



## Kognito Family of Heroes

Date: 2012(For resources, this is the publication date. For programs, this is the date posted.)

### Information

Type: Program/Practice, Education/Training Program, Program with Evidence of Effectiveness

Organization: Kognito Interactive

Costs:

See the [archived NREPP listing](#) [1].

### Contact

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*Kognito Family of Heroes* is a one-hour, online, interactive gatekeeper training simulation that teaches family members of veterans how to (1) identify signs of post-deployment stress, including post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), depression, and thoughts of suicide; (2) approach veterans to discuss their concern, and (3) access mental health support services. Through the training, family members learn what to expect when a veteran returns from deployment; what postdeployment stress is and how to identify it, How to de-escalate arguments and negotiate family responsibilities; how to talk with a veteran about seeking professional help; and how to find support services appropriate for veterans and their families.

In the training, users engage in simulated conversations with three interactive veteran avatars that exhibit signs of post-deployment stress. In these virtual role-plays, they learn conversation strategies for broaching the topic of psychological distress; motivating the veteran to seek help; and avoiding pitfalls, such as pressuring and criticizing the veteran. The course is available from Kognito Interactive for a fee.

### Designation as a "Program with Evidence of Effectiveness"

SPRC designated this intervention as a "program with evidence of effectiveness" based on its inclusion in SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP).

Outcome(s) Reviewed (Overall Quality of Research Rating-scale of 0 to 4)

- 1: Preparedness to recognize signs of postdeployment stress (2.4)
- 2: Preparedness to discuss concern with veteran and motivate him or her to seek help at a VA hospital or Vet center (2.4)
- 3: Self-efficacy in motivating veteran to seek help at a VA hospital or Vet center (2.5)
- 4: Intention to approach veteran to discuss concerns (2.4)
- 5: Intention to mention the VA as a helpful resource (2.4)

Read more about this [program's ratings](#) [1].

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\* NREPP changed its review criteria in 2015. This program is a “legacy program,” meaning that it was reviewed under the pre-2015 criteria. The evidence for each outcome was reviewed and scored on a scale of 0-4, with 4 indicating the highest quality of evidence and 0 indicating very poor quality of evidence. The overall rating was based on ratings of six criteria: 1) reliability of measures, 2) validity of measures, 3) intervention fidelity, 4) missing data and attrition, 5) potential confounding variables, and 6) appropriateness of analysis. *When considering programs, we recommend (a) assessing whether the specific outcomes achieved by the program are a fit for your needs; and (b) examining the strength of evidence for each outcome.*

## Implementation Essentials

- Training participants should be given a variety of local and national resources for veterans who may be at risk for psychological distress.

## 2012 NSSP Objectives Addressed:

Objective 5.3: Intervene to reduce suicidal thoughts and behaviors in populations with suicide risk.

Objective 7.1: Provide training on suicide prevention to community groups that have a role in the prevention of suicide and related behaviors.

## Links within this resource

[1] <http://www.sprc.org/sites/default/files/Kognito%20Family%20of%20Heroes%20Legacy%20Listing.pdf>

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