



# Family of Heroes/Together Strong Role-Play Simulations for Peers

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# About Kognito

Health simulation company based in NYC. We develop simulations that **prepare people to effectively lead real-life conversations.**

Our simulations build knowledge and skills by **engaging learners in role-play conversations with emotionally-responsive virtual people.**

Our approach combines the **science of learning**, the **art of conversation**, and the power of **gaming technology.**

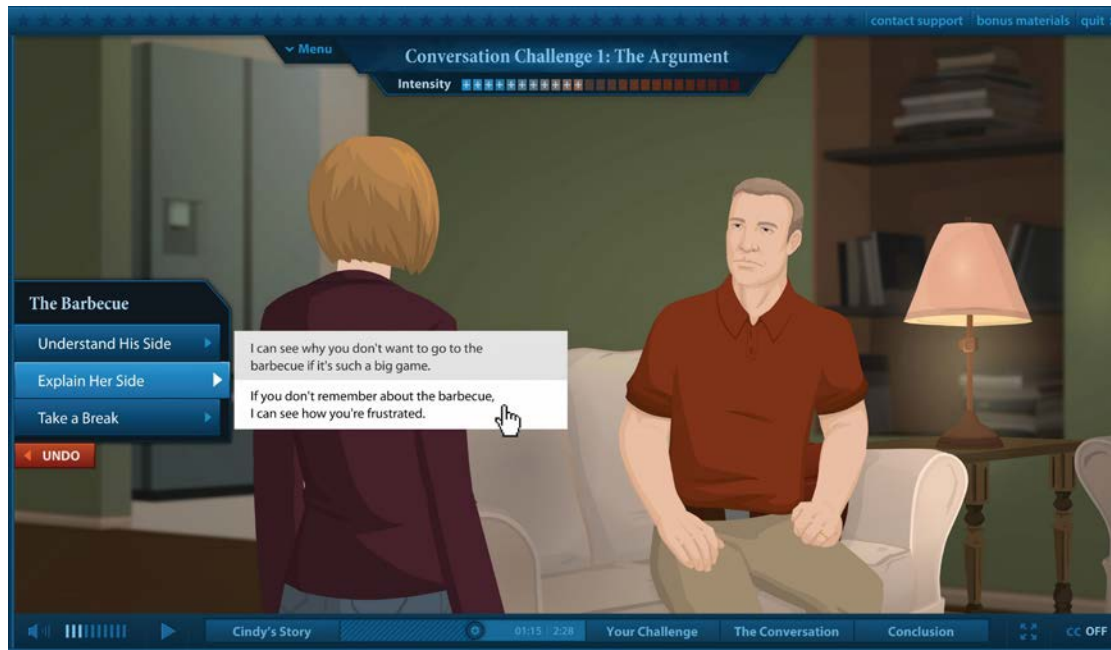
Extensive experience in changing behaviors and building motivation to seek help for psychological distress and build resilience among **military families, veterans, service members, caregivers, and health professionals.**

**Team of 45+** learning design experts, researchers, and technologists **working with 300+ clients** in non-profits, government, and education



# Family of Heroes

A simulation to prepare military families to speak with their veterans about seeking help for PTSD, TBI, and depression at VA and non-VA sources.



- Collaboration with VA of New York/New Jersey
- Provide three practice conversations speaking with virtual veterans experiencing PTSD, TBI, and thoughts of suicide about seeking help
- Available **online** 24/7 at [www.familyofheroes.com](http://www.familyofheroes.com)
- **Accessed by 62,500 people**
- Listed in SAMHSA's National Registry of Evidence-Based Programs (NREPP)

# TOGETHER STRONG

A simulation to prepare veterans and service members to speak with their buddies who struggle with adjusting to civilian life in terms of work, relationship with spouse, school, and psychological distress.



