

Kognito Mental Health Training: Frequently Asked Questions



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At Hillels all over the world, professionals are building meaningful relationships with students and are part of the support network students are creating for themselves. With training, there are small steps that we can each take to support students when they need it the most. It is not necessary to be an expert in order to connect students with resources.

Here are all your questions answered. When you are ready to sign up, scroll to the bottom for instructions!

1. What is Kognito?

The Kognito simulation is designed to enhance the mental health literacy of all individuals who work with distress. The interactive simulation provides practice conversations through role-plays with virtual students and may be completed at the user's desired pace. The simulation teaches users how to recognize the signs of emotional distress, initiate a conversation leveraging evidence-based communication strategies and how to make a referral to support services.



2. **Why is Hillel U using Kognito for this training?**

The training, which is already in use at hundreds of colleges and universities around the country, was created with mental health experts and educators. It is listed in the Suicide Prevention Resource Center's Best Practices Registry.

3. **What is the time commitment - pre, training & post?**

The training requires a two hour time commitment, comprised of:

- + 45 minutes for self-paced simulation.
- + 1 hour for debrief conversation as a group via zoom facilitated by Hillel U staff and/or CSD.
- + 5-8 minutes for two-month post-training follow-up survey.

4. **Who is this for? Is this appropriate for early career professionals? Operations and development professionals?**

We strongly encourage ALL staff who interact with students in any way to participate in the training.

For example, if your Hillel has an operations professional who greets students as they walk in, or who is the person students work with regularly to set-up for events, or is known by students as a good person to talk with, that person should participate in the training.

In addition, we find that any training that reaches a full Hillel staff team leads to stronger outcomes for participating Hillels.

5. **Is this open to small campuses and solo professionals?** Yes.

6. **Why now?**

Training on mental health warning signs training was the second most requested training by Hillel professionals from the Hillel Wellness Survey last year. According to the Spring 2018 National College Health Assessment, 42% of college students reported they felt so depressed within the past 12 months that it was difficult for them to function. Additionally, only 40% of students with mental health concerns actually seek help.

National research of thousands of students, faculty and staff at universities show 87% of faculty, staff and students say it is part of their role to connect students/peers with mental health support and more than 50% don't feel prepared to recognize warning signs, express their concern to the person or connect them with appropriate support services. It is not necessary to be an expert in order to connect students with resources.

7. **When should I and/or our team do this training?**

Given the diversity of Hillel staff schedules and availability, there are two ways campuses can participate:

Option 1: Pick a 3 week window between December 2, 2019 – February 28, 2020 for staff to complete the Kognito training at a time of their choosing within the window. At the end of the three weeks, the group will participate in a debrief conversation led by a Hillel U team member or a Campus Support Director (this will be coordinated with you).

Option 2: Pick a day where all of those who are participating are in the office and make it an in-service morning/afternoon experience. Everyone will do the training on their computer at the same time and then a Hillel U team member or a Campus Support Director will join your group for the debrief conversation on the same day.

8. **What do we need to participate in the Kognito simulation?** All you need is a computer, internet & headphones.



9. **If we complete the training, is there a way staff can indicate they have done so?**

We will provide this Kognito graphic for email signatures to all campus professionals who complete the training.

Ready To Sign Up?

Directors and solo professionals should email Hannah Henschel (hhenschel@hillel.org) by November 18 to express interest in your Hillel being included in the first cohort of Kognito campuses. Make sure to include **your Hillel campus name & number of staff that you want to participate in the training.**

Please note: We have a limited number of spots for this initial pilot launch of Kognito. We will contact all interested campuses before Thanksgiving to notify you of your participation status and next steps. If the pilot is successful, we anticipate rolling this out to many more Hillel professionals.

HillelU