

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:

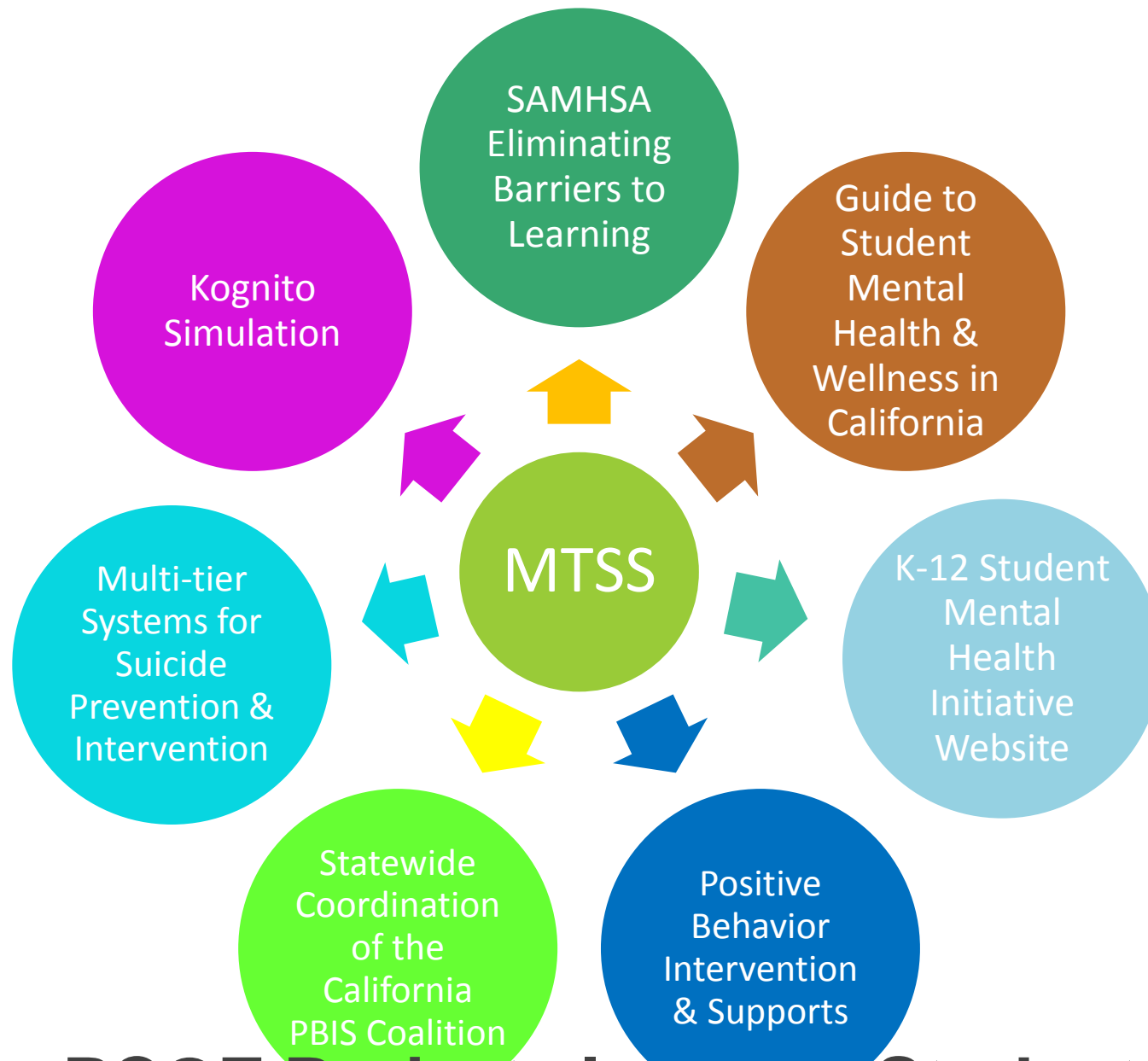
MICHAEL LOMBARDO

PLACER COUNTY OFFICE OF
EDUCATION

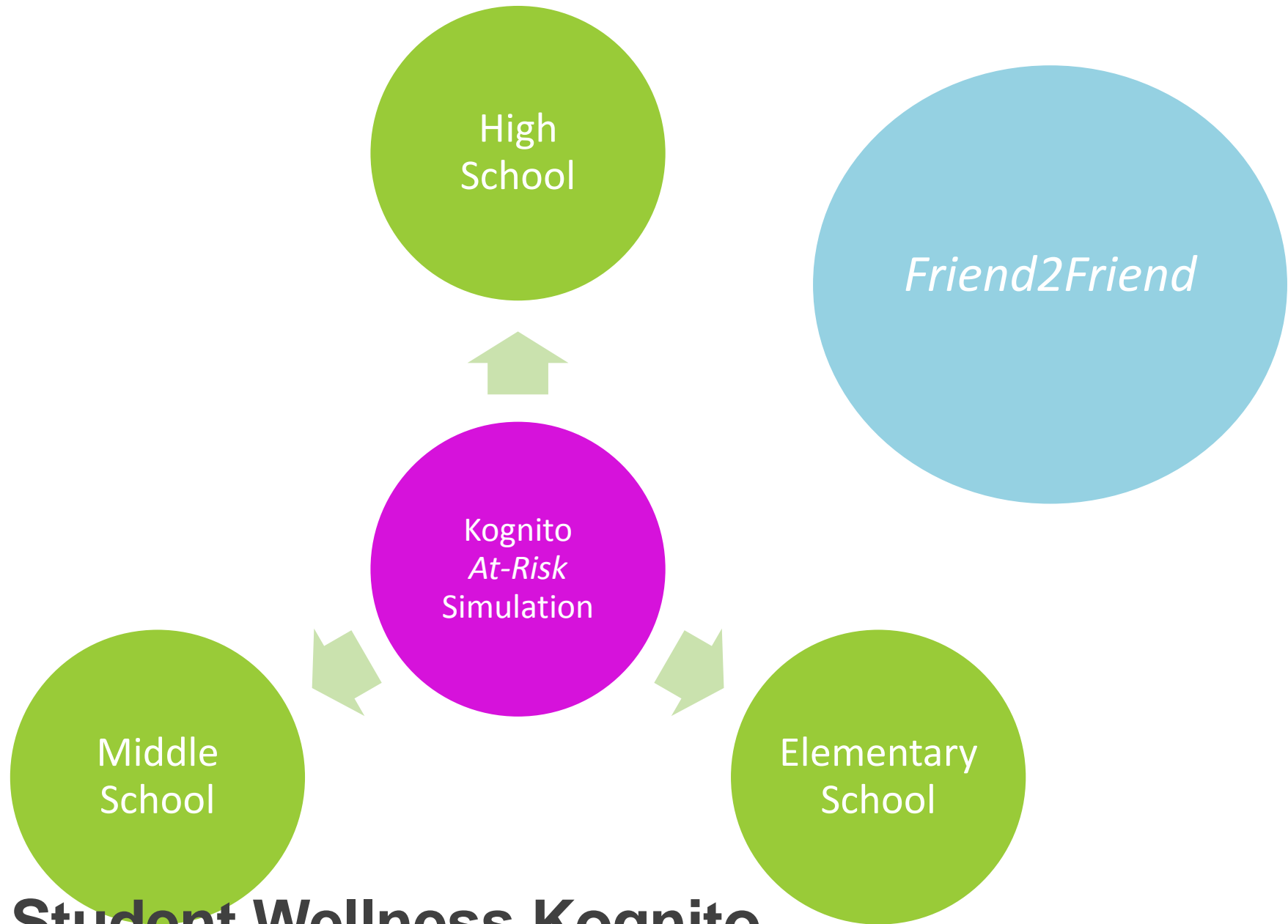


Student Mental Wellness in California

- 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



