How You Can Use Free, Avatar-Based Simulations to Help Distressed Youth in Your Community

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Today’s Objectives:

1. Come to Recognize OSPF

2. Learn up-to-date statistics and research on youth suicide

3. Learn what a gatekeeper is

4. Become aware of online suicide prevention trainings available for Ohio community members

5. Learn strategies to help promote suicide awareness & education in your volunteer & professional work
What is OSPF?

The Ohio Suicide Prevention Foundation (OSPF):

Mission: To promote suicide prevention as a public health issue and advance evidence-based awareness, intervention and methodology strategies that will support priority populations and healthy communities.

Vision: Through the leadership and stewardship of OSPF, Ohio will have culturally appropriate and strongly supported local capacity for prevention and reduction of suicides and will promote and emphasize statewide efforts for suicide reduction and prevention services for Ohioans throughout their lifespans.

Website: [ohiospf.org](http://ohiospf.org)
Suicide in Ohio

In Ohio:

- From 2012-2014, suicide was the 2nd leading cause of death for those 10-24.
- Ohio’s rate of young youth suicide is above the national average.
- From 2012 to 2014, 187 youth died by suicide each year.
  - 168 of these youth were between 15 and 24 years old.
  - Males make up $\frac{3}{4}$ of youth suicide deaths.

Top 10 Causes of Death 2012-2014

<table>
<thead>
<tr>
<th>Rank</th>
<th>Age Groups</th>
<th>Death Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Unintentional Injury 1-24</td>
<td>1,378</td>
</tr>
<tr>
<td>2</td>
<td>Suicide</td>
<td>574</td>
</tr>
<tr>
<td>3</td>
<td>Homicide</td>
<td>554</td>
</tr>
<tr>
<td>4</td>
<td>Malignant Neoplasms</td>
<td>181</td>
</tr>
<tr>
<td>5</td>
<td>Heart Disease</td>
<td>114</td>
</tr>
<tr>
<td>6</td>
<td>Congenital Anomalies</td>
<td>72</td>
</tr>
<tr>
<td>7</td>
<td>Diabetes Mellitus</td>
<td>35</td>
</tr>
<tr>
<td>8</td>
<td>Cerebrovascular</td>
<td>28</td>
</tr>
<tr>
<td>9</td>
<td>Benign Neoplasms</td>
<td>25</td>
</tr>
<tr>
<td>10</td>
<td>Chronic Low. Respiratory Disease</td>
<td>23</td>
</tr>
</tbody>
</table>
Important Groups to Remember:

LGBTQ (Lesbian, Gay, Bisexual, Transgender, Questioning):

Suicide attempts are:

- 4 times greater in LGB youth
- 2 times greater in questioning youth,

Nearly 50% of transgender youth have experienced suicide ideation

Important Groups to Remember:

Youth in Foster Care System:

- Youth in child welfare system have 3 – 5x greater risk of suicide than the youth population.
- Teenagers in the foster care system are 4x more likely to have attempted suicide.
- Experiencing childhood abuse or trauma increases the risk of suicide by 2—

Important Groups to Remember:

Youth in Foster Care System:

Families of and caregivers for youth in foster care can help to reduce some risk factors, and support and advocate for services to build protective factors. Other factors can’t be changed, but are important to address.

**RISK FACTORS**
- Mental illness including substance abuse
- Prior suicide attempt
- Self injury
- Abuse and neglect
- Trauma
- Parental mental illness and substance abuse
- Family conflict and dysfunction
- Family history of suicidal behavior
- Poor coping skills
- Social/interpersonal isolation/alienation
- Exposure to suicides and attempts
- Suicide means availability/firearm in household
- Violence and victimization
- Being bullied, bullying

**PROTECTIVE FACTORS**
- Psychological or emotional well-being
- Family connectedness
- Safe school, school connectedness
- Caring adult
- Self esteem
- Academic achievement
- Connectedness, support, communication with parents
- Coping skills
- Frequent, vigorous physical activity, sports
- Reduced access to alcohol, firearms, medications

Important Groups to Remember:

Youth in Juvenile Justice System:

- 100,000 youth are seen annually in the Ohio Juvenile Court System for
  - 50–70% of youth seen in U.S. Juvenile Court System have a diagnosable mental
- Confined youth have a suicide rate 3x greater than general population
  - Over 50% of Juvenile Justice youth have current suicide ideation
  - 1/3 have a history of suicidal behavior

Ohio Youth & Young Adult Mental Health:

Ohio Youth Risk Behavior Survey:
- 26% of youth stopped doing usual activities because they were sad
- 21% of youth were bullied & 15% were e-bullied
- 10% of youth went 24hrs without food to avoid weight gain
- 16% of youth reported binge drinking within the last 30 days
- 21% of youth reported using marijuana within the last 30 days

Information Obtained From: Ohio Department of Health (February 2016), OYRBS Executive Summary
Why This Matters:

2013 Ohio Youth Risk Behavior Survey:
- 21% of youth saw a professional to help with a mental health problem
  - This means 79% of Ohio youth did not see a mental health professional

Ohio Behavioral Health Barometer, 2015:

90% of youth who die by suicide have a diagnosable mental health condition at the time of death.

