

IOWA

Well-Being & Mental Health Campus
Collaborative, Mental Health &
Resilience Subcommittee

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

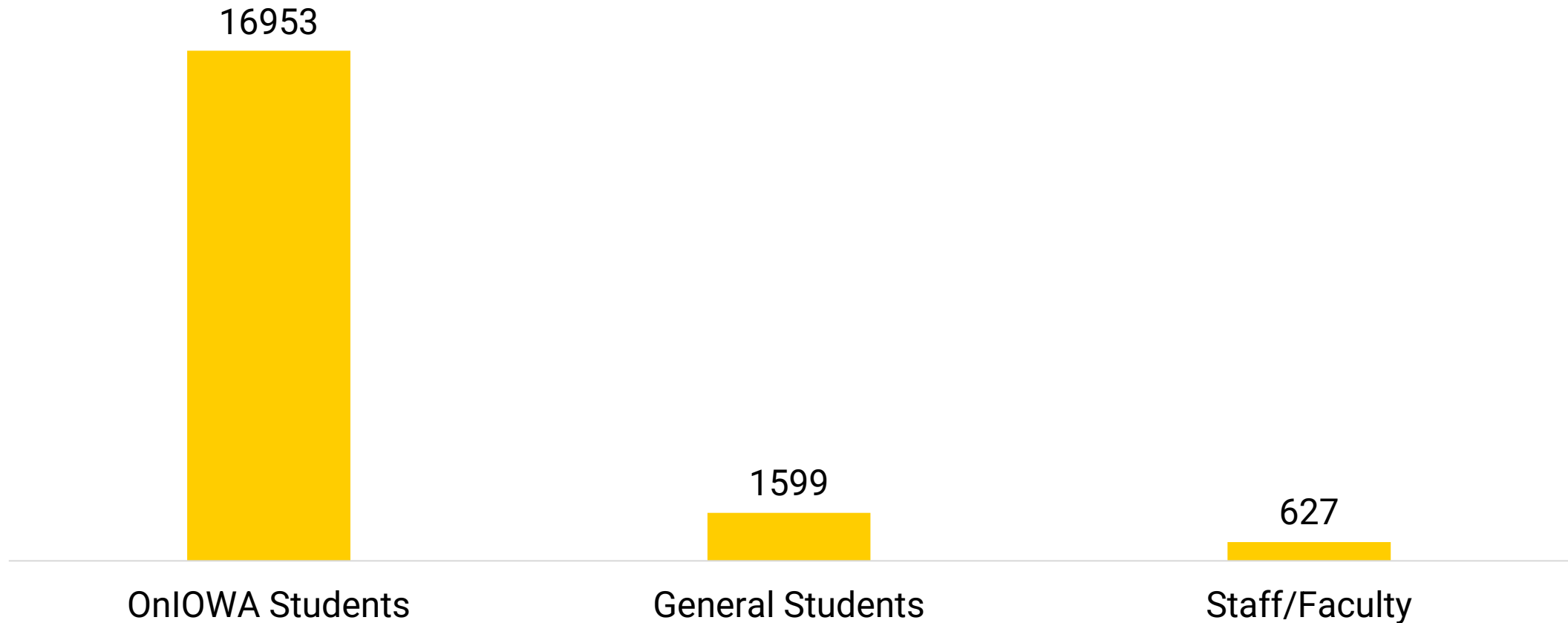


History

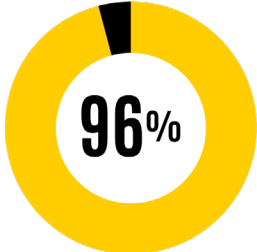
- Offered since 2019
- Renewed another 3-year contract
- Requirement for incoming students
- Open to all faculty, staff and students

