Using Virtual Student Role-Play Simulations to Support Youth Suicide Prevention Efforts in Indian Country

Glenn Albright, Kognito, LLC
Baruch College (CUNY)
Jami Bartgis, One Fire Associates
Sutton King, Kognito, LLC
Disclaimers/Commercial Disclosure

• Dr. Glenn Albright and Sutton King are both employed at Kognito, a for-profit organization.
• Dr. Jami Bartgis is the evaluator for the Tribal Youth Program Technical and Training Assistance Center
About the Presenters

Dr. Glenn Albright is a clinical psychologist who received his Ph.D. from City University of New York in the area of experimental cognition with concentrations in neuropsychology and applied psychophysiology. He is a former chair of the Department of Psychology at Baruch College and Director of Research at Kognito. His research involves evaluating the efficacy of online role-play simulations where users practice challenging conversations with emotionally responsive and intelligent virtual humans to bring about positive changes in attitudes, skills and behaviors in the areas of health and mental health.

Dr. Jami Bartgis, an enrolled citizen of the Cherokee Nation, serves as CEO of One Fire Associates, LLC; a firm dedicated to building research and evaluation capacity toward healthy and well communities. She has spent her career working for tribal and urban American Indian communities supporting the development of trauma-informed systems of care using community-driven evaluation and research. Dr. Bartgis previously served as a faculty member at the University of Oklahoma Health Sciences Center, Indian Country Child Trauma Center, and as Director of Technical Assistance and Research and the National Council of Urban Indian Health.

Sutton King, a Menominee and Oneida descent from Wisconsin, is Turtle clan of the Oneida Nation. She furthered her education at The College of Mount Saint Vincent in New York City. She graduated with her B.A in Psychology, with the goal of bridging the devastating gap of health inequities that exists within Indian country. As the Tribal Program Specialist & Research Coordinator for Kognito, she has organized and executed several pilot studies, and has managed Tribal projects funded by OJJDP in partnership with the Indian Country Child Trauma Center.
Agenda

- Introducing Virtual Online Role-Play Simulations
- Freely available Simulations for Indian Country
- Introducing Friend2Friend
- Introducing At-Risk For High School Educators
- The Importance of Trauma-Informed Policing with Youth in Indian Country
- Introducing Trauma-Informed Policing with Tribal Youth
- How To Create an Account and Access the Simulations
- Implementation and Outreach
- Q&A
Online + Role-Play + Simulation

▪ Role-Play: most effective approach for changing behavior, building conversation skills

▪ Simulation: practice in a safe environment before trying it in “real life”

▪ Online: accessible 24/7 from any internet-connected computer, fidelity to the evidence-based model.
Why Virtual Humans

Instructional Benefits:
- Safe to self-disclose, experiment
- Increase in engagement, openness
- Decrease in transference reactions
- Decrease social evaluative threat

Other benefits:
- Personalization of experience
- Reach geographically dispersed areas
- Reduce costs of updates
- “Choose your Avatar” option
- Mobile Applications
Gatekeeper Conversations Are Hard

To manage challenging conversations the cognitive system needs to monitor & regulate emotional system....practice
Kognito’s Behavior Change Model

Integrates several evidence-based models, tactics, game mechanics, and learning principles integral to structuring conversations that lead to measurable change.

**Key models and tactics**
- Motivational interviewing
- Shared decision-making
- Mentalizing
- Emotional self-regulation
- Empathy / empathic accuracy
- Reappraisal strategy

**Key learning principles**
- Hands-on-practice
- Self-directed (DIY) approach
- Effective and ineffective navigational choices
- Contextual learning
- Personalized feedback
- Storytelling
- Case-based approach
HELP SPREAD THE WORD IN INDIAN COUNTRY ABOUT THE NO-COST AVAILABILITY OF THESE INNOVATIVE RESOURCES.

TRAUMA-INFORMED POLICING WITH TRIBAL YOUTH

Law enforcement professionals learn about the effects of historical and intergenerational trauma on tribal youth and how to lead positive police-youth interactions.

SIMULATION COVERS:
- Becoming Trauma-Informed
- Building Rapport and Modeling Respect
- Empowering Positive Decisions

Credits for Oklahoma available, national CEUs to come.

AT-RISK FOR HIGH SCHOOL EDUCATORS

Educators learn about mental health and suicide prevention, how to recognize students showing signs of psychological distress, and connect them to support.

SIMULATION COVERS:
- Disruptive Behavior
- Anxiety
- Cutting
- Cyberbullying
- Thoughts of Suicide

FRIEND2FRIEND

High school students learn how to recognize when a peer is showing signs of psychological distress and connect them to a trusted adult.

