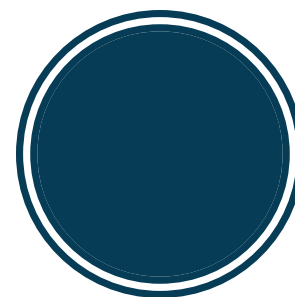
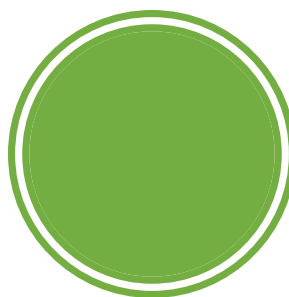


# A, R, M, a Health of Faculty Staff

## 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.



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.

# Have you ever, ever felt a student in your classroom, a colleague in your department, or a friend

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 [www.kognito.com](https://www.kognito.com).