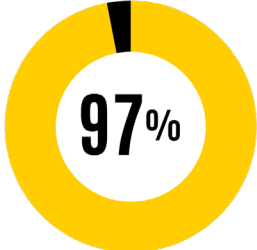


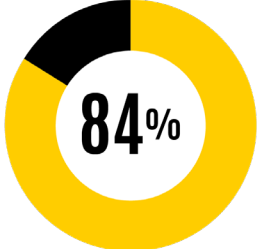
UI Kognito Users, Sep 2019 – Dec 2021



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

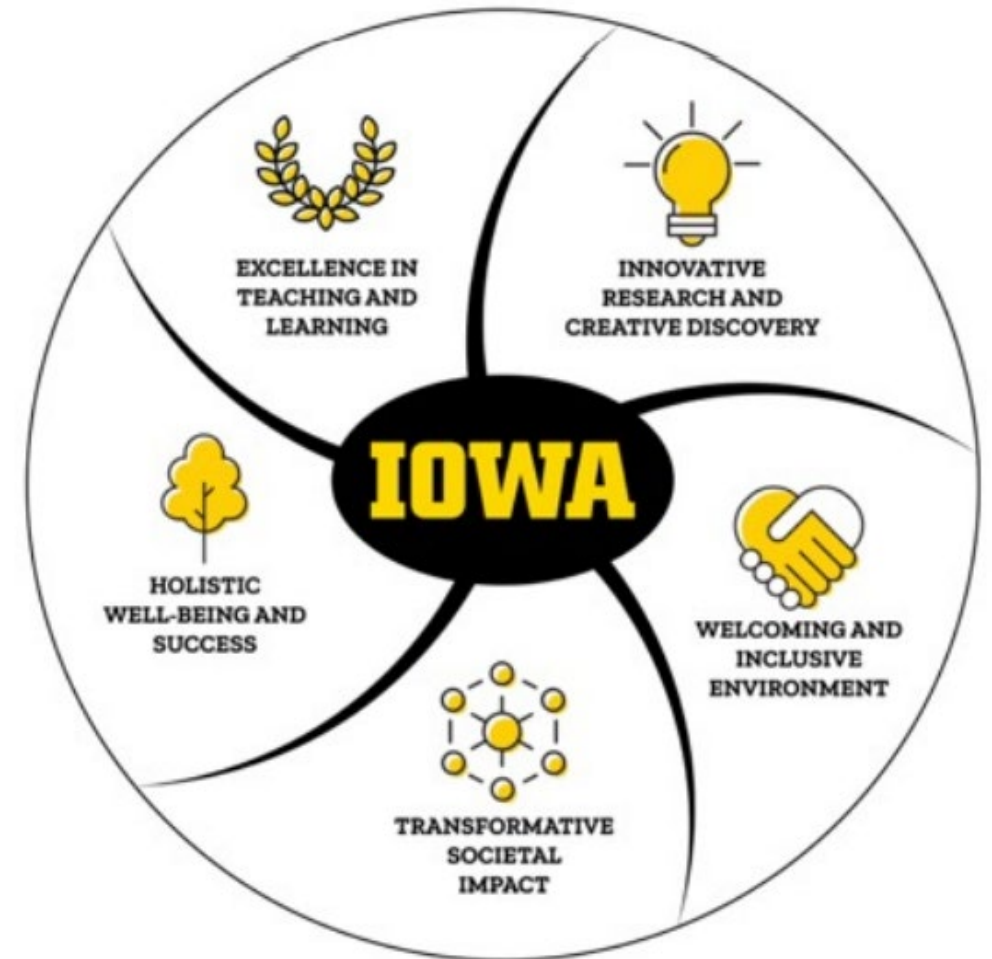
Kognito: *CIC* - Cultivating Inclusive Communities



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

Connections,
Inclusion and Purpose

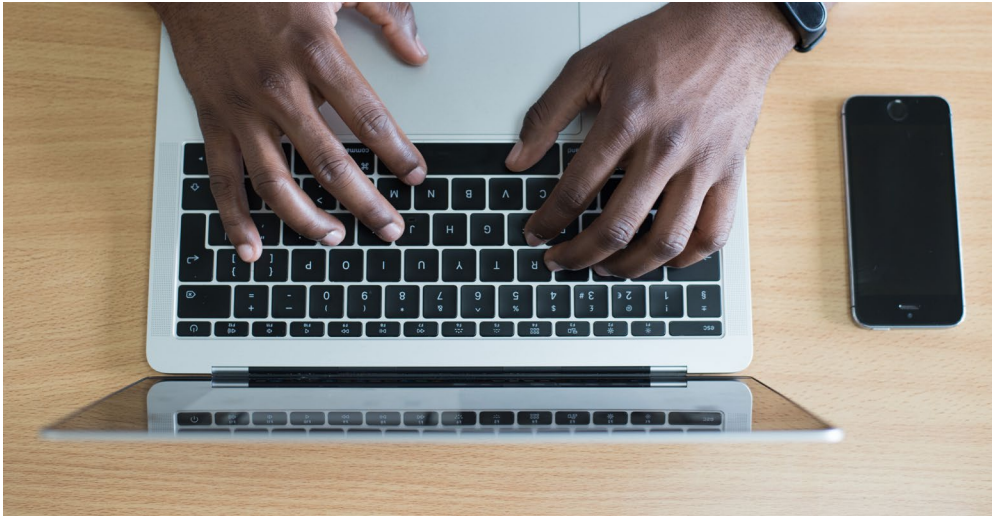
Substance Use

Built and Natural
Environment

Collaborative
Leadership
Framework

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>
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



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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