

2018 GLS Campus Grant Applicant Resource Kit

1.0 About Kognito and the Kognito Higher Education Suite

Kognito has worked with more than 350 institutions to provide a cost-effective, research-proven solution that can rapidly train university faculty, staff, students, and student leaders on skills for suicide prevention, and mental health. [Kognito's Higher Education Suite](#) addresses the needs of a general student population, as well as those of student veterans and LGBTQ students.

About Kognito's Products

The Kognito Higher Education Suite simulations are listed on the [Suicide Prevention Resource Center \(SPRC\) Best Practices Registry](#), and two are listed in [SAMHSA's National Registry of Evidence-Based Programs and Practices \(NREPP\)](#).

These interactive, evidence-based simulations address suicide prevention, mental health, and substance use in order to promote help-seeking behavior and reduce stigma. In these role-play conversations, faculty, staff, and students build awareness, knowledge, and skills about these topics and are prepared to lead real-life conversations with students that build resilience, strengthen relationships and connect them with support. As a result, faculty, staff, and students improve the identification and treatment of at-risk college students so they can successfully complete their studies.

The following is a brief overview of Kognito products that are designed for professional development and student education:

| Product | Description | Topics | Users | Length |
|--|--|---|------------------------------------|------------|
| At-Risk for Faculty & Staff | A suite of products to educate faculty, staff, and students about mental health and suicide prevention which supports improved academic performance, student retention, and campus safety. | Mental health, suicide prevention, substance use, stigma reduction | Faculty, staff, & administrators | 45 minutes |
| At-Risk for Students | | Mental health & wellness, suicide prevention, stigma reduction, peer support | Students & student leaders | 30 minutes |
| LGBTQ on Campus for Faculty & Staff | A suite of products to educate faculty, staff, and students about LGBTQ cultural competency and how to help create an environment supportive of LGBTQ students. | LGBTQ cultural competency, mental health, promoting safe space for LGBTQ students | Faculty & staff | 45 minutes |
| LGBTQ on Campus for Students | | LGBTQ cultural competency, mental health, peer support, promoting safe space for LGBTQ students | Students & student leaders | 30 minutes |
| Veterans on Campus for Faculty & Staff | A suite of products to educate faculty, staff, and students about military cultural competency and how to help create an environment supportive of student veterans. | Military cultural competency, mental health | Faculty & staff | 30 minutes |
| Veterans on Campus: Peer Program | | Military cultural competency, mental health, peer support | Student veterans & student leaders | 30 minutes |

2.0 How Kognito Fits with the GLS Grant Requirements

For FY 2018, the GLS grant funds must support four activities and may support six others - see details in the table below.

2.1 Required Activities

| Activity | Kognito's Level of Support | How Kognito Meets the Requirement |
|---|----------------------------|---|
| 1. Train college students, faculty, and staff to respond effectively to college students with mental and substance use disorders. | Supports Fully | Kognito's higher education suite includes training programs that are tailored to fit the needs of all learners listed in the grant. |
| 2. Provide outreach services to inform and notify college students about available mental and substance use disorder services. | Supports Fully | Kognito provides materials to assist institutions in their outreach to the student community and lists relevant services in their Local Resources page. |
| 3. Administer voluntary mental and substance use disorder screenings and assessments. | Supports Partially | Kognito's SBI and At-Risk programs help equip practitioners with the skills for SUDs and mental health screening. |
| 4. Create a network infrastructure to link the institution of higher education with appropriately trained behavioral healthcare providers who treat mental and substance use disorders, including a plan to seek input from relevant stakeholders in the community, and other appropriate public and private entities to carry out the program. | Supports Partially | Kognito integrates a Local Resources page in each simulation that lists relevant on- and off-campus support services and resources as provided by the client. |

2.2 Suggested Activities

| Activity | Kognito's Level of Support | How Kognito Meets the Requirement |
|---|----------------------------------|--|
| <p>1. Educate and disseminate informational materials to college students, families, faculty, and staff to increase awareness of mental and substance use disorders.</p> | <p>Supports Fully</p> | <p>The higher education simulations already include information that address warning signs. In addition, we provide flyers, posters, and postcards that can be used as additional materials to communicate this information.</p> <p>The higher education simulations can also be made available to families of students.</p> |
| <p>2. Conduct research through a counseling or health center at the institution of higher education to improve the behavioral health of college students through clinical services, outreach, prevention, or academic success, in a manner that is in compliance with all applicable personal privacy laws.</p> | <p>Supports Fully</p> | <p>Kognito pre, post and follow up surveys are fully customizable by campus research teams.</p> |
| <p>3. Develop and support evidence-based and emerging best practices, including a focus on culturally and linguistically appropriate best practices.</p> | <p>Supports Fully</p> | <p>Kognito At-Risk higher education programs have been approved for listing in NREPP.</p> <p>The higher education suite incorporates cultural competency training into LGBTQ and Veteran simulations.</p> |
| <p>4. Operate hotlines and/or promote linkage to the National Suicide Prevention Lifeline 1-800-273-8255 (TALK).</p> | <p>Supports Partially</p> | <p>The higher education simulations prominently feature information about the National Suicide Prevention Lifeline.</p> |

