CSU WELL-BEING PROGRAMS

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YOU@CSU

Introducing the Secret to a Healthier You

You.Colostate.edu

New Custom staff & faculty version!

Human Resources
Colorado State University
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
User registrations
- Faculty and Staff: 877
- Total logins: 3,072

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
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