SIMULATION COVERS:
- Effective and ineffective tactics for approaching friends about sensitive topics.
Key Features

- Listed: SPRC/AFSP Best Practices Registry (At-Risk for High School Educators)
- Can be completed in multiple sittings
- Available online 24/7
- Created in collaboration with school, mental health experts, educators and law enforcement professionals

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How It Works

1. Assume the role of a teacher, law enforcement professional, student and engage in virtual conversations

2. Control the conversation by choosing what to say

3. Learn to use open-ended questions and motivational interviewing techniques

4. Receive feedback throughout that highlights important lessons and key strategies

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Participants: N=262 from four At-Risk Programs
- University and College Faculty (N=73)
- College Students (N=82)
- High School Educators (N=60)
- Middle School Educators (N=47)

Methodology:

1. Total Gatekeeper Skills
2. Behavioral Intent
3. Total Gatekeeper Self-Efficacy
4. Change in Gatekeeper Behaviors
Total Gatekeeper Skills – All five measures significantly increased (p<.05) from Pre to Post training. Measures included:

1. Identify when a student’s **appearance** is a sign of psychological distress
2. Identify when a student’s **behavior** is a sign of psychological distress
3. Discuss concern with a student
4. Motivate the student to seek help
5. Make a referral to mental health support services.
Total Gatekeeper Self-Efficacy significantly increased ($p<.05$) from pre to post. Measures included four self-perceived measures of confidence in one’s ability to:

1. Discuss concern with an individual exhibiting signs of psychological distress
2. Recommend mental health support services
3. Know where to refer an individual for mental health support
4. Help a suicidal individual seek help.
In an attempt to increase sample size, we combined participant responses across all four studies which yielded an N = 32 matched pairs.

The analysis showed that a power of 80% would be reached by increasing the sample size to N = 70 matched pairs.

Thus, by increasing the N, there is a high probability that Total Gatekeeper Skills, behavioral intent and Total Gatekeeper Self-Efficacy will remain significant at the 3-month follow-up point when compared to baseline measures.
The original series of longitudinal studies showed significant (p<.05) increases in self-reported gatekeeper behaviors at all follow-up periods.

Again, in this study, the follow-up sample size was too small, so a second power analysis showed that a power of 80% would be reached with a N=150.

1. Were concerned about due to psychological distress
2. Approached to discuss their concern with
3. Referred to support services
96% would recommend the training to their colleagues

91% said the program was based on scenarios relevant to them and their fellow students.

80% of students also said that as a result of this course, they themselves may seek help from the counseling center when feeling stressed.
Mental Health & Suicide Prevention

- Professional development for HS Teachers and Staff
- Multi-cultural
- 60-90 minute learning experience
- Mental Health and Suicide Prevention
- Listed National Registry of Evidence-based Programs (NREPP)

- Peer support for high school students
- Multi-cultural
- 30 minute learning experience
- Mental Health and Suicide Prevention
- Classroom activity
- Sample lesson plan available
Walkthrough of the Friend2Friend Learning Experience
Introducing Michael and Ana

Goals
1. Help Ana open up.
2. Try to understand what she's going through.
3. Connect her to someone who can help.
Goal Setting

1. Ask questions
2. Summarize
3. Don't criticize
4. Avoid giving advice

"Sounds like you're angry at your sister."
"So, because of all this, you have to do more at home."
"That all sounds really stressful."
Conversation with Ana

[7835] Sounds like you're stressing way too much.

[7834] Sounds like it's hard to get away from the stress and relax.

[7816] So your big sister is causing a lot of drama, and you have to pick up the slack.

Your summary of what Ana's going through made her feel understood.
"I wish I could just disappear... Just not be here anymore and not have to deal with my messed-up life."

→

Ask directly about suicide in a nonjudgmental way.

"Are you talking about suicide?"
Identifying Friends in Distress
Toolkit

TO UNLOCK YOUR CERTIFICATE

View Local Resources → Take the Survey → Get Certificate of Completion

National Resources

Printable Summary (pdf)

National Suicide Prevention Lifeline
suicidepreventionlifeline.org
Leslie Locklear

Doctoral candidate at the University of North Carolina at Greensboro

Lumbee and Waccamaw Siouan tribes
Walkthrough of the At-Risk for High School Educators Learning Experience
Connecting With Students (6 min)

- Bringing up what you’ve noticed
- Asking questions to better understand
- Referring to mental health resources
Conversation Challenge: Rene (17 min)

Rene Desmond | Senior, 17

- Always been a little tense, but this year it’s gotten worse
- May be cutting herself
Conversation Challenge

Joey (16 min)
Conversation Challenge: Rob (17 min)
MAKE A DIFFERENCE
Notice a student’s behavior, reach out, and make a referral
› Bring hope
› Help them perform better
› Prevent escalation
› Let them know someone cares
At Risk for High School Educators
“The response from the teachers always makes it worth it. More often than not, a teacher or para professional will say "Wow, I never thought of talking to the kids that way". The At-Risk for High School Educators gate-keeper training is such a great tool for helping improve the quality of the culture at our school.”
Was great, wished we could get our local schools, all our programs that work with our youth in our rural area to take this course.

