



## At-Risk: Identifying and Referring Students in Mental Distress

Setting  
**Higher Education**

Type of Program  
**Education & Training**

NSSP Goals Addressed  
**3.4, 4.3, 6.5**

### Program Description

*At-Risk* is a 45-minute interactive, web-based training simulation that gives higher education faculty and staff the knowledge necessary to identify and refer students exhibiting symptoms of mental distress, including depression, anxiety, and thoughts of suicide. In the simulation, users assume the role of a faculty member who is concerned about several of his students. Users analyze profiles of these virtual students – including information about their academic performance, behaviors, and appearance – to identify those who are at risk and then engage in simulated conversations with them to determine whether and how to refer them to the counseling center. If users decide to refer a student, they must respond to the student’s hesitations and help the student understand how counseling could benefit them. The training is complete once the user has successfully identified and referred the at-risk students.

*At-Risk* was created by Kognito, a developer of web-based training simulations, in partnership with the Mental Health Association of New York City. University counselors provided further feedback and insight to ensure that the end product provides a valuable and comprehensive learning experience. *At-Risk* is built on Kognito's Human Interaction Simulation Platform™, which enables users to practice having conversations with realistic, fully animated characters that possess their own simulated emotions and memory. This innovative learning approach provides learners with experience having conversations with at-risk students, thereby equipping the learners with the skills and confidence to handle similar situations in real life.

### Program Objectives

After training, faculty and staff will have increased knowledge of:

1. Signs of student psychological distress;
2. How to communicate with at-risk students; and
3. Local resources and referral points for at-risk students.

### Implementation Essentials

- The *At-Risk* implementation manual should be thoroughly reviewed prior to program implementation.
- *At-Risk* has several customizable features that should be modified to inform faculty and staff of the unique resources of each campus.
- *At-Risk* is most effective when used as part of a campus’s larger strategic plan to identify and help at-risk students.

### Contact Information

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### Costs

The price of *At-Risk* depends on the number of learners in the institution. Costs range from \$1,850 for 100 learners to \$4,850 for 500 learners. Please contact Kognito for pricing for larger numbers of learners. Each site license is effective for 1-2 years, and provides learners with unlimited opportunities for training and re-training during the license period.

Further program information, including detailed costs and a program demo, can be found at [www.kognito.com/atrisk](http://www.kognito.com/atrisk).

\*The content of practices listed in Section III (Adherence to Standards) of the SPRC/AFSP Best Practices Registry address specific goals of the *National Strategy for Suicide Prevention* and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not reviewed for evidence of effectiveness. Additional information about the Best Practices Registry can be found at [www.sprc.org](http://www.sprc.org).

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