| | | |
|---|----------------------------------|---|
| <p>5. Provide mental and substance use disorders prevention and treatment services to college students by employing appropriately trained staff. Services may include recovery support and early intervention programs, treatment, and management (including through the use of telehealth services).</p> | <p>Supports Partially</p> | <p>Kognito’s SBI and At-Risk programs help equip practitioners with the skills for SUDs and mental health screening.</p> |
| <p>6. Support college student groups on campus, including athletic teams, that engage in activities to educate college students, including activities to reduce negative attitudes about mental and behavioral health disorders and to promote mental health.</p> | <p>Supports Fully</p> | <p>Our student simulations are all geared towards students to reduce stigma, and help identify peers in distress to refer them to support services.</p> <p>Kognito data indicate that after completing an At-Risk simulation, student athletes referred almost twice as many peers to support services.</p> |

3.0 FAQs

Does Kognito assist with data collection and performance measurement?

Yes. GLS grant recipients are required to provide SAMHSA with quarterly reports on their activity. Saving you time and resources, the Kognito system generates usage data reports on a quarterly basis that conforms to the SAMHSA cross-site evaluation requirements.

Does Kognito assist with project performance assessment as noted in section 2.2?

Yes. Kognito’s Client Experience Team works with clients during implementation to identify training goals. Clients receive an assigned account manager who provides regular updates via email, webinar, and phone. Account managers share tips and best practices for promoting the courses on campus, receive regular emails sharing usage information, and are available to consult on campus-specific goal setting and outreach efforts.

Do your programs help build knowledge about on-and off-campus support services, including the National Suicide Prevention Lifeline?

Users of Kognito programs learn about national resources, including the National Suicide Prevention Lifeline, as well as on- and off-campus resources. Client institutions provide information about their preferred behavioral health resources to Kognito, and Kognito uploads them into each simulation, where they can be easily accessed and printed.

Do your programs address vulnerable population groups, like veterans and LGBTQ students, first generation, transfer, or international students?

Yes. The higher education suite includes four specialized modules for sensitizing campus communities to the unique needs of student veterans and LGBTQ students. Currently available specialized programs include:

- LGBTQ on Campus for Faculty & Staff*
- LGBTQ on Campus for Students*

Veterans On Campus for Faculty & Staff

Veterans on Campus: Peer Program (peer-to-peer support training for student veterans)

Kognito has proven effectiveness with many sub-groups of students such as international students, AI/AN, African American and Hispanic students.

In addition, Kognito's products are Section 508-compliant to accommodate students with disabilities, through the use of keyboard shortcuts, audio narration, text captions, and a version compatible with screen reader software.

Are there assessment tools that can help me evaluate the effectiveness of the program? Yes.

Pre-, post- and 3-month follow-up surveys are integrated in each simulation and the questions included in each survey could be customized to meet the needs of the client evaluation team. The survey infrastructure enables Kognito clients to perform repeated measures design analysis to assess the longitudinal impact of the simulations as well as user attitudes about the simulations.

For GLS grant recipients: Kognito's standard survey instruments are consistent with SAMHSA's data gathering requirements. In addition, Kognito provides GLS grant recipients with a special report that aligns Kognito usage data with multi-site reporting formats.

Is there any evidence as to the effectiveness of these programs?

Yes. Several longitudinal studies have demonstrated efficacy in increasing conversation gatekeeper skills, knowledge about mental health, and changing gatekeeper behaviors. These are posted at www.kognito.com/research. All higher education programs are listed in SPRC's Best Practice Registry for suicide prevention programs. In addition, *At-Risk for Students* is included in the National Registry of Evidence-Based Programs and Practices (NREPP) and *At-Risk for Faculty/Staff* has been accepted for listing by NREPP.

What does an institutional license include?

