



**For more information:**

Jim Dissett

303-532-7392

[PR@gritdigitalhealth.com](mailto:PR@gritdigitalhealth.com)

**FOR IMMEDIATE RELEASE**

**California State University Launches YOU at College Platform  
Across 12 Campuses in Nation's Largest University System**

*With platforms customized for each campus, the multi-year initiative will focus on supports for student health and success among an increasingly diverse CSU student body*

**DENVER, March 10, 2020** – YOU at College, the leading student well-being platform, announced today that the [California State University](#) (CSU), the largest public university system in the United States, has entered into a partnership that will bring the YOU well-being portal to 12 CSU campuses for a two-year pilot program beginning in spring of 2020.

The CSU is incorporating YOU at College as part of its [Graduation Initiative 2025](#) — a university-wide effort to improve [student success](#). One of the operational priorities of Graduation Initiative 2025 is to bolster [student engagement and well-being](#). This approach examines ways to support students both inside and outside the classroom, including identifying resources for housing and food insecurity as well as mental well-being.

“The CSU is committed to identifying and implementing solutions to support students as they pursue their academic goals,” said Lea Jarnagin, CSU’s interim systemwide director of Student Wellness and Basic Needs Initiatives. “The YOU at College well-being portal provides additional opportunities to reach hundreds of thousands of students with real assistance when they need it.”

The CSU educates approximately 482,000 students and boasts one of the most diverse student bodies in the nation. Nearly one-third of CSU students are the first in their families to attend college. Thus, providing upstream resources to support student success both in and out of the classroom can have a profound impact by addressing challenges before they become major concerns. The YOU at College platform will be customized for each of the 12 campuses in the pilot program, delivering content that caters to individual student’s demographics, trends and needs.



“YOU at College is focused on providing essential information and resources to support the holistic college experience. Our platform reaches students in a proactive way to prevent small issues from becoming large problems, helping to reduce the burden on college counseling centers,” said Nathaan Demers, Psy.D., VP and director of clinical programs at YOU at College. “The CSU’s comprehensive approach to student well-being mirrors the strategy YOU at College is bringing to campuses across the nation, helping to promote support and allowing students to cope with the challenges of college life that are thrown their way. We accomplish this by providing students with connections to the resources and information they need when they need it.”

Developed through a public-private partnership, YOU at College is a comprehensive well-being web solution that promotes student health and success. The platform is customized for campus partners and personalized to the specific needs of students. The two-year California State University pilot program will include YOU platforms for the following 12 campuses:

- California State University Channel Islands
- California State University, Chico
- California State University, Fresno
- California State University, Fullerton
- California State University, Long Beach
- California State University, Monterey Bay
- California State University, Northridge
- California State Polytechnic University, Pomona
- California State University, San Bernardino
- San Francisco State University
- San José State University
- California State University San Marcos

### **About YOU at College**

YOU at College is a student-centric digital platform that connects students to the right resources at the right time to address the well-being challenges facing every campus. YOU helps students design their ultimate college experience by comprehensively addressing academics, physical and mental health and campus connections. YOU at College was developed by Grit Digital Health, LLC in partnership with Colorado State University. For more information, visit [youatcollege.com](https://youatcollege.com).

### **About the California State University**

The [California State University](https://www.calstate.edu) is the largest system of four-year higher education in the country, with 23 campuses, 53,000 faculty and staff and 482,000 students. Half of the CSU's students transfer from California community colleges. Created in 1960, the mission of the CSU is to provide high-quality, affordable education to meet the



# YOU

---

at COLLEGE

ever-changing needs of California. With its commitment to quality, opportunity, and student success, the CSU is renowned for superb teaching, innovative research and for producing job-ready graduates. Each year, the CSU awards more than 127,000 degrees. One in every 20 Americans holding a college degree is a graduate of the CSU and our alumni are 3.8 million strong. Connect with and learn more about the CSU in the [CSU NewsCenter](#).

###