user plays a family member. A conversation menu is visible with options: Explain Her Side, Understand His Side, Suggest Counseling, Take a Break, and UNDO. Three virtual veterans are shown: Alicia, Dave, and Chris.

Learn more at kognito.com

Harnessing the power of conversation to improve family cohesion and increase service utilization rates by veterans and service members.

Less than half of all returning veterans who meet the criteria for PTSD or major depression seek help. Military families are well positioned to talk with their loved ones about seeking help but often lack the knowledge and skills on how to lead such a critical conversation, or may attach a stigma or lack the knowledge about available services.

LEARNING OBJECTIVES

- What to expect when a veteran returns from deployment
- What post-deployment stress is and how to identify it
- How to de-escalate arguments and negotiate family responsibilities
- How to talk with a veteran exhibiting thoughts of suicide about seeking professional help
- How to find support services appropriate for veterans and their families

FEATURES

- Fully-hosted solution deployed to users in less than one week
- Technical assistance and outreach templates to drive adoption
- Usage reports and customizable online surveys to support program evaluation
- Customizable list of local and national support resources

RESEARCH PROVEN

The simulation is listed in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP). A randomized, controlled study shows that it results in a 2x increase in the number of veterans who decide to seek help once their family member completes the simulation.

HOW TO BUY

Organizations can purchase yearly subscriptions to the simulation that include hosting, technical assistance, program evaluation, and usage reports. For details, contact sales@kognito.com or **212.675.9234**.