- Collaboration with VA of New York/New Jersey
- Provide three practice conversations speaking with virtual veterans struggling with adjusting to civilian life
- Available online/**mobile** 24/7 at [www.jointogetherstrong.com](http://www.jointogetherstrong.com) or Apple Store
- Available in both **Spanish and English**

## Randomized Controlled Study (N=94 military families)\*

### User Experience:

- **70% rated the simulation as “excellent,”** 28 percent as “very good’
- **98% said it helped them** be better prepared for similar conversations in real life
- **100% would recommend it** to family or friends

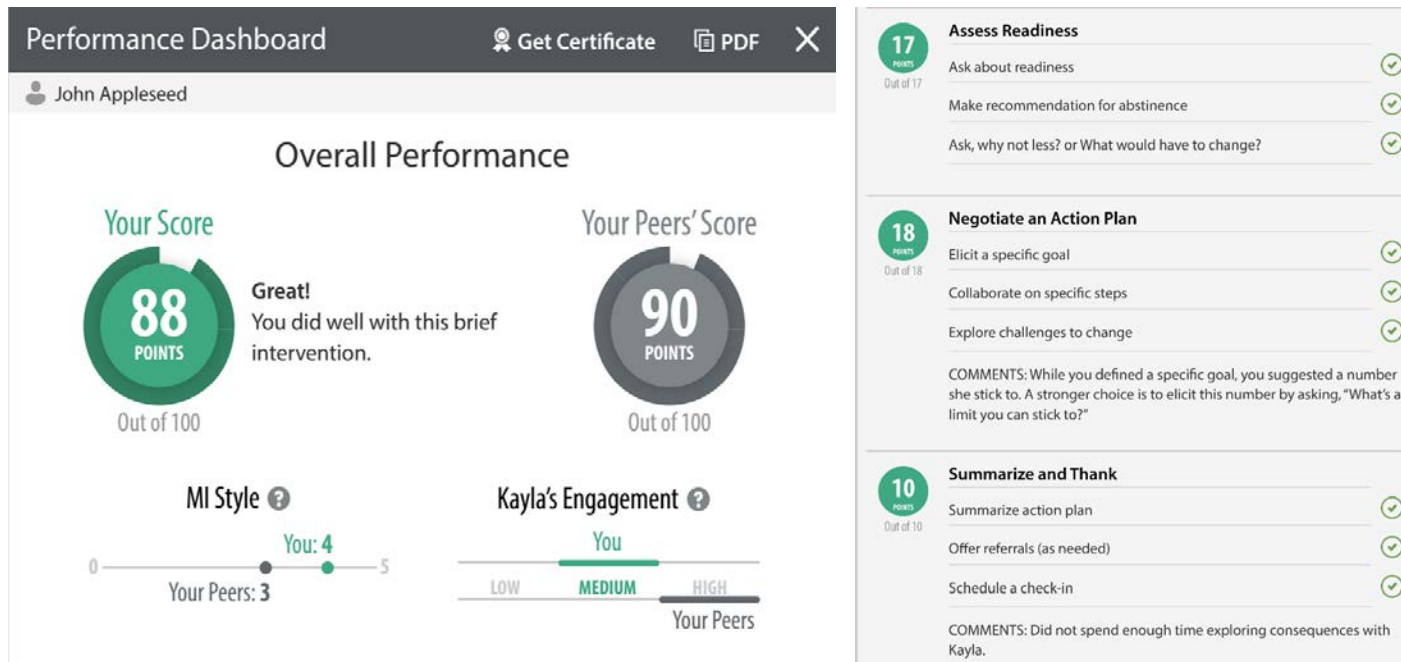
### Behavior Change When Compared to Control Group:

- **46% Increase** (statistically significant) in the number of family members who approached their veteran to discuss concerns about PTSD
- **Almost 2x increase** in the number of veterans who sought care for PTSD after being approached by a family member who completed the simulation (when compared to control group).

# Next Leap

## Skills Assessment, Not Just Skill Building

Kognito's conversations engage users to improve targeted outcomes, while seamlessly collecting rich data that can be used to generate powerful insights at both the individual user level and the population level.



Demos: [www.kognito.com](http://www.kognito.com)

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