Information Obtained From: Ohio Department of Health (February 2016), OYRBS Executive Summary; SAMHSA, U.S. Department of Health and Human Services (2017) Behavioral Health Barometer, Ohio 2015; NAMI, Mental health by the numbers.
Gatekeeper Trainings:

A gatekeeper is someone in a position to recognize the warning signs that another person may be in distress, experiencing poor mental health, or contemplating suicide.

- In other words, gatekeepers can:
  - Recognize warning signs of poor mental health & suicide risk
  - Ask youth if they are okay/ if they are having thoughts of suicide
  - Refer youth to appropriate mental health services

- Gatekeepers can be adults or youth themselves

- But training is needed to do this!

Gatekeeper Impacts:

- Gatekeeper Trainings which include role play are effective in equipping adults with knowledge, skills, and attitudes to successfully identify and refer at-risk youth.

- Web-based gatekeeper trainings are effective

- However, effects of gatekeeper trainings over time

- In order for sustained change to occur, continuing education, communication, and outreach must remain in place:
  - **7 Themes for Sustaining Impact:**
    - (a) social network (b) continued learning (c) community outreach; (d) accessibility (e) reminders (f) program improvement (g) certification

Kognito Simulations:

Ohio.Kognito.Com

*Online virtual simulations, which provide practice talking with those we care about.*

**Goal of Kognito Trainings:**
- To help us all be gatekeepers: Someone able to recognize warning signs of distress and help others.

**Kognito Gatekeeper Trainings Provide:**
1. Education in recognizing warning signs of distress in youth of all ages
2. Tips for having helpful conversations with youth
3. Practice having those conversations through avatars
4. Ohio mental health resources

**Kognito trainings are listed in the National Registry of Evidenced-Based Practices and Programs (NREPP)**
- Have been shown through research to increase individuals’ comfort and abilities to help others at risk for ill mental health and/or suicide

Kognito Simulations:

Ohio.Kognito.Com || ohiospf.org || kognitocampus.com/peer
www.jointogetherstrong.com || www.familyofheroes.com/ohio/

Use enrollment key: ohiospf OR valid Ohio Zip Code

Online Training Simulations

Online Simulations and Training. Available now at no cost to everyone across Ohio. Register for a free account - courtesy of the Ohio Suicide Prevention Foundation - and get started immediately.
Download the detailed Ohio Campaign for Hope Poster (Note: Link will open in a new window or tab)
Click here to access the online simulations. (Note: Link will open in a new window or tab)
Kognito Simulations:

|| ohiospf.org ||

Use enrollment key: ohiospf OR valid Ohio Zip Code
Home Page ➔ “Resources” ➔ “Kognito Resources”

Accessing the Trainings for Free
- Handout on Accessing Trainings & Resources

at-risk
for Middle School Educators

Help a stressed student
Online training to approach and motivate students

START

at-risk
for Elementary School

Friend2Friend

Online simulator to learn to recognize & help when your friend is struggling with mental health

Sign In

Sign In

Email

Password

Forgot your password?

at-risk
for High School Educators

Help a stressed student
Online training to approach and motivate students

START NOW

Launch
Kognito Simulations:

|| ohiospf.org ||
Use Enrollment Key: ohiospf OR Valid Ohio Zip Code
Home Page → “Resources” → “Kognito Resources”

Let’s find out what the Kognito Training Simulations are like!
- Volunteers Needed!
Thoughts on Simulations:

Ohio.Kognito.Com || ohiospf.org || kognitocampus.com/peer
www.jointogetherstrong.com || www.familyofheroes.com/ohio/

Use Enrollment Key: ohiospf OR Valid Ohio Zip Code

1) What are your reactions to the simulations?

2) What do you like and dislike about the simulations?

3) How could you use Kognito in your volunteer or professional work?

4) What questions do you have?
OSPF wants to help you be successful in implementing Kognito!

**Resources:**

- [Kognito Resources Landing Page](#)
  - Flyers
  - Power Points
  - Webinar Recordings
  - Kognito Champions Tool Kit
  - Kognito Champion Sign Up
  - Kognito Banners & Buttons

- [Spread the Word Resources](#)
  - Flyers
  - Power Point Slides
  - Pre-Written Messages
  - Discussion Guides
Resources for You!

- Where to Go to Find OSPF Resources:
Resources for You!

• Where to Go to Find Kognito Resources for Ohio:
  • ohio.kognito.com  |  www.familyofheroes.com/ohio/
  • Ohio’s Campaign for Hope Home Page ➔ Scroll to Bottom or top of Page ➔ Click on “Tips & Resources” or “Spread the Word.”
Incorporating themes of sustained impact into simulation use:

(a) Social network:
   - Resources can enhance networking opportunities

(b) Continued learning:
   - Formats & length allow for booster training/recertification

(c) Community outreach:
   - Resources can & should be used to increase awareness

(d) Accessibility
   - Formats & length make trainings convenient

(e) Reminders
   - Kognito, OSPF, Champion Sign-Up, & text templates provide opportunities for ongoing communication

(f) Program improvement
   - Participant survey feedback used to guide future development

(g) Certification
   - Training participation can be required and verified
Questions:
Thank you!

Email Us/Call Us with Questions:

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