Amazing.. Well put together and diverse scenarios and population.. well represented.

Highly recommend new teachers receive this training and follow up
Tribal Cultural Application - Pros

▪ Has been documented to be effective with a sample of American Indian teachers
▪ Includes *multicultural* Avatars
▪ Decreases embarrassment by practicing skills with virtual human
▪ Does not require a real human being to play the role of suicidal person during role plays

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Tribal Cultural Application - Cons

- Is just now being implemented tribal-wide...still learning the usefulness

- Includes some cultural nuances that may need disclaimers for tribal populations until tribal specific programs are created

Meet Ms. Yazzie, Avatar Teacher used in the Southwest

Is eye contact really a risk factor or a sign of respect?
Why Is Trauma-Informed Policing Important?

- Helps recognize trauma and trauma-response to de-escalate situations
- Connect traumatized youth with resources (systems of care)
- Reduce recidivism through early intervention
Introducing: Trauma-Informed Policing with Tribal Youth

Trauma-Informed Policing with Tribal Youth is an online interactive role-play simulation for law enforcement professionals that teaches about the effects of historical and intergenerational trauma on tribal youth and builds skills for leading positive police-youth interactions.
Our Vision: Making Trauma-Informed Policing the New Normal in Indian Country

We believe that trauma-informed policing can have a profound and beneficial impact on the safety and well-being of tribal youth.

Our goals are 1) to quickly and effectively increase the awareness of the need for law enforcement to adopt trauma-informed policing approaches and 2) provide effective training to all law enforcement officers working in Indian Country - tribal, BIA, local, state, federal
Trauma-Informed Policing with Tribal Youth

- Culturally-tailored
  - Developed with 25 Tribal Subject Matter Experts
  - Sensitizes users to historical and intergenerational trauma
  - Adapted from evidence-based model in collaboration with OJJDP Tribal Youth TTAC

- Simulation format
  - provides practice interacting with Tribal youth
  - Effective in changing knowledge, skills and self-confidence

- Easy and convenient
  - Online, available anywhere 24/7
  - Awards free CEU for Oklahoma LEOs from CLEET; national CEU from IADLEST
Trauma-Informed Policing with Tribal Youth

I'm patrolling the grounds here, and a vendor just told me someone walked off with a shirt from his table without paying for it. He described a male American Indian teen wearing a shirt with a basketball logo. The vendor said he just needs his merchandise back and doesn't want to press charges. I've identified someone who fits the description. I'm going to see if he knows anything and take the time to make a connection and build a positive relationship with him.
Robert E Bryant

Chief of Police
Penobscot Nation
Trauma-Informed Policing with Tribal Youth

“I like the fact that it’s interactive and it forces the person involved in this to actually think and move through a series of questions. I think the same as if you are out on the street interacting with a youth. I like that a lot better than just reading something or answering a multiple type choice of questionnaire I like the way that you interact with it.”
How do I create an account and access the simulations?
How to Access the Simulations

• Go to: [http://go.kognito.com/tytta](http://go.kognito.com/tytta)
• Create an account
• **For At-Risk for High School Educators**
  Use enrollment key: ofateacher
• **For Friend2Friend**
  Use enrollment key: ofastudent
• Take desired training - Including pre/post surveys
• Review the resources section for more information
• Share information with others
Access the Course

www.kognitocampus.com/login

Access training programs – new or existing accounts

Access Tips & Resources for schools implementing programs

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Create an Account

Your Account

First Name

Last Name

Email Address

Re-enter Email Address

User Name

Re-enter User Name

Choose Password

Re-enter Password

NEXT STEP

Already have an account? Sign In

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Select and Launch the Training

All courses available are shown

Details about the currently selected course

Once selected, launch the course
Once you’ve completed the training, be sure to click on the Toolkit link(s) for:

- Information about local and national services
- Certificate of completion
- Course summary
- Survey to give feedback about the course
How to Access

To take the training, go to: www.kognitocampus.com/login

• Create an account
• Use enrollment key: tribalyth
• Take training - Including pre/post surveys - about 30 minutes
• Review the resources section for more information
• Share information with other law enforcement groups, individuals
Implementation & Outreach
Build the skills to support tribal youth.