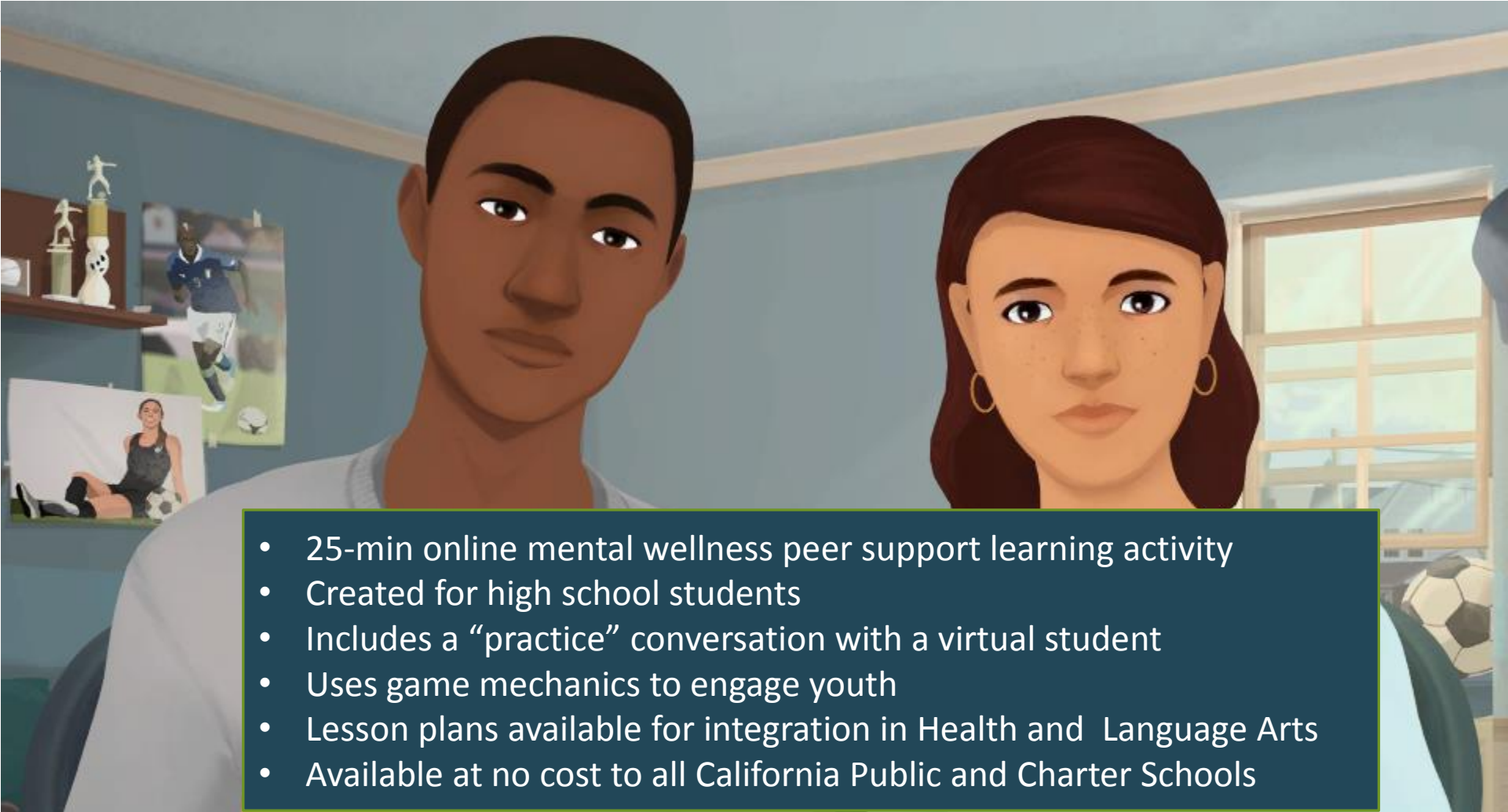
PCOE Projects Improve Student Wellness



Student Wellness Kognito Simulations

What do students know about Mental Health and Wellness

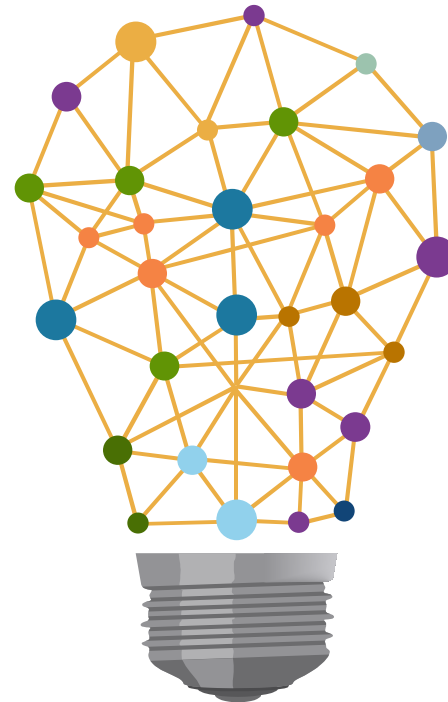
Friend²Friend



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

Let's hear what students are saying about Friend2Friend

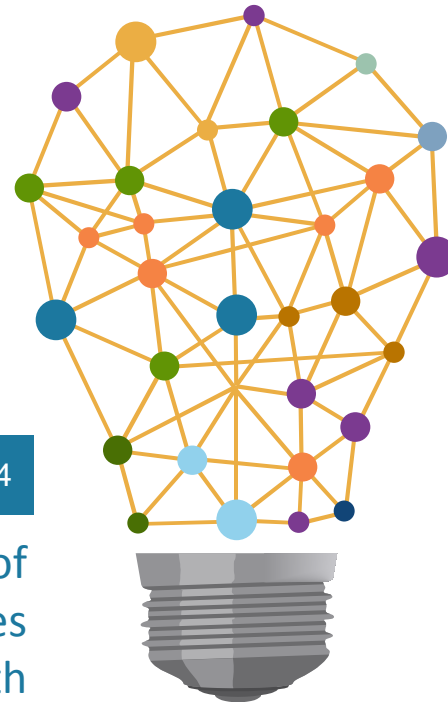
Friend2Friend Learning Objectives

01

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

04

Increase awareness of support and resources available to students, both locally and nationally



