

OVERVIEW: THE COVITALITY APP

Simple 3 Step Workflow

1

Provide Students with Survey Link

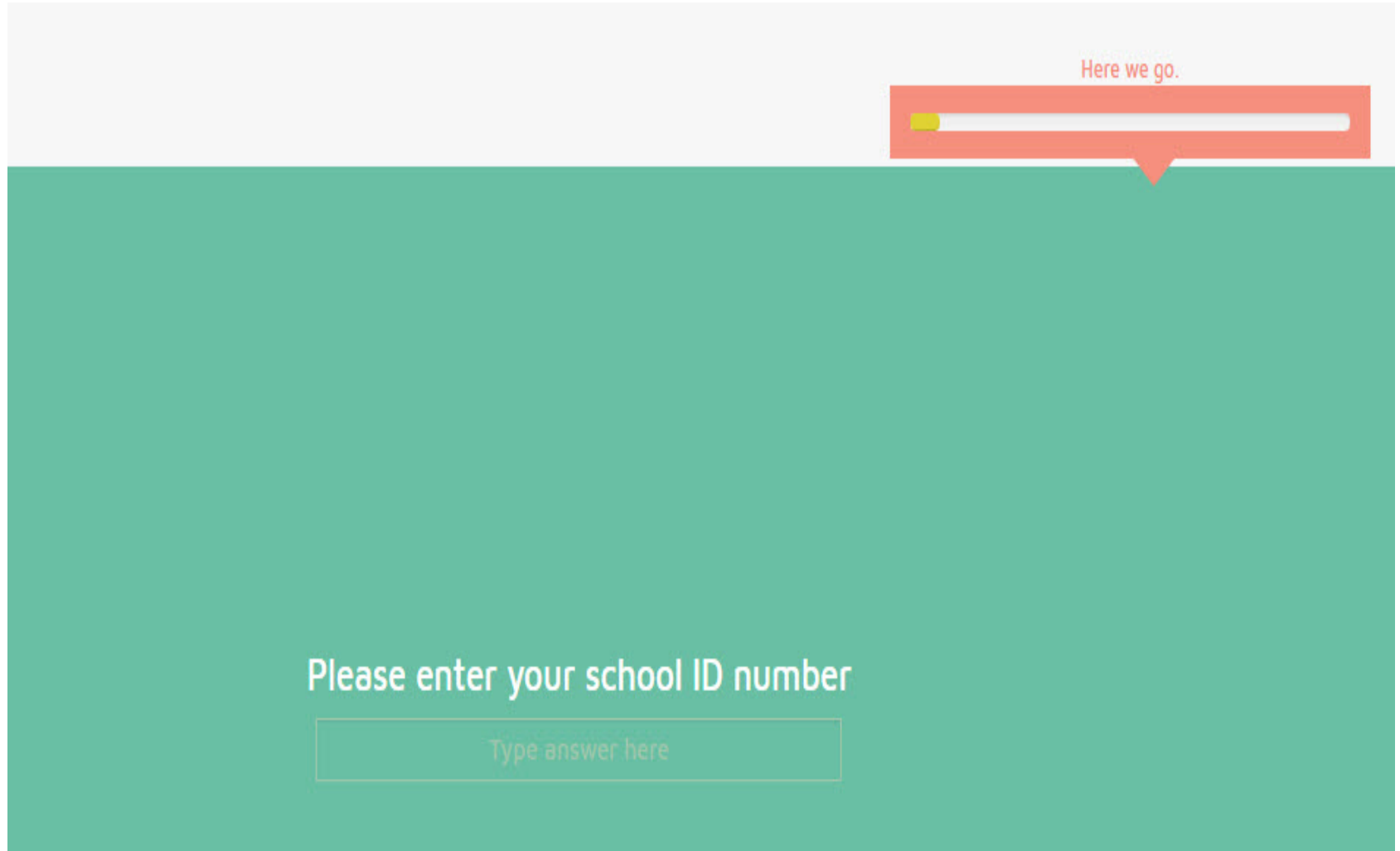
2

Monitor Survey Completion in App

3

Generate Reports in Real Time

CoVitality Online Survey



Here we go.

Please enter your school ID number

CoVitality Online Survey

We're so close.

I feel safe at this school.

Strongly disagree




Disagree

Neither disagree nor
agree

Agree

Strongly agree

CoVitality App: Dashboard

-  Dashboard
-  Caseload
-  Support

Dashboard
Risk Group Overview and Reporting

 Monitoring





423
Surveys Started


384
Surveys Completed


 Reporting


Click on the report icon to download your report





School Climate 




Student Profile by Grade Level 



Aggregate Response 



Data Export 

 Strengths (CoVi) by Risk (PD) Dual-Factor Risk Groups

| | Covitality (CoVi) | Psychological Distress (PD) | | |
|--------------|-------------------|-----------------------------|------------------------|-----------------------|
| | | Normal | At-Risk | Elevated |
| Low | | 4. Languishing 20 | 2. Moderate Risk 11 | 1. Highest Risk 13 |
| Low Average | | 5. Getting By 81 | 3. Vulnerable 15 | |
| High Average | | 6. Moderate Thriving 141 | 8. Inconsistent 10 | 9. Inconsistent 20 |
| High | | 7. High Thriving 73 | | |

CoVitality App: Caseload



Dashboard

Caseload

Support

Caseload

Select a student name for detailed Individual View

[Click Here to View Universal Screening Link](#)

