Friend2Friend
Online Learning Experience for High School Students

20TH ANNUAL CONFERENCE
ADVANCING SCHOOL MENTAL HEALTH
NOVEMBER 6TH 2015
Innovation in Student Mental Wellness

PRESENTED BY:
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Student Mental Wellness in California

- Proposition 63 Mental Health Service Act (MHSA) Passed in 2004
- 1% Tax on individuals earning over One million dollars
- Transform California Mental Health System with a focus on promoting recovery-oriented
- Focus on prevention, early intervention and service needs
- K 12 Student Mental Health Initiative (SMHI) 2012
  - Focus on Education Systems Prevention and Early Intervention of Mental Illness
  - Innovative mental health programs throughout California’s Education System
Multi-tier Systems for Suicide Prevention & Intervention
Statewide Coordination of the California PBIS Coalition
Kognito Simulation
MTSS
PCOE Projects Improve Student Wellness
Positive Behavior Intervention & Supports
K-12 Student Mental Health Initiative Website
Guide to Student Mental Health & Wellness in California
SAMHSA Eliminating Barriers to Learning
What do students know about Mental Health and Wellness
• 25-min online mental wellness peer support learning activity
• Created for high school students
• Includes a “practice” conversation with a virtual student
• Uses game mechanics to engage youth
• Lesson plans available for integration in Health and Language Arts
• Available at no cost to all California Public and Charter Schools
Friend2Friend Learning Objectives

01 Increase awareness of mental wellness and of signs that a peer might be suffering from psychological distress, including suicidal thoughts

02 Learn best practices for approaching friends that might be suffering from psychological distress and referring those students for support
Let’s hear what students are saying about Friend2Friend
**Friend2Friend Learning Objectives**

01. Increase awareness of mental wellness and of signs that a peer might be suffering from psychological distress, including suicidal thoughts.

02. Learn best practices for approaching friends that might be suffering from psychological distress and referring those students for support.

03. Decrease stigma and correct misconceptions surrounding mental health disorders.

04. Increase awareness of support and resources available to students, both locally and nationally.
Students talk about resources and stigma
How it Works

1. Assume the role of a student and engage in a virtual conversation

2. Control the conversation by choosing what to say

3. Learn effective techniques to support, motivate help-seeking

4. Receive feedback throughout the conversation
Online Learning Experience

Student Interactive Demonstration

http://demos.kognito.com/?k=2186a73d89e51f60fd4b3ab74a616a52
User Data: Demographics

**Sex**
n=74
- Female: 39
- Male: 33
- Other: 2

**Grade**
n=74
- 9th: 50
- 10th: 18
- 12th: 6

**Race**
n=74
- Hispanic: 27
- White/Caucasian/ non-Hispanic: 38
- Asian: 5
- Black/ African American, non-Hispanic: 1
- Multi-ethnic: 1
User Data

How did you hear about the course?

<table>
<thead>
<tr>
<th>Source</th>
<th>N</th>
<th>Total %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fellow Student</td>
<td>17</td>
<td>13.39%</td>
</tr>
<tr>
<td>Teacher</td>
<td>41</td>
<td>32.28%</td>
</tr>
<tr>
<td>Administrator</td>
<td>30</td>
<td>23.62%</td>
</tr>
<tr>
<td>Counselor</td>
<td>28</td>
<td>22.05%</td>
</tr>
<tr>
<td>Other</td>
<td>11</td>
<td>8.66%</td>
</tr>
</tbody>
</table>
User Data

All students in my school should take this course.
n=127

Disagree  | Agree  | Strongly Agree
---|---|---
6.8% | 55.4% | 37.8%
Overall, how would you rate this course?

n=74

- Poor: 8.10%
- Good: 21.6%
- Very Good: 39.2%
- Excellent: 31.1%
User Data

Would you recommend this course to your friends?

n=74

Yes: 78.4%
No: 21.6%
User Data

Likely to help you help a friend who is stressed out?

n=74
User Data

Composites (p<.001)

- Preparedness
- Likelihood
- Confidence
User Data

Interaction between the training simulation and gender (p<.05)
Innovation in Student Mental Wellness

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