02

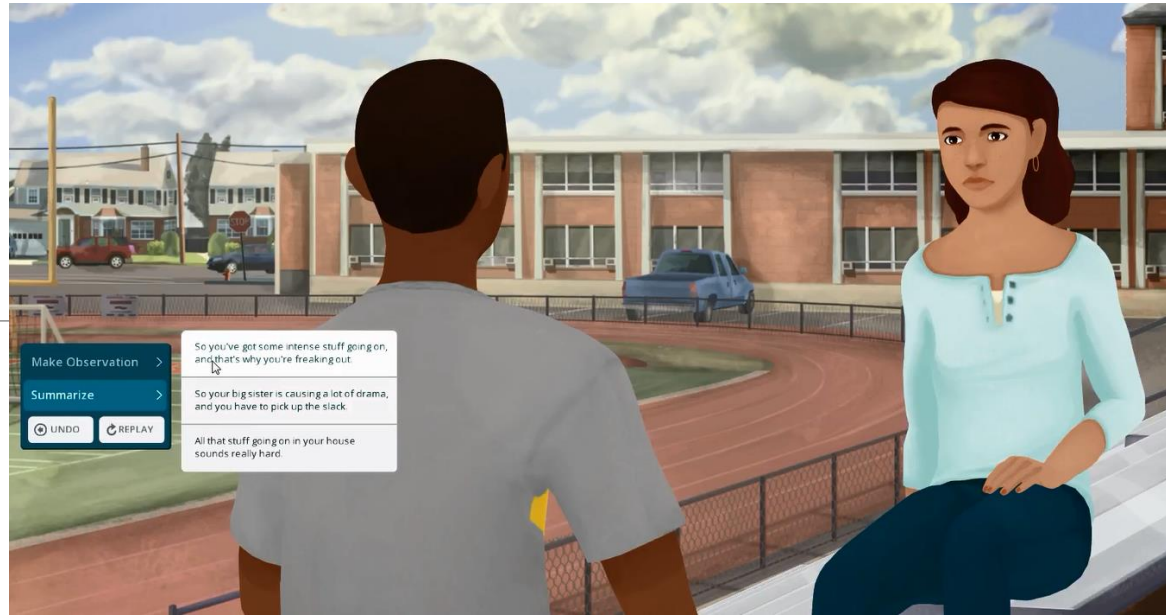
Learn best practices for approaching friends that might be suffering from psychological distress and referring those students for support

