Kognito At-Risk
MENTAL HEALTH INTERVENTION & SUICIDE PREVENTION
Overview

- What is Kognito: *At Risk*
- History of Kognito @University of Iowa
- Alignment with UI Strategic Plan
- Next Steps/Our Ask
What Is It?

Online, interactive, avatar-based simulations that help you with skill & confidence building for “leaning in” with student/staff distress.

Learning & Practicing:
1. Recognizing Student/Staff Distress
2. Inquiring About Student/Staff Distress
3. Knowing & Referring to Campus Resources
4. Knowing Your Limits & Boundaries
History

- Offered since 2019
- Renewed another 3-year contract
- Requirement for incoming students
- Open to all faculty, staff and students
UI Kognito Users, Sep 2019 – Dec 2021

- OnIOWA Students: 16,953
- General Students: 1,599
- Staff/Faculty: 627
Outcome Data from UI Faculty & Staff

- 96% of users “strongly agreed” they would recommend Kognito: At Risk to colleagues.
- 97% of users “agreed” that Kognito: At Risk improved their “confidence” in managing student distress.
- 84% of users “agreed” that Kognito: At Risk helped them feel “confident” in helping a suicidal student seeking help.
Rationale

According to a Lipson study (2021) of faculty & staff, when it comes to student distress...

• 70% of faculty & staff do not feel adequately prepared to engage student distress
• 80% are engaged with student distress, regardless of their readiness to do so
• 30% received training regarding engaging student distress
• 73% welcome training on managing student distress
• 21% stated that engaging student distress has taken “a toll” on their own mental health
Suicide by the Numbers

126 people in the U.S. die by suicide each day, 22 of whom are veterans

- Approx. 46,000 annually

Iowa is ranked 21st in the nation for number of suicides per capita

- >500 per year, which has been increasing

On a 2021 survey, 2.0% of UI undergraduates and 0.6% of UI graduate and professional students reported attempting suicide in the last year
Resources

UI Companion Information to Kognito At-Risk (employee-focused):

• Guidelines/action steps to help someone in emotional pain

• Two short videos
  – Colleague who is stressed
  – Colleague in distress

Kognito: CIC - Cultivating Inclusive Communities
Alignment with Strategic Plan

Goal 4: Holistic Well-Being and Success

- **Objective A:** Embed well-being and mental health into all aspects of campus culture to better support students, faculty, and staff
Well-Being & Mental Health
Campus Collaborative Subcommittees

- Food, Nutrition and Movement
- Built and Natural Environment
- Connections, Inclusion and Purpose
- Collaborative Leadership Framework
- Substance Use
- Mental Health and Resilience
Next Steps / Our Ask

1. Complete the Kognito: At Risk training

2. Mount a departmental/college wide campaign
Suggestions for Departments/Colleagues/Coworkers

1. Make Kognito: *At Risk* part of onboarding
2. Invite us to your staff/faculty meetings
3. Work with graduate & professional students? Encourage their participation!

Thank you! Thank you! Thank you! Thank you!
Steps to Complete Kognito

1. Log into Self Service: [http://hris.uiowa.edu](http://hris.uiowa.edu)
2. Click on the My Career button
3. On the My Career page, select the My Training button
4. This will open up to the Compliance and Qualifications page
5. On the Compliance and Qualifications page, click on the Enroll in Courses button
6. On the Self Enroll in a Course page, in the Course Title box search for “suicide prevention”
7. In the search results click on the View Details button for the Kognito Suicide Prevention, Faculty/Staff FY 20 course
8. Follow onscreen prompts to open and take the training
Questions?

→ mentalhealth.uiowa.edu/kognito

Barry Schreier, PhD
Director of Higher Education Programming, Scanlan Center for School Mental Health & Professor of Counseling Psychology
barry-schreier@uiowa.edu

Bronwyn Threlkeld-Wiegand, LISW
Director, UI Employee Assistance Program
bronwyn-threlkeldwiegand@uiowa.edu

Trish Welter, MPH, MCHES
Associate Director, Student Wellness
trisha-welter@uiowa.edu