

# Together Strong

## HEALTH EDUCATION SIMULATION

An interactive role-play simulation for veterans and service members that builds their skills to lead real-life conversations with their buddies who struggle with re-adjusting to civilian life in terms of work, marital relationships, or psychological distress with the goal to build resilience and connect them with support services.

**TOPICS**

Adjusting to post-deployment life, stigma reduction, help-seeking,

**USERS**

Peers (veterans, services members)

**SETTINGS**

Home, military units, Veterans Service Organizations

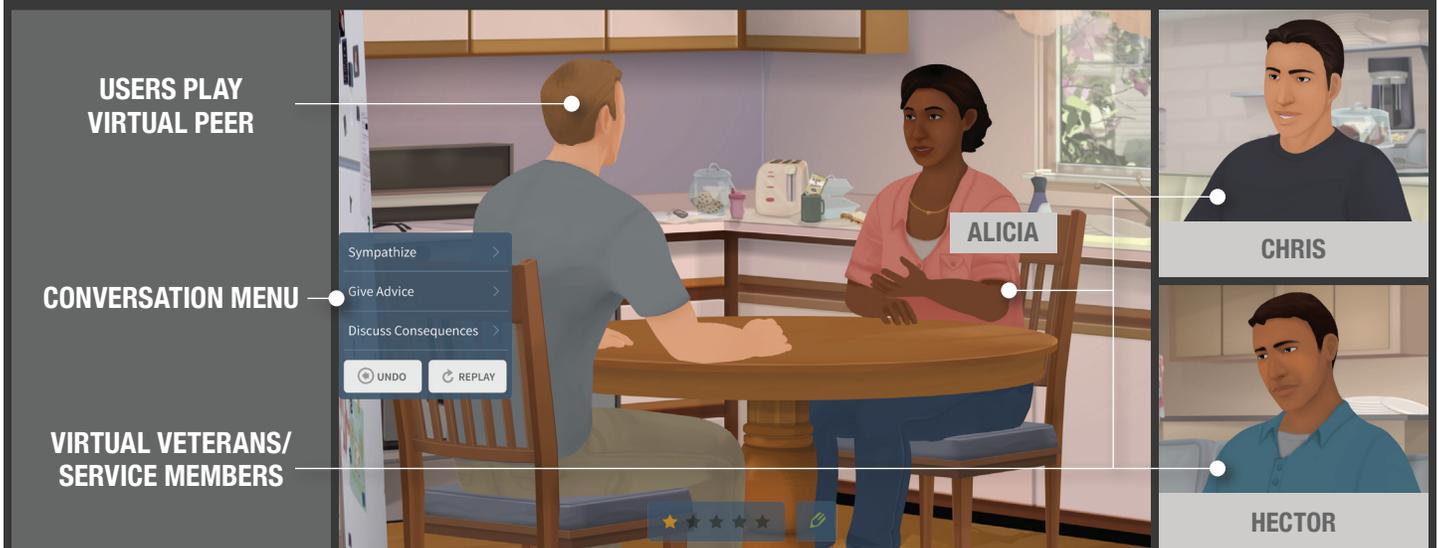
**DURATION**

45 minutes

Developed in collaboration with the Veterans Affairs of NY/NJ, this online and mobile solution helps drive sustainable changes in behaviors that support help-seeking, resilience, peer support, and stigma reduction.

### BUILD REAL-LIFE SKILLS IN A VIRTUAL ENVIRONMENT

Assume the role of a peer and talk with three virtual veterans/service members who are struggling with re-adjusting to civilian life. Try different approaches to see what works best.



**USERS PLAY VIRTUAL PEER**

**CONVERSATION MENU**

- Sympathize >
- Give Advice >
- Discuss Consequences >

UNDO REPLAY

**VIRTUAL VETERANS/ SERVICE MEMBERS**

ALICIA

CHRIS

HECTOR

Learn more at [kognito.com](http://kognito.com)

# Harnessing the power of conversation to improve peer support 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. Peers are well positioned to talk with their buddies 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

- Recognize signs that a peer may be distressed or struggling
- Use effective conversation tactics to elicit information, show you're listening, and help problem solve
- Learn to refer a friend in distress to the VA or another support service

## 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 mental health and veterans resources

## 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](mailto:sales@kognito.com) or **212.675.9234**. To purchase 1-50 individual licenses, please visit [store.kognito.com](https://store.kognito.com).