03

Decrease stigma and correct misconceptions surrounding mental health disorders

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

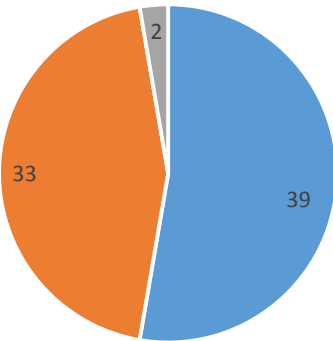


<http://demos.kognito.com/?k=2186a73d89e51f60fd4b3ab74a616a52>

User Data: Demographics

Sex

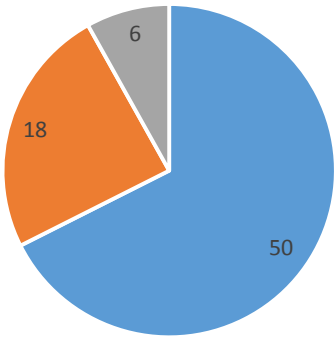
n=74



■ Female ■ Male ■ Other

Grade

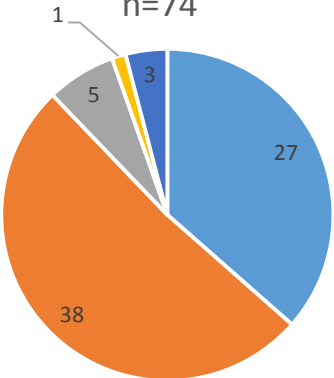
n=74



■ 9th ■ 10th ■ 12th

Race

n=74



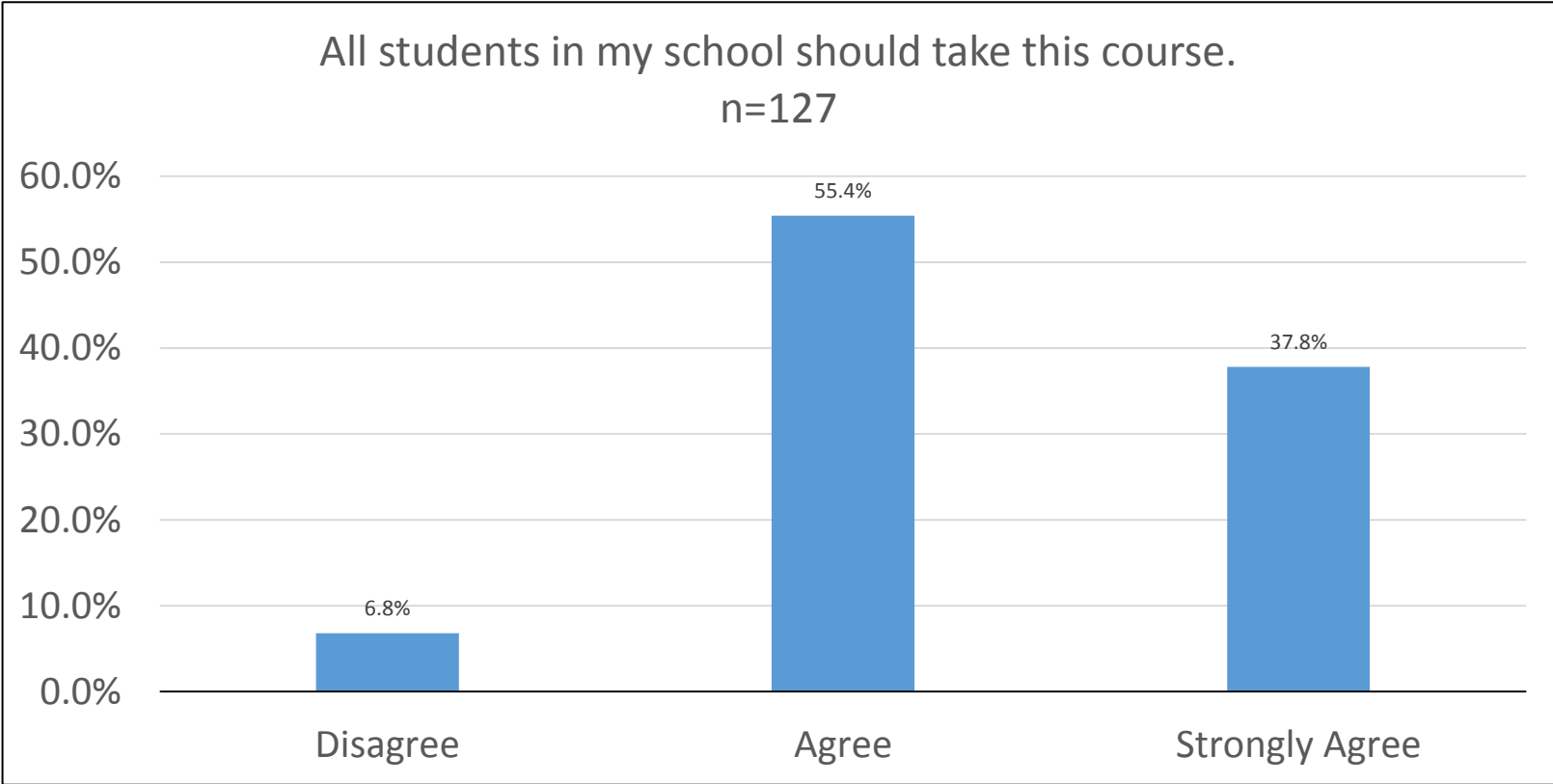
■ Hispanic
■ White/Caucasian/ non-Hispanic
■ Asian
■ Black/ African American, non-Hispanic
■ Multi-ethnic

User Data

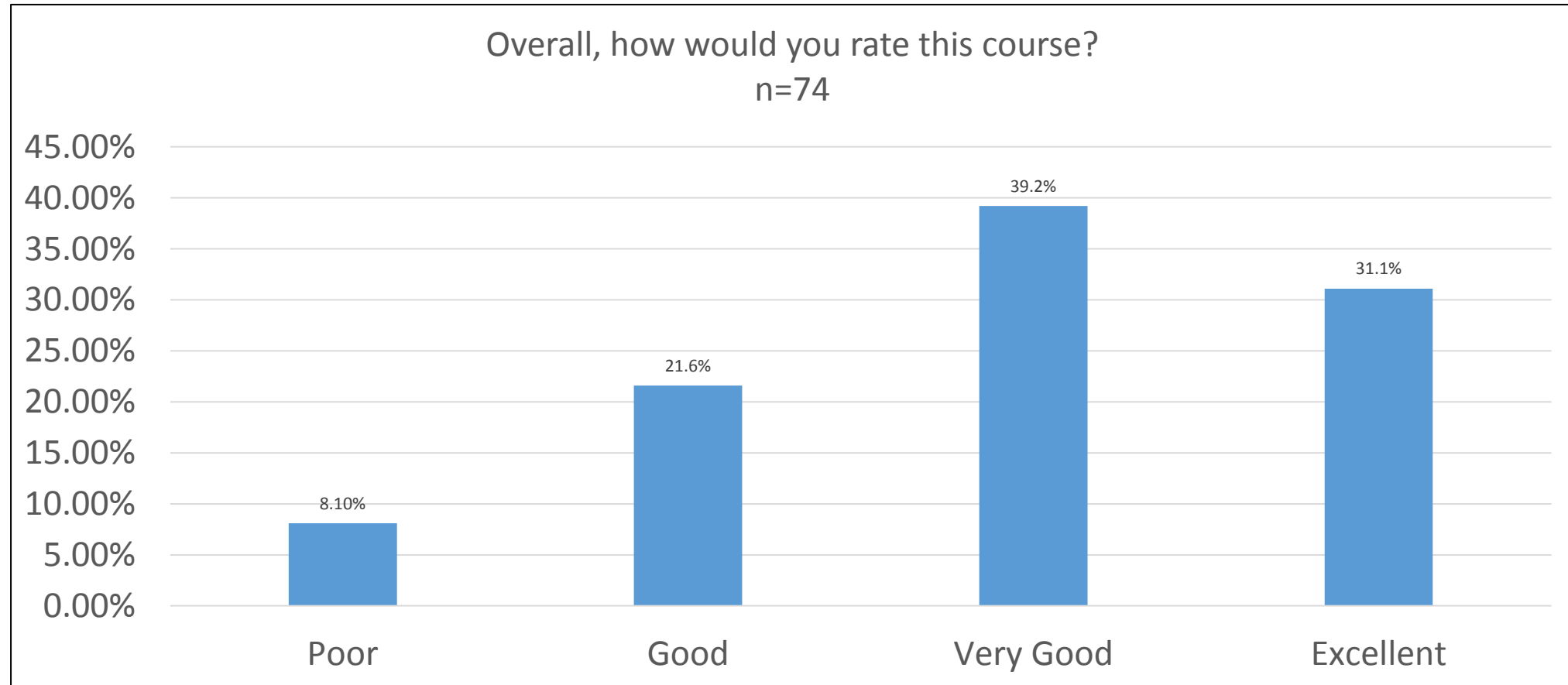
How did you hear about the course?