Simulations Freely Available for OJJDP Tribal Grantees.

Kognito's online role-play simulations prepare individuals to effectively lead real-life conversations that change lives.

TRAuma-INFORMED POLICING WITH TRIBAl YOUTH

Law enforcement professionals learn about the effects of historical and intergenerational trauma on tribal youth and how to lead positive police-youth interactions.

SIMULATION TITLE: Becoming Trauma-Informed, Building Rapport and Modeling Respect, Empowering Positive Decisions

To learn more and to access these simulations, visit http://js.kognito.com/tribal. For user technical support, contact support@kognito.com.

For questions regarding this training, contact TribalYouthTTCenter@ouhsc.edu or 405.271.8858.

AT-RISK FOR HIGH SCHOOL EDUCATORS

Education learns about mental health and suicide prevention, how to recognize students showing signs of psychological distress, and master the conversations to motivate them to seek help.

SIMULATION TITLE: Disruptive Behavior, Anxiety, Cutting, Questioning, Thoughts of Suicide

High school students learn how to recognize when a peer is showing signs of psychological distress and master the conversations to motivate them to seek help.

SIMULATION TITLE: Effective and nonaversive tactics for approaching friends about sensitive topics

To access this simulation, go to kognitocampus.com. Enrollment key: tribalyth

For user technical support, contact support@kognito.com.

For questions regarding this training, contact TribalYouthTTCenter@ouhsc.edu or 405.271.8858.

TRAUMA-INFORMED POLICING WITH TRIBAL YOUTH

Law enforcement professionals learn about the effects of historical and intergenerational trauma on tribal youth and how to lead positive police-youth interactions.

SIMULATION COURSE: Becoming Trauma-Informed, Building Rapport and Modeling Respect, Empowering Positive Decisions

This course has been certified by IADLEST as part of the National Certification Program™

CLET: This course has been accredited by the Council on Law Enforcement Education and Training for 1 hour of mandatory continuing education credit. Regarding any law enforcement concepts, practices, methods, techniques, products or devices as might be taught, promoted, or otherwise expressed in outside a school or seminar, there is no intent expressed or implied, that "accreditation" indicates in any way, concept the "CLET approval" of such concepts, practices, methods, techniques, products, or devices, unless such approval is explicitly stated by CLET.

This project was approved by Award no. 2016-MU-KH-1 awarded to the Indian Country Child Trauma Center, University of Oklahoma Sciences Center, by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs.

Available free to all U.S. tribal law enforcement, federally-recognized tribes, and BIE schools.

Free online simulation training for tribal law enforcement professionals.

Available free to all U.S. tribal law enforcement, federally-recognized tribes.
ARE YOU WORRIED ABOUT A STUDENT?
Life can be stressful, even for kids. Build the confidence to talk with a student who you’re concerned about.

At-Risk for High School Educators
Recognize when a student is in distress, initiate a conversation with a student about your concerns, and connect parents and students to support services.

TO ACCESS THIS SIMULATION:
1. Visit http://go.kognito.com/tytta
2. Log in or create a new account
3. Use Enrollment Key: Ofs teacher
4. Launch At-Risk for High School Educators

Friend2Friend
Practice talking with Michael's friend Ana, learn about what she is feeling, and help connect her with a trusted adult.

TO ACCESS THIS SIMULATION:
1. Visit http://go.kognito.com/tytta
2. Log in or create a new account
3. Use Enrollment Key: Ofsstudent
4. Launch Friend2Friend

Kognito Conversations that change lives.
Dear Colleagues:

I just completed two, free online training simulations focusing on mental health and suicide prevention, At-Risk for High School Educators and Friend2Friend. At-Risk for High School Educators is an interactive role-play simulation that helps high school faculty, staff and administrators learn common signs of psychological distress and how to approach an at-risk student for referral to the school counselor. Friend2Friend is designed for youth ages 14-18 and introduces the concept of mental health, warning signs of psychological distress and strategies for improving mental wellness within students.