Hosting & Technical Support - Kognito will host the programs on its secure web server and provide technical support to all end users during normal business hours

User Account Management - Kognito will host the simulations within its Learning Management System ("LMS"). Users of each simulation will be required to open an account to access the program by providing an email address and choosing a password. As a result, users will be able to complete the simulation in multiple sittings (i.e. users can leave the simulation and come back to continue from the same spot since the LMS will "remember" their last location).

Certificate of Completion - Users will be able to download and print a personalized certificate of completion at the end of each program.

Unlimited Access to the Simulation - Once users create an account to access a simulation, they will have unlimited access to it during the license term. This will allow users to come back to the simulation to refresh their knowledge and skills.

Completion Reminders to Users - To increase completion rates, Kognito will email two reminders to users who registered but have not completed the simulation within 48 hours.

Rapid Roll-Out - Once a purchase order is received, Kognito will need as little as 72 hours to set up the simulations on its system, at which point, users can begin to access the programs.

What is involved in rolling out these programs? Will Kognito help us with this process? The simulations are hosted by Kognito so this is a turnkey solution that doesn't require involvement of your IT department. Kognito's Client Experience team exists to

partner with our clients through the entire life cycle of the Kognito project. Specifically, the journey starts with a robust process for assisting clients in rolling out their programs, including on-boarding sessions with their dedicated Kognito Account Manager and templated marketing plans and outreach materials.

Can I customize the content of the simulation for my own needs? Yes. Several aspects of the simulation are easily customizable including:

Information on local resources on- and off- campus

Evaluation surveys, including adding campus-specific questions and demographic information.

Marketing materials to assist in roll-out, including flyers, email templates, and PPTs

Do we need to get our IT team to work with you on the implementation?

No. Kognito provides a fully hosted service on our secure learning management system. You may need to have your school's IT team involved in adding a link to the Kognito simulations to your website if you so choose. However, as we have done with many clients, we can also work with IT staffs to integrate our solutions into your campus' LMS.

Do users need a special computer or high-speed internet access to view these programs? No.

The technology requirements to support use of Kognito programs are rudimentary by current standards. The program supports use by Windows platforms going back to XP (SP2; circa 2004) and Mac platforms going back to OS 10.5 (Leopard; circa 2007).

If we don't make the simulation mandatory, what is the level of usage we should expect? On average we see about 30% uptake per year by faculty and students. Effective outreach with support from top leadership can easily bring this percentage to the high 90s.

Are the simulations Section 508 compliant?

Yes. These simulations are compatible with Section 508 through the use of keyboard shortcuts, audio narration, text captions, and a version compatible with screen reader software.

Are these simulations available as mobile apps?

Right now, they can only be accessible online or via Windows-based tablets like the Windows Surface.

4.0 Pricing and Additional Information

How do I get pricing information?

Our GLS grant and Higher Education specialists are available to help you with any questions. [Contact our team here](#) and we will reach out to you with information.

How can I get a letter of commitment?

[Contact us here](#) and we can provide you with one.

How do I access a demo of these programs for review? How do I get access to a full version of the programs for review?

Brief demos for all current programs are available [here](#). To request a full version "evaluator" link, [contact us here](#) and we will provide you with one.

How many schools in the US are using these programs? Are any of them GLS grantees?

Over 350 institutions of higher education are currently using Kognito training programs and over 50% of GLS Campus grantees.

5.0 More Information, Research and Links

Product Overviews:

- [At-Risk for Faculty and Staff](#)
- [At-Risk for College Students](#)
- [Veterans on Campus for Faculty & Staff](#)
- [Veterans on Campus: Peer Program](#)
- [LGBTQ on Campus for Faculty & Staff](#)
- [LGBTQ on Campus for Students](#)

Research Studies Documenting the Efficacy of the Kognito Simulations:

- [At-Risk for Faculty and Staff](#)
- [At-Risk for College Students](#)
- [Veterans on Campus for Faculty & Staff](#)

-

Listing on the SPRC Best Practices Registry:

- [At-Risk for Faculty and Staff](#)
- [At-Risk for College Students](#)
- [Veterans on Campus for Faculty & Staff](#)
- [Veterans on Campus Peer to Peer](#)
- [LGBTQ on Campus for Faculty & Staff](#)
- [LGBTQ on Campus for Students](#)

Listing on SAMHSA's National Registry of Evidence Based Programs and Practices:

- [At-Risk for College Students](#)
- At-Risk for Faculty and Staff

6.0 Kognito Contact Information

Our GLS grant and Higher Education specialists are available to help you with any questions. [Contact our team here](#) and we will reach out to you with information.