



**Alcohol & Other Drugs:  
A Virtual Tool for College Students**

MARCH 2021

# Poll Question

How prepared are your students to navigate conversations around alcohol and drug use with their peers?

1. **VERY PREPARED**  
No additional training needed
2. **SOMEWHAT PREPARED**  
They could benefit from additional training
3. **NOT PREPARED AT ALL**  
They have not received training
4. **NOT SURE**



# Today's Presenters



**Yoo-Jin Kang**  
Senior Training and Technical  
Assistance Specialist  
Futures Without Violence



**Kayce Matthews, MA**  
Director  
Coalition for Healthy & Safe  
Campus Communities (CHASCo)



**Kim Wieland, MPH**  
Head of Product, Education  
Kognito



**Brian Flumen**  
Product Owner  
Kognito

# About Kognito

Our mission is to combine the science of learning, the art of conversation, and the power of virtual human simulations to measurably improve social, emotional and physical health.



# Agenda

- Introduction to *Alcohol & Other Drugs*
- Key Learning Objectives
- Content Overview
- Live Demonstration
- Q&A



**Today's college students need more than definitions or 'sit and get' content to make healthy decisions and support one another.**

**We empower students to take an active role in creating a healthy and safe campus environment through personalized experiential practice.**



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## AND OTHER DRUGS

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- **DEVELOPED BY PREVENTION EXPERTS**  
Campus prevention leaders, instructional designers, and real students contributed to simulation content.
- **PART OF A POWERFUL PREVENTION STRATEGY**  
With Kognito's Student Wellness & Campus Climate bundle, students learn through practice to build health promoting behaviors while reducing harmful ones.



# Alcohol & Other Drugs

## Learning Objectives

**Understand** social norms around drinking and other drugs

**Apply refusal strategies** that help an individual know when and how to say no

**Examine the risks** associated with alcohol and other drug use

**Recognize** when and how to refer peers to seek out additional help

**Apply safe, positive, actionable strategies** for intervening in situations where alcohol or other drugs are being misused

Compose a **personal positive behaviors action plan**

60-min interactive, self-paced and evidence-based simulation

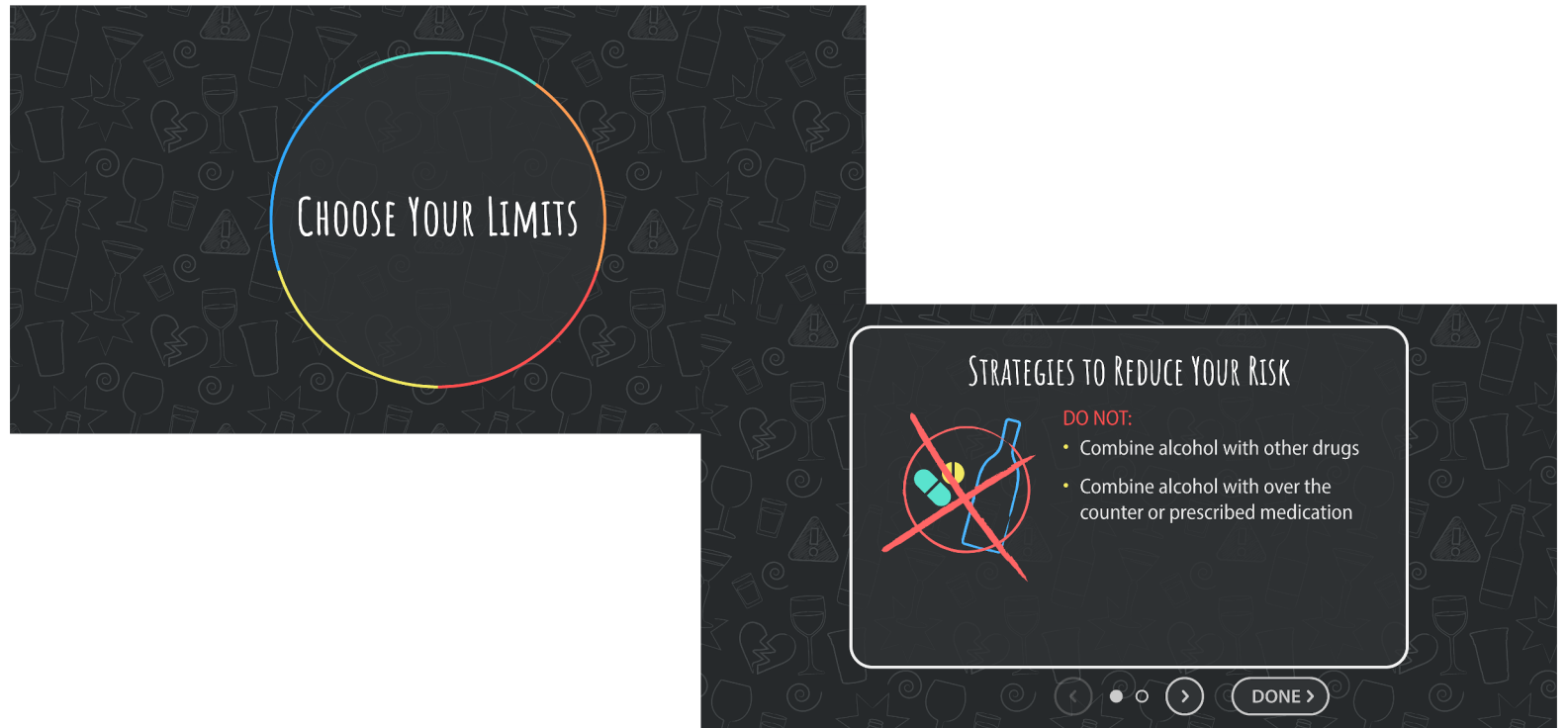


# ALCOHOL AND OTHER DRUGS

# Skills Acquisition

- Goal/intention setting
- Refusal Skills
- Bystander Skills
- Active Listening (MI)

