

STUDENT SENATE RESOLUTION 2020-1009

TITLE: Resolution Recognizing Kognito as the Premier Mental Health Literature and Encouraging Students to Complete the Training

AUTHORS: Kognito Program Ambassador Alejandra Salemi, Student Body President-Elect Trevor Pope, Senator Matthew Diaz, Senator Zachariah Chou, Senate President Pro-Tempore Cooper Brown

SPONSORS: Gator Party Caucus Leader Madeleine Bennett, Senator Olivia Potthast, Senator Stephen Singleton, Senator Tyler Kendrick, Senator Faith Allen, Senator Ramon Martinez, Senator Annabelle Groux, Senator Marcus Nelson, Senator Alex Shoaf, Judiciary Chairman Seth Longland

WHEREAS, according to the Active Minds website, 67% of college students first tell a friend they are feeling suicidal before anyone else¹, and suicide is the second leading cause of death among college students²; and,

WHEREAS, according to the Active Minds website, 39% of all college students face a mental health crisis³; and,

WHEREAS, according to the Counseling and Wellness Center Annual Report, 31.51% of students at the University of Florida experience sadness and depression⁴; and,

WHEREAS, in the 2018-2019 Academic Year there were five known deaths by suicide of current students, an increase from previous years; and,

WHEREAS, Kognito is an online training simulation at the University of Florida that can help people recognize signs and symptoms of emotional distress; and,

WHEREAS, Kognito can empower students to be gatekeepers and step in to help when needed, empowering communities to build a culture of care; and,

WHEREAS, according to a longitudinal study completed by Kognito that covered 41,510 students at 149 institutions, 95% of students said that the simulation would assist them in getting help to their fellow student in distress⁵; and,

WHEREAS, Kognito is the mandated mental health literature for all public universities in Florida per the Board of Governors⁶; then,

¹ <https://www.activeminds.org/about-mental-health/statistics/>

² <https://www.activeminds.org/about-mental-health/statistics/>

³ <https://www.activeminds.org/>

⁴ <https://counseling.ufl.edu/annual-report/>

⁵ https://go.kognito.com/rs/143-HCJ-270/images/HiEd_At-Risk_Student_followupstudy.pdf

⁶ https://www.flbog.edu/wp-content/uploads/DAMH_03b_Final-Task-Force-Report_CE_rev082519.pdf

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate recognizes Kognito as the premier mental health literature at the University of Florida.

THEREFORE, LET IT FURTHER BE RESOLVED that all students involved in or interested in joining Student Government are expected to complete the Kognito At-Risk for Students training.

THEREFORE, LET IT FINALLY BE RESOLVED that University of Florida Student Senate supports and encourages all students to complete the Kognito At-Risk for Students training.

Proviso: A copy of this resolution shall be sent to University President W. Kent Fuchs, Provost Joseph Glover, Associate Provost for Undergraduate Affairs Angela Lindner, Vice President of Student Affairs D'Andra Mull, Dean of Students Heather White, UF Police Chief Linda Stump-Kurnick, Director of Housing Tina Horvath, Director of Residence Life and Education Calvin Mosley, Student Body President Michael Murphy, Student Body Vice President Sarah Abraham, Student Body Treasurer Santiago Gutierrez, and Internal Affairs Agency Head John Molm.