Source	N	Total %
Fellow Student	17	13.39%
Teacher	41	32.28%
Administrator	30	23.62%
Counselor	28	22.05%
Other	11	8.66%

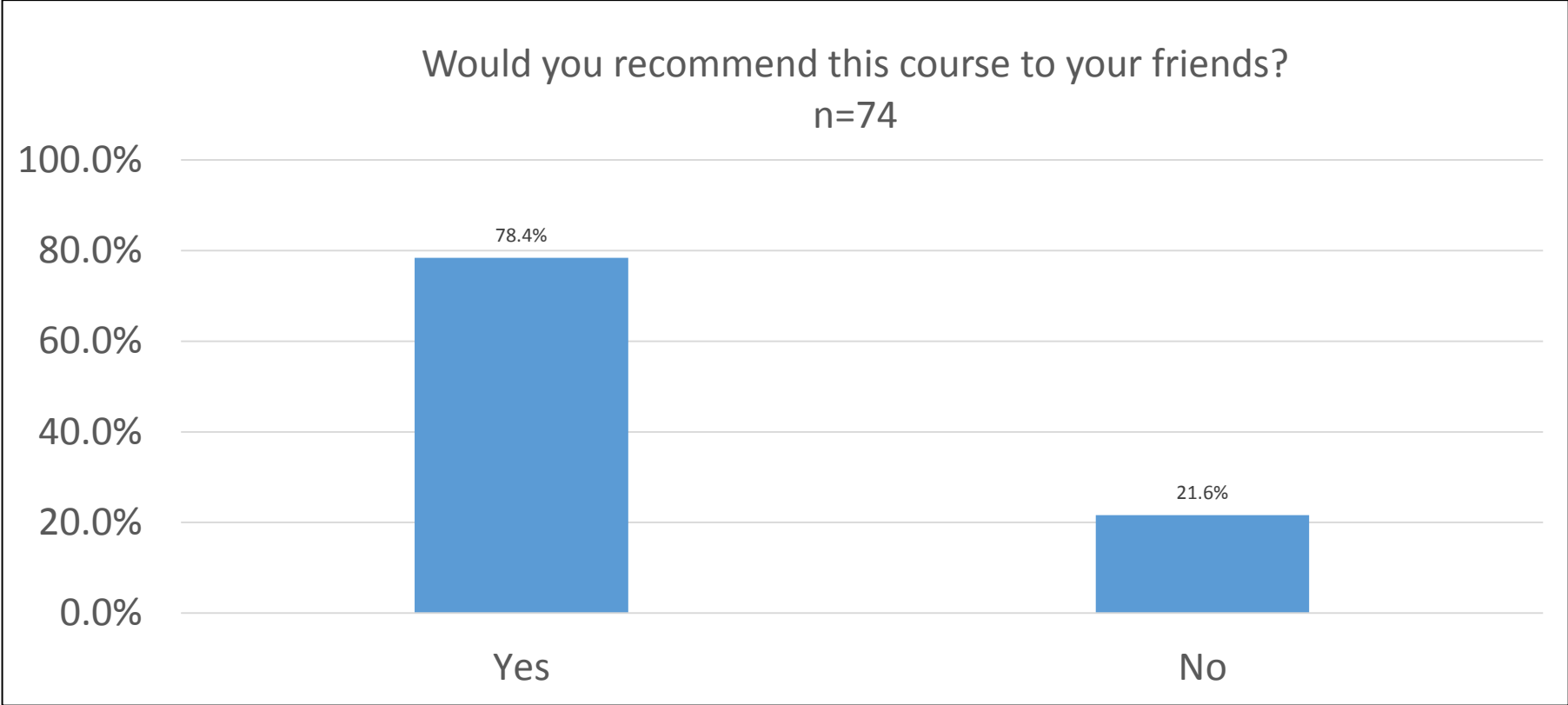
