



For more information:

Jim Dissett

303-532-7392

PR@gritdigitalhealth.com

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**NASPA Recognizes ‘YOU@CSU’ Portal with Excellence Award
for Student Health, Wellness and Counseling**

*Developed through a public-private partnership between Colorado State University
and Grit Digital Health, innovative platform also takes overall Grand Bronze award*

DENVER, March 11, 2019 – Colorado State University’s [“YOU@CSU”](#) well-being portal has received the NASPA Excellence Award in the category of “Student Health, Wellness, Counseling, and related” programs. The portal, developed in coordination with [Grit Digital Health](#), also received NASPA’s Grand Bronze award. Both awards were presented today at NASPA’s annual conference in Los Angeles.

“If you look around any campus, it’s ubiquitous to see students with phone in hand searching for information, texting or engaging in social media,” said Jody Donovan, assistant vice president for student affairs and dean of students at [Colorado State University](#). “Students today are used to having quick, easy access to information that can help them solve everyday problems and concerns. As a part of that new dynamic, YOU@CSU has become a trusted resource for our students, and we couldn’t be more proud that NASPA is recognizing our efforts to help students grow, succeed and thrive.”

Each year, NASPA recognizes outstanding contributions of members who are transforming higher education through exceptional programs, innovative services, and effective administration. NASPA’s Excellence Awards cover 11 categories crucial to the success of students and the continued growth of the student affairs profession. YOU@CSU was recognized for its efforts in student health, wellness and counseling, and was also awarded the overall Grand Bronze award across all Excellence Award categories.

Developed through a public-private partnership with Grit Digital Health, YOU@CSU is a comprehensive well-being web portal that promotes student health and success. The portal is customized for Colorado State University and personalized to the specific needs of each student. The YOU@CSU portal proactively focuses on three critical areas of student life: academics, physical/mental health and purpose/connection. Students



create a confidential profile and are then delivered proprietary content and information on available campus resources that help them navigate the college experience according to their individual needs. Colorado State University is one of 23 schools across the country utilizing the [“YOU at College”](#) portal to proactively support student mental health and well-being .

“It’s incredibly gratifying to see students actively using and benefiting from the YOU@CSU portal,” said Nathaan Demers, Psy.D., VP and director of clinical programs at YOU at College. “When we collaborated with the CSU team to create the portal, we knew that student engagement would be the key to success. We wanted to create something that felt completely natural for students to use and would provide confidentiality to explore sensitive topics. This award from NASPA is an honor given our organizations’ shared mission to support the student experience.”

Faced with a dramatic increase in demand for campus mental health services, more colleges and universities are addressing student well-being as a way to improve student life and identify issues *before* they become critical crises. The YOU at College portal is becoming a key component of this effort and is now accessible to more than 200,000 students, scaling to all types of institutions and student needs.

Surveys of students using the YOU@CSU portal show that 98 percent of first-year users learned a new skill or resource to help them succeed. In addition, 76 percent of students reported improved stress management and 87 percent reported learning of campus resources they had previously not utilized.

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.

About NASPA

NASPA is the leading association for the advancement, health, and sustainability of the student affairs profession. The organization’s work provides high-quality professional development, advocacy, and research for 15,000 members in all 50 states, 25 countries, and eight U.S. territories.

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