

# At-Risk Mental Health for Faculty & Staff

## PROFESSIONAL DEVELOPMENT SIMULATION

An interactive role-play simulation for faculty and staff that builds awareness, knowledge, and skills about mental health and suicide prevention, and prepares users to lead real-life conversations with students that build resilience, strengthen relationships and connect them with support.



**TOPICS**

Mental health, suicide prevention, substance use



**USERS**

Faculty, staff, and administrators



**SETTINGS**

Universities and colleges



**DURATION**

**20/45**  
minutes\*

Widely adopted by more than 350 universities and colleges nationally, this research-proven online solution cost-effectively drives sustainable changes in behaviors that support academic performance, student retention, and campus safety.

## BUILD REAL-LIFE SKILLS ON A VIRTUAL CAMPUS

Assume the role of a faculty member and talk with three virtual students who are showing signs of distress. Try different approaches to see what works best.



The screenshot shows a virtual campus interface. On the left is a grey sidebar with a 'CONVERSATION MENU' containing 'TALK' and 'UNDO' buttons. Below it are labels for 'USERS PLAY VIRTUAL FACULTY', 'VIRTUAL STUDENTS', and 'VIRTUAL COACH'. The main area features three virtual characters: Nathal (a man in a pink sweater), Maya (a woman in a purple shirt), and Alberto (a man in a green shirt). A fourth character, Rama (a man with glasses in a blue shirt), is shown in a smaller inset. A 'VIRTUAL COACH' icon is visible at the bottom center of the main area.

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

\* 20 min option with 1 required practice conversation and two optional conversations.  
45 min option with 3 required practice conversations

# Harnessing the power of conversation to improve academic performance, student retention, and campus safety.

Faculty and staff are in an ideal position to engage in early intervention and prevention of mental health issues. National studies show 30% of all college students report feeling so depressed it's difficult for them to function and 7% indicate they seriously considered suicide in the previous 12 months.

## LEARNING OBJECTIVES

- Increase knowledge and awareness about mental health and suicide
- Identify warning signs of psychological distress, including verbal, behavioral, and situational clues
- Lead conversations with students to discuss concerns, build resilience, and increase connectedness
- Assess the need for referral, motivate the student to seek help, and make a warm hand-off to support
- Understand the school's specific process for student referral and counseling services

## FEATURES

- Differentiated paths for faculty and staff
- 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 campus-specific mental health resources
- Discussion guides to support blended delivery with in-person workshops

## RESEARCH PROVEN

The simulation has been accepted for review by SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP). Studies show that it results in (1) statistically significant increases in mental health skills that remain significant at 3, 6, and 12-month follow-up points, and (2) statistically significant increases in the number of students that educators connect with, discuss concerns, and if necessary, refer to support.

## 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 go to [store.kognito.com](https://store.kognito.com).