User Data



User Data



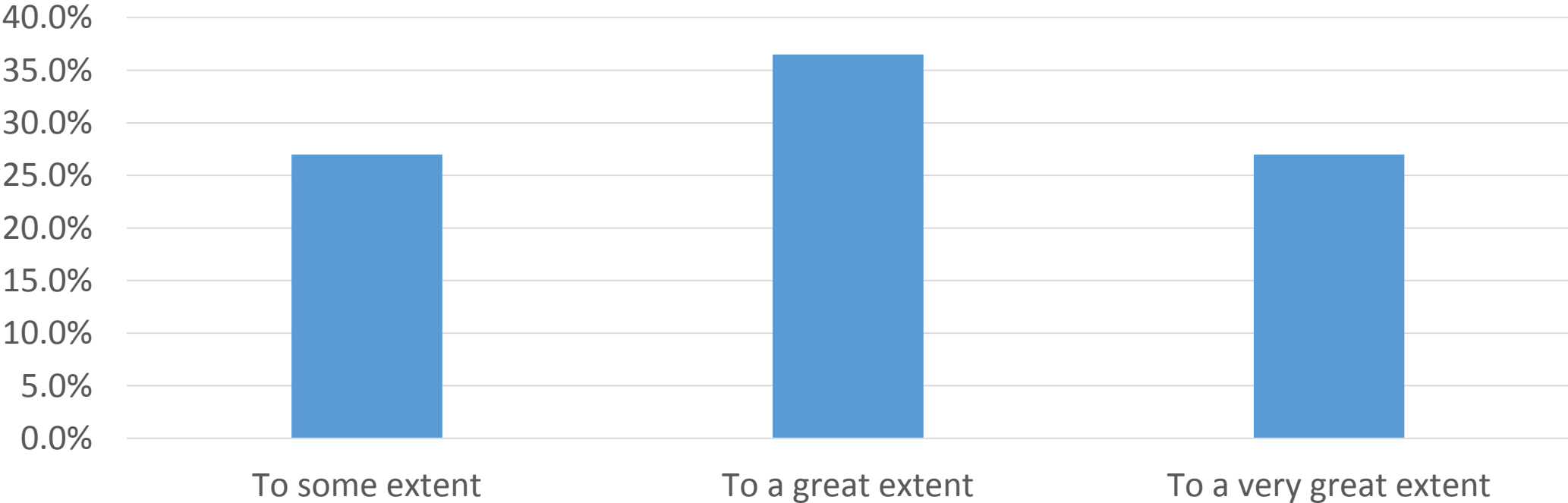
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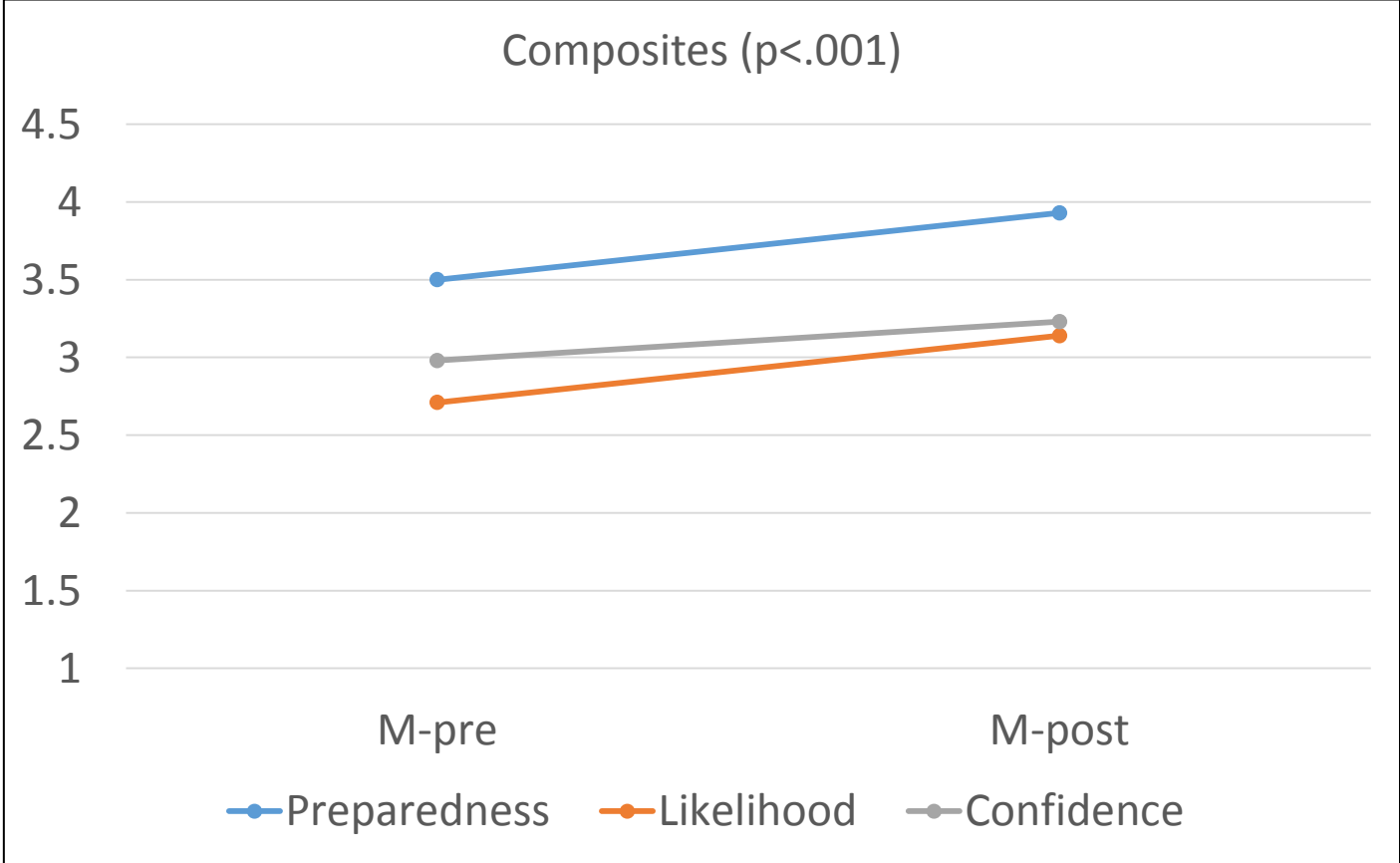


