



## MEMORANDUM

To: Faculty and Staff

From: Kenneth G. Furton, Provost and Executive Vice President

Elpagnier Hudson, Interim Vice President, Human Resources

Date: April 1, 2019

Subject: Mental Health Training

According to the Spring 2018 National College Health Assessment, 42% of college students reported they felt so depressed within the past 12 months that it was difficult for them to function. Additionally, on a national level, only 40% of students with mental health concerns actually seek help. As faculty and staff, we can take small steps that could make a big difference to support our graduate and undergraduate students when they need it the most. It is not necessary to be an expert in order to provide assistance, early.

With the support of Technology Fee Grant funding, FIU is launching an online conversation simulation, developed by Kognito, titled "At-Risk for Faculty & Staff." This simulation is designed to help faculty and staff members strengthen their ability to notice signs of emotional distress, use techniques to discuss concerns, and refer students to appropriate campus resources, when necessary.

Kognito's At-Risk for Faculty & Staff can be completed on any computer and started or resumed at your convenience. The simulation provides practice conversations about challenging topics through three role-plays with virtual students and may be completed at your desired pace. This training, which is already in use at hundreds of colleges and universities around the country, is listed in the Suicide Prevention Resource Center's Best Practices Registry and is under review for inclusion in the National Registry of Evidence-based Programs and Practices.

Supporting our students involves the entire FIU family – faculty, staff, and the student body. Training for students is being launched, simultaneously so that our students can feel confident about having similar conversations with other students as they encounter situations of concern.

Please join our efforts to raise awareness about available resources while doing all that we can to ensure the psychological well-being of our students. It is highly recommended that this training be completed before the start of the Fall 2019 semester and may be accessed by following these steps.

To complete the online simulation exercise:

1. Go to <https://fiu.kognito.com/>
2. Using FIU credentials sign on
3. Launch "At-Risk for Faculty & Staff"

Recognizing the many demands on your time, this exercise should take no more than 45 minutes to complete. . In order to ensure the best training experience please use Chrome, Firefox, Safari, or Edge to complete the training. Unfortunately, the simulation will not work on Internet Explorer. For any technical support issues, please call 646-923-8632 between the hours of 8:00 a.m. - 5:00 p.m. CST. For non-technical issues you may also contact Kathryn Kominars, Associate Director of Counseling and Psychological Services (CAPS) at (305) 348-2277 or [kominars@fiu.edu](mailto:kominars@fiu.edu).

We thank you in advance for your participation in this important initiative.