

# CSU WELL-BEING PROGRAMS

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HUMAN RESOURCES  
COLORADO STATE UNIVERSITY

**YOU@CSU**



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# YOU@CSU

INTRODUCING THE SECRET HEALTHIER YOU

TO A

Stress & Anxiety

ALL RESOURCES CAMPUS RESOURCES

Make a Deal with Your Mind

If your mind is wracked up in a torrent of creativity, worry, or...

- NEW - Custom staff & faculty version!

YOU.COLOSTATE.EDU

YOU | Colorado State University



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# YOU@CSU

## Launched in September 2022:

- ✓ YOU is a confidential, interactive tool for faculty and staff
- ✓ Brings all university and community resources into one, easy to navigate portal
- ✓ Offers resources and tips for managing stress, balancing work and life, addressing health concerns, helping those in crisis and much more
- ✓ Well-being is of critical importance for our faculty and staff
- ✓ For CSU, taking care of faculty and staff means they can thrive in their personal and work lives

[YOU.colostate.edu](https://you.colostate.edu)



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## User registrations

- Faculty and Staff: 877
- Total logins: 3,072

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## Self checks

- Succeed: 239
- Thrive: 192
- Matter: 145





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## Highest average scores by topic:

- **Succeed:**
  - Academics and grades
  - Finances
- **Thrive:**
  - Suicidal ideation
  - Alcohol and substance abuse
  - Managing anger
  - Sexuality
- **Matter:**
  - Purpose and meaning, family
  - Relationships and friend-making
  - Mindfulness and balance

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## Most frequented cards

- Employee assistance program
- Well-being courses
- Financial courses
- Clubs and organizations
- Childcare support
- Manage your time
- Bust burnout
- Build a budget
- Curb anxiety and stress

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# EAP PROGRAMS



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# NEW COMPSYCH EAP SERVICES

*Available now (soft launch) but communicated broadly in 2023*

## **Well-being Coaching**

- Holistic, one-one-support via phone
- Addresses mental health and well-being issues before they evolve in long-term, more costly challenges
- Individualized approach to motivate and modify behaviors

## **WellthSource**

- Interactive, online financial wellness tool
- Helps create a sustainable lifestyle of healthy financial habits
- Guides the user through an assessment to build a personalized curriculum