



Kognito's At-Risk Suicide Prevention Training Receives National Recognition

At-Risk, an online suicide prevention training simulation that uses educational gaming technology, received national recognition by being listed in the SPRC/AFSP Best Practices Registry for Suicide Prevention. At-Risk is the first simulation-based training program to be included in this prestigious national registry. A demo of the program which has recently been evaluated in a national study in 42 U.S. universities can be viewed at <http://www.kognito.com/atrisk>.

New York, NY ([PRWEB](#)) August 10, 2009 -- At-Risk, an online suicide prevention training simulation that uses educational gaming technology, received national recognition by being listed in the SPRC/AFSP Best Practices Registry for Suicide Prevention. At-Risk is the first simulation-based training program to be included in this prestigious national registry.

The registry is administered by the [Suicide Prevention Resource Center \(SPRC\)](#) and the [American Foundation for Suicide Prevention \(AFSP\)](#). Resources are added to the registry after review by a team of independent suicide prevention experts. At-Risk has been listed under Section III Educational and Training Programs. A copy of the listing can be found at <http://www.sprc.org>.

At-Risk addresses a growing need by universities to train and engage their faculty and staff in identifying and referring students exhibiting signs of mental distress including depression, anxiety, and thoughts of suicide. This form of training, referred to as gatekeeper training, has become a vital tool in reducing negative stereotypes about mental illness and increasing early detection of at-risk students on campus. A demo of the program can be viewed at <http://www.kognito.com/atrisk>.

In At-Risk, users learn about potential indicators of mental distress and how to best approach and refer a student exhibiting such symptoms. Learning occurs within a web-based virtual practice environment where users assume the role of a university faculty and review profiles of several students in their class. If they believe that there are sufficient signs to suggest that a student is at risk, they engage in a simulated conversation with the student, a fully animated avatar that possesses its own emotional state and memory. This practice-based instructional approach results in users who are more confident and better equipped to handle similar situations in real life. The simulated conversations are built using Kognito's patent-pending Human Interaction Simulation Platform™ which is rooted in the science of social cognition and has received numerous awards. At-Risk was created by Kognito in partnership with the Mental Health Association of New York City.

A recent study conducted at 42 universities in the U.S. revealed strong evidence of the impact of At-Risk on faculty's motivation and ability to identify, approach, and refer students in mental distress. A report about the study can be downloaded at <http://www.kognito.com/atrisk/research.html>.

At-Risk is a web-based training program that is sold by Kognito to academic institutions on an institution-wide license. Prices depend on the number of learners and length of access.



Interested parties can also join one of Kognito's free weekly webinars which includes a product demonstration and an overview of the results from the national study. To register for a webinar please visit <http://www.kognito.com/atrisk/webinar.html>.

About Kognito:

Founded in 2003, Kognito is a developer of interactive training simulations and educational games that address strategic business and training challenges. Our simulations improve learning outcomes by providing users with virtual practice environments that simulate challenging situations similar to ones they face in real life. In these simulations, users learn by making decisions, viewing their consequences, and receiving personalized feedback. Our work for Fortune 500 companies, government agencies, and academic institutions has won numerous awards including the 2007 and 2008 Learning Leader Awards from Bersin & Associates. For more information visit <http://www.kognito.com>.

About the Mental Health Association of New York City (MHA of NYC):

Founded in 1964, the MHA of NYC has led the way in mental health services, advocacy, and education in the New York metropolitan area and across the nation. The MHA of NYC fights to shape the policies that benefit those who suffer with mental illness, promotes early detection of mental illness, facilitates access to treatment, and pioneers the development and implementation of innovative, award-winning direct service programs to help individuals and their families lead rich and rewarding lives, including the National Suicide Prevention Lifeline (1-800-273-TALK), the only national 24/7 suicide prevention hotline available to anyone in emotional distress or suicidal crisis. For more information, visit <http://www.mhaofnyc.org>.

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