## ALCOHOL AND OTHER DRUGS



# Content Overview

# ALCOHOL AND OTHER DRUGS

## Module 1 Introduction

Pick Your Coach

Didactic: Introduction

## Module 2 Choosing Your Limits

Didactic: Choosing  
Your Limits

Scenario: Going Out  
to a Party

Dashboard

## Module 3 Looking Out for a Friend

Didactic:  
Looking Out for a  
Friend Part 1

Scenario: Talk with  
Charlie at the Party

Dashboard

Didactic:  
Looking Out for a  
Friend Part 2

## Module 4 Recognizing a Pattern

Didactic:  
Recognizing a  
Pattern

Scenario: Talk with  
Charlie About his  
Drinking

Dashboard

## Module 5 Staying True to You

Didactic:  
Staying True to You

Your SMART Goal

# Choose your Coach

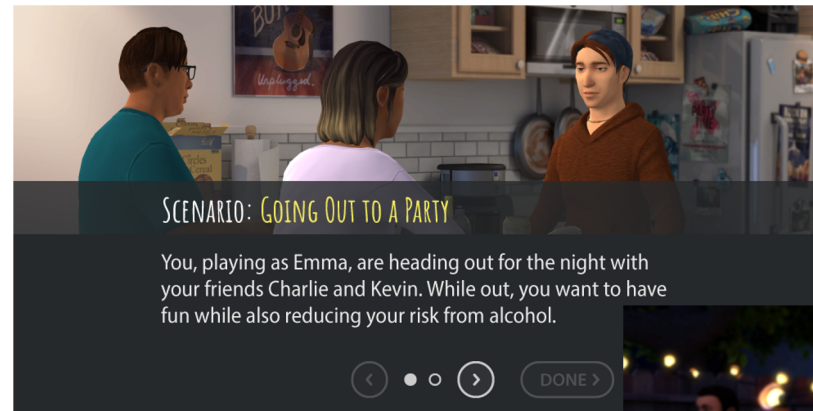
Which of these characters would you like to walk you through this course? You can always change your mind later.

JULES	KACEY	EVE
		
Jules doesn't drink much. While she might have a drink here or there, she finds she enjoys herself more with a clear head.	Kacey likes to drink, but she doesn't get <i>out of control</i> . There's too much fun to be had with and without drinks, and she doesn't want to miss any of it.	Eve enjoys pregaming and drinking games. Hitting up as many parties as she can. Her motto is go big or go home.

# Choosing Your Limits

The student coach discusses social norms, making healthy choices, limit-setting, and refusal skills. Assuming the role of a virtual student, you must set your limits before attending a party.

As you interact at the party, you utilize the skills taught to determine how and if you will stick to your limits.





# Looking Out for a Friend

The student coach explains the three D's of bystander intervention: delegate, direct and distract.

You then use these skills to navigate a situation where a fellow student is drinking too much at a party



# Recognizing a Pattern

The student coach talks about patterns of high-risk behavior and resources available for support.

You practice communicating effectively with a friend who you are concerned about.



# Staying True to You

The student coach concludes with an exercise around goal setting.

You identify your personal motivators and set intentions for healthy decisions.

**YOUR SMART GOAL:**

- SPECIFIC** I'll maintain my current drinking level every night out.
- MEASURABLE** I'll track my progress on a calendar.
- ACTION-ORIENTED** I'll go to places with fewer temptations.
- REALISTIC** I'll stay positive.
- TIMELINE-BASED** I'll reevaluate my goal at the end of the semester.

**NEXT >**



# Demo



# STUDENT WELLNESS AND CAMPUS CLIMATE PROGRAMS

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We empower faculty, staff, and students to take an active role in creating a healthy and safe campus environment for all.

Through **evidence-based** experiential simulations, we offer a personalized and **private practice** environment for users to develop and practice communication skills aimed at **promoting healthy behaviors** while reducing harmful ones.

## Topics covered include

1. Mental health and well-being
2. Sexual misconduct prevention
3. Military cultural competency
4. Alcohol & other drugs



*Prevent substance misuse now and later in life by giving students the tools to better navigate real-life situations.*



### ENGAGING FOR STUDENTS

Conversation scenarios meet students where they are and provide individual feedback across standardized content.



### EVIDENCE-BASED

Friend2Friend methodology has been determined to be evidence-based in peer-reviewed studies.



### SEAMLESS FOR EDUCATORS

Lesson plans and discussion guides facilitate integration into health curriculum and class discussion.



### TRACKING & EVALUATION

Built-in surveys measure impact on school climate and support evaluation efforts.

VISIT:

[kognito.com/products](https://kognito.com/products)



FRIEND2FRIEND SEL SUITE

# SUBSTANCE USE PREVENTION

 Kognito

FOR GRADES 8-12





# Q & A



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