User Data

Likely to help you help a friend who is stressed out?
n=74

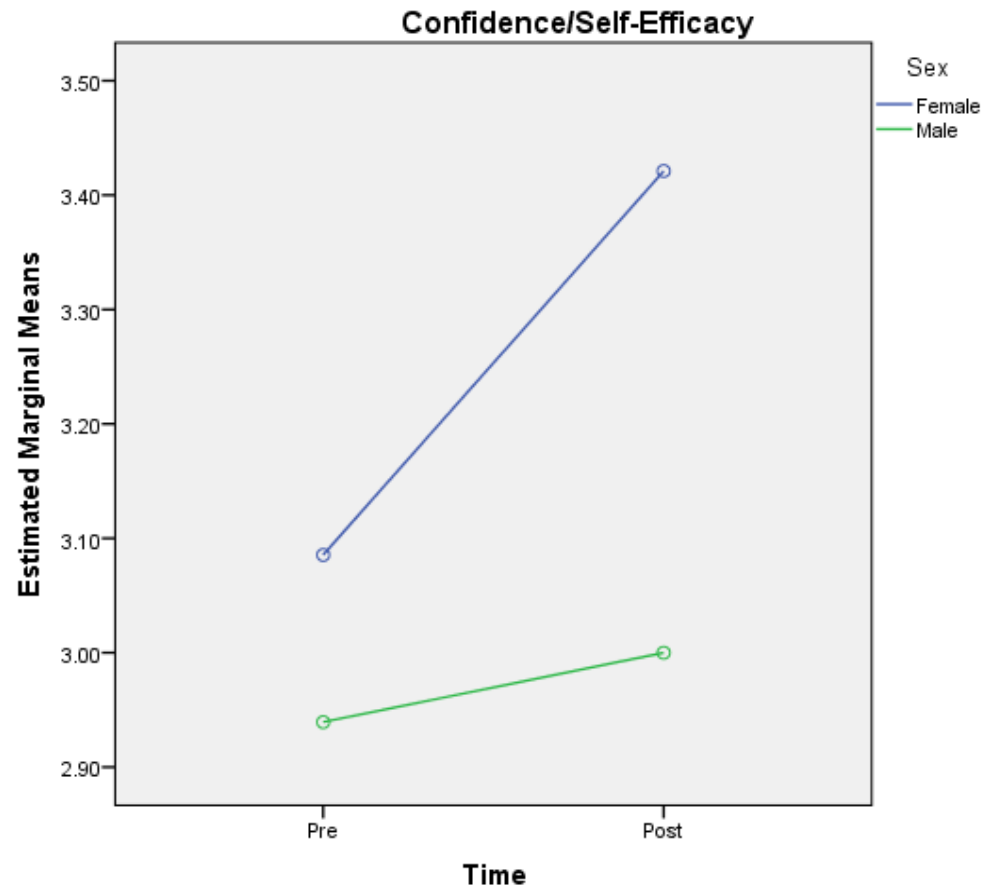


User Data



User Data

Interaction between the training simulation and gender ($p < .05$)



Innovation in Student Mental Wellness

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