



For more information:

Kelsey Peterson

PR@gritdigitalhealth.com

FOR IMMEDIATE RELEASE

**YOU at College Introduces Expansion for Staff and Faculty,
Becoming The First Comprehensive ‘Whole Campus’ Well-being Platform**

Recognizing that a healthy campus starts with staff and faculty, leading mental health and well-being platform extends offering to support entire college community

DENVER, July 14, 2020 – In 2017, a first-of-its-kind [study](#) surveyed college faculty who self identified as experiencing mental health concerns. Among the 267 respondents, 70 percent had no or limited familiarity of available mental health accommodations, only 29 percent were comfortable expressing concerns to colleagues and only 25 percent were comfortable confiding in supervisors. It is clear that staff and faculty face mental health and well-being challenges, yet barriers make it difficult to seek out available resources and discuss concerns with colleagues, leaving many to struggle with these challenges alone.

That’s the conclusion of the developers of [YOU at College](#), the student well-being platform now utilized by students on more than 110 college campuses nationwide. As a result, YOU at College is expanding its offerings to provide comprehensive, customized resources to staff and faculty both to support their personal well-being and their success in working with students.

“Every individual at an institution contributes to its vitality, culture and overall success,” said Nathaan Demers, Psy.D., VP and director of clinical programs at YOU at College. “We’ve long believed that a healthy campus community cannot be fully realized unless students, faculty and staff all have access to and awareness of appropriate wellness and mental health services. With the added stressors of online learning, possible furloughs, and an uncertain future, this is now more important than ever.”

Similar to YOU at College’s functionality for students, the expansion for faculty and staff provides a tailored profile, custom health assessments and personalized online and local resources available across three areas of well-being: succeed, thrive and matter. The platform experience for non-students provides the same confidentiality, strict data security, 24/7 access and inclusion of crisis information as core components. The faculty and staff platform expansion was developed through a public/private partnership between [Grit Digital Health](#), the [University of Colorado Anschutz Medical Campus](#) and the [University of Colorado Denver](#).



“So many campuses, including ours, have been focused on providing students with solutions for mental health and well-being concerns,” said Jan Gascoigne, associate vice chancellor of student services at CU Anschutz. “The stresses and challenges of life combined with the responsibility to meet students’ needs can become a heavy burden. We strongly believe that continuing to focus on providing a ‘whole campus’ solution is the best way to address the needs of everyone for a healthier community.”

Based on in-depth research and a human-centered design process, the YOU at College platform serves multiple functions for faculty and staff, including:

- Providing a centralized location to access personalized mental health and well-being resources
- Helping build and maintain self awareness across critical areas, including career development, well-being, overall health and connections with friends, family and colleagues
- Empowering staff and faculty with information and tools to better work with and support students
- Personalizing HR services

“With mental health needs of student bodies increasing across the nation, faculty often serve as the first line of support for students,” said Nelia Viveiros, associate vice chancellor of academic operations at the University of Colorado Denver. “That can be even more difficult if a faculty member’s own mental health needs aren’t being addressed. As in any workplace, privacy concerns and stigma associated with mental health and well-being prevent many from utilizing available services or confiding in colleagues. Providing a confidential resource to navigate these resources will be an invaluable tool.”

The first implementation of YOU at College for Faculty and Staff will roll out at CU Denver and CU Anschutz in July, 2020. The platform will be available as an add-on option for existing YOU at College partners at a discounted cost, as well as an offering for new partners in combination with YOU at College for students.

About YOU at College

YOU at College is a digital platform that uniquely connects students, faculty and staff to personalized, role-specific resources that foster a healthy and thriving campus community. With proprietary well-being assessments, invaluable data analytics, and personalized content, YOU connects students and staff to essential supports addressing campus connections, academics, physical health, and mental well-being that help



increase resilience whether on campus or distance learning. YOU at College was developed by [Grit Digital Health](#), LLC. For more information, visit youatcollege.com.

###