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

Cherise Murphy
Illinois Higher Education Center

Lori Janjigian
Kognito
• Illinois Higher Education Center

• About the Training

• How to Implement
Welcome

- 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 IYSPP
## Illinois results

### Total Learners Trained In Illinois

<table>
<thead>
<tr>
<th>Channel</th>
<th>Year 1</th>
<th>Year 2 (through Q2)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-12</td>
<td>180</td>
<td>2,533</td>
<td>2,713</td>
</tr>
<tr>
<td>Higher Ed</td>
<td>Not launched</td>
<td>2,000</td>
<td>2,000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>180</td>
<td>4,533</td>
<td>4,713</td>
</tr>
</tbody>
</table>

**5000+ trained (including July)**
Top 10 Illinois Institutions of Higher Ed

- Southern Illinois University Carbondale
- Illinois State University
- U of I at Urbana-Champaign
- Western Illinois University
- Rockford College
- Resurrection University
- Lewis University
- Other
- Blackburn College
- Moraine Valley Community College
- Judson University
- Waubonsee Community College
- North Central College
- U of I at Chicago
At-Risk

Veterans on Campus

LGBTQ on Campus

for Faculty & Staff

for Students
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
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**
• 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
• 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
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](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

Support Students in Psychological Distress

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

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 50-60 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

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

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

Available courses are displayed across the bottom.

Looking for more information about other Kognito trainings? Click here.
Resources for Implementation

Spread the Word
Tips & Resources for Colleges & Universities

1. GETTING STARTED
- Administrator Guide
- Tip Sheet

2. ENGAGING YOUR AUDIENCE

Faculty & Staff 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

Student Trainings
- PowerPoint Presentations
  - Slides for faculty, staff, and students
- 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

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

Contact Us: 213.678.9934 • info@kognito.com • www.kognito.com

© 2014 Kognito. All Rights Reserved.

Resources for getting started

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

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
Next Steps

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

http://kognito.com/illinois

Cherise Murphy
Illinois Higher Education Center
cnmurphy@eiu.edu

Jennifer Martin
Illinois Department of Public Health
Jennifer.L.Martin@Illinois.gov

Lori Janjigian
Kognito
lori@kognito.com