To take the training, go to: http://go.kognito.com/tytta
- Create an account
- For At-Risk for High School Educators
  - Use enrollment key: ofateacher
- For Friend2Friend
  - Use enrollment key: ofastudent
- Take desired training - Including pre/post surveys -
- Review the resources section for more information
- Share information with others
At-Risk for High School Educators and Friend2Friend: Sample Listserv Posting

Now Available: Free Online Training Simulation for High School Staff and Youth
Freely available to all federally recognized tribes are two online role play simulations focusing on mental health and suicide prevention, At-Risk for High School Educators and Friend2Friend. At-Risk for High School Educators is an interactive role-play simulation for high school educators that builds awareness, knowledge, and skills about mental health and suicide prevention, and prepares users to lead real-life conversations with students that build resilience, strengthen relationships, and connect them with support. At-Risk for High School Educators is listed in SAMHSA’S national Registry of Evidence-Based Programs and Practices (NREPP). Friend2Friend is a game-based simulations for adolescents that builds awareness, knowledge, and skills about mental health while reducing stigma. It prepares youth to recognize signs of distress, reach out to a friend they are concerned about, and help identify a trusted adult for support.

These simulations are available at no cost to users through the sponsorship of the OJJDP Tribal Youth Training and Technical Assistance Center (TYTTAC).

Users can access it online at: http://go.kognito.com/tytta
- For At-Risk for High School Educators use enrollment key ofateacher
- For Friend2Friend use enrollment key ofastudent

For more information, please contact the OJJDP TY TTAC at: tribalyouthttacenter@ouhsc.edu
Dear Colleagues:
I just completed a new, free online training simulation called Trauma-Informed Policing with Tribal Youth. It teaches about historical and intergenerational trauma and how that can affect police/youth interactions. It also builds skills for leading more effective interactions with tribal youth because you can actually practice interacting with a virtual tribal youth in the simulation. The training is sponsored by the OJJDP’s Tribal Youth Training and Technical Assistance Center and was developed with expertise from Kognito, a pioneer in online role-play simulations.

To take the training, go to: [www.kognitocampus.com/login](http://www.kognitocampus.com/login)
- Create an account
- Use enrollment key: tribalyth
- Take training - Including pre/post surveys - about 30 minutes
- Review the resources section for more information
- Share information with other law enforcement groups, individuals

It’s a quick and easy way to get a continuing education credit from CLEET for Oklahoma LEPs. It’s also part of a The a powerful vision: that all Law Enforcement Professionals working in Indian Country will take this training and adopt trauma-informed policing skills and attitudes.
Trauma-Informed Policing with Tribal Youth: Sample Listserv Posting

Now Available: Free Online Training Simulation for Tribal Law Enforcement

*Trauma-informed Policing With Tribal Youth* is a new interactive role-play training simulation that quickly teaches about how historical and intergenerational trauma can negatively affect police/youth interactions and helps the user build skills for leading more effective interactions with tribal youth. The simulation is available at no cost to users through the sponsorship of the OJJDP Tribal Youth Training and Technical Assistance Center (TYTTAC). Completion of the simulation awards 1 continuing education credit hour from the State of Oklahoma Center for Law Enforcement Education and Training (CLEET) and from the International Association of Directors of Law Enforcement (IADLEST) as part of the National Certification Program.

Dr. Dee Bigfoot, who leads the OJJDP TTAC, hopes that by providing this tool online and making it freely available in every corner of Indian Country that law enforcement agencies will begin to embrace trauma-informed approaches as part as part of their policing culture.

Users can access it online at:
[www.kognitocampus.com/login](http://www.kognitocampus.com/login); use enrollment key tribalyth.

For more information, please contact the OJJDP TY TTAC at: [tribalyouthttacenter@ouhsc.edu](mailto:tribalyouthttacenter@ouhsc.edu)
Friend2Friend: Sample Social Media Post

Cut and Paste:

Free #SuicidePrevention training for #YOUTH in #IndianCountry. You can, too. Go to http://www.kognitocampus.com/login Use enrollment key: ofastudent
At-Risk for High School Educators: Sample Social Media Post

Cut and Paste:

Free #SuicidePrevention training for #HighSchoolEducators in #IndianCountry. You can, too. Go to http://www.kognitocampus.com/login Use enrollment key: ofateacher
Trauma-Informed Policing with Tribal Youth: Sample Social Media Post

Free #traumainformed training for #LawEnforcement in #IndianCountry. Go to kognitocampus.com/login. Use enrollment key: tribalyth

Cut and Paste:

Free #traumainformed training for #LawEnforcement in #IndianCountry. You can, too. Go to http://www.kognitocampus.com/login. Use enrollment key: tribalyth
Wrapping Up
Contact Us!

Glenn Albright| Glenn.albright@baruch.cuny.edu

Sutton King| Sutton@kognito.com

tribalyouthtacenter@ouhsc.edu

Support@Kognito.com – for technical support for simulation end-users