Search



| Student Id | Completed | Grade | Gender | CoVi T-Score | PD T-Score | No. Strengths | Caution |
|------------|-----------|-------|--------|--------------|------------|---------------|---------|
| 333560 | 09/07/16 | 7th | Male | 52 | 46 | 6 | Valid |
| 25554 | 09/07/16 | 7th | Female | 56 | 58 | 8 | Valid |
| 1705 | 09/07/16 | 7th | Male | 46 | 58 | 2 | Valid |
| 25421 | 09/07/16 | 7th | Female | 58 | 41 | 9 | Valid |
| 31623 | 09/07/16 | 7th | Male | 50 | 43 | 6 | Valid |
| 227042 | 09/07/16 | 7th | Female | 61 | 50 | 11 | Valid |
| 29262 | 09/07/16 | 7th | Male | 58 | 61 | 9 | Valid |
| 25434 | 09/07/16 | 7th | Male | 48 | 49 | 6 | Valid |
| 34165 | 09/07/16 | 7th | Female | 52 | 47 | 7 | Valid |
| 2185 | 09/07/16 | 7th | Male | 58 | 43 | 10 | Valid |
| 78633 | 09/07/16 | 7th | Male | 44 | 46 | 1 | Valid |
| 25461 | 09/07/16 | 7th | Male | 53 | 44 | 6 | Valid |
| 25493 | 09/07/16 | 7th | Female | 59 | 41 | 9 | Valid |
| 144981 | 09/07/16 | 7th | Male | 51 | 42 | 6 | Valid |

CoVitality App: Reports



INDIVIDUAL STUDENT PROFILE REPORT

STUDENT ID | 123456789

GRADE | 7th
 GENDER | Female
 SCHOOL | Hollister High School
 DATE | 10/15/16
 RESPONSES | Valid

STRENGTHS PROFILE

CoVitality-S Subdomain Results

This student's CoVitality-Secondary *strengths profile* is shown in the chart below. Information about the CoVitality-S subdomains is provided to explore recommended areas for targeted intervention and support to build upon the student's personal assets.

| Strength | Watch | Follow-up |
|--------------------|--------------|-----------|
| School Support | Optimism | |
| Family Coherence | Peer Support | |
| Self-efficacy | Zest | |
| Emotion Regulation | Gratitude | |
| Persistence | | |
| Empathy | | |
| Self-control | | |
| Self-awareness | | |

WHAT WAS USED?
CoVitality-S
 CoVitality Secondary (CoVitality-S) is a social emotional health survey used to screen for complete mental health to help increase positive developmental outcomes and robust psychological wellbeing.

CoVitality-S Subdomains

| Belief-in-Self | | Belief-in-Others | |
|-----------------------|---|-------------------------|---|
| Self-Awareness | Perceiving and attending to the private and public aspects of one's self | Peer Support | Appraising the caring and helpful nature of one's relationships with peers |
| Persistence | Working diligently to accomplish one's goals, including maintaining interest in the face of adversity and failure | School Support | Appraising the caring and helpful nature of one's relationships with teachers |
| Self-Efficacy | Sensing one's ability to act effectively to meet environmental demands | Family Coherence | Appraising the caring and helpful nature of one's relationships with family |
| Emotional Competence | | Engaged Living | |



SCHOOL CLIMATE REPORT

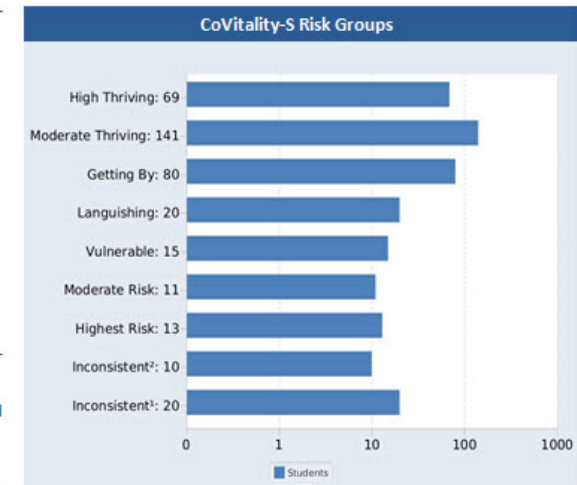
SCHOOL NAME | Hollister High School

GRADES | 6th - 9th
 DATE | 10/15/16
 RESPONSES | Valid

CLIMATE SUMMARY

CoVitality-S Screener Results

To capture the overall school climate, students are placed into a **Risk Group** that helps identify which students need immediate help versus students that are thriving. Below is a graphical representation of the number of students from **Hollister High School** that fall into each group.



WHAT WAS USED?
CoVitality-S
 CoVitality Secondary (CoVitality-S) is an evidence-based social emotional health survey used to screen for a student's complete mental health to help increase their positive developmental outcomes and robust psychological wellbeing.

¹ Students in this Risk Group have high to high average strengths and are elevated for psychological distress

² Students in this Risk Group have high to high average strengths and are at-risk for psychological distress

Explanation of CoVitality-S Risk Groups

The CoVitality-Secondary (CoVitality-S) is based on research showing that youth actively engage in mastering essential developmental tasks (Belief-in-Self, Belief-in-Others, Emotional Competence, and Engaged Living). As adolescents' cognitive skills mature the conclusions about whom they are as a person (self-beliefs) become

HANDS ON DEMONSTRATION

Logging Into the CoVitality App

1. Enter the Following Link into Your Web Browser:

<https://user.covitalityapp.com/login>

2. Enter the User ID (e.g., MWLC-1)

and Password = logme@in1

LD, MD, HD = Low, Moderate, High Distress

LS, MS, HS = Low, Moderate, High Strengths