



GRAND VIEW
UNIVERSITY



Grand View University & Wellness U Case Study

An overview of how Gvu used Wellness U to provide emotional support for its students & student-athletes

"...I'm proud of our University for bringing Wellness U to campus...This app gives us an opportunity to find self-help anonymously and comfortably...Wellness U has given me an outlet and a safe place where I can find self-motivation when I am having tough days. It gives me the capability to remind myself of my self-worth and purpose that I have in this world...I believe that Wellness U will help myself and others students build a foundation of bettering their mental health and finding ground to seek additional help in the future."

-GVU Male Student-Athlete

At a Glance

Industry:

Higher Education
Grand View University
total population: 2,000 +

Students Onboarded: 650

Location

Des Moines, IA

Key Challenge

Provide immediate emotional support for students that handle difficult situations at school, in athletics, and in their personal lives.

By the Numbers

72% Adoption Rate	2% Telehealth Usage
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60%
of GUV's sports teams received Wellness U reports and were provided action items to help improve the overall team and individual wellness

Why Wellness U?

Grand View University wanted to provide emotional support not only to their student-athletes but to all their students who may be dealing with complex mental health situations. GUV also wanted a solution that could lift a burden off their coaches, who were not equipped to support the emotional needs of their students alone.

Grand View University chose Wellness U for its ability to support all its teams' diverse mental health challenges, with mental health resources catered specifically to each one. Students can easily navigate wellness resources, engage in a tailored exercise, find community or on-campus help, listen to a meditation, or head into a counseling session powered by Onrise Care. If a student needs further support, therapists and psychiatrists, through Onrise Care, are available for video visits.

The Challenge

Grand View University prides itself on advocating for mental healthcare for all. GUV's leadership team wanted to ensure that their student-athletes had easy-to-access, quality care. Meanwhile, GUV students were eager to have access to mental health resources that could help with everything they were going through in school and in their personal lives. Leadership saw a need for additional benefits and resources beyond their current capacity. GUV and Wellness U were able to put together a program to offer students an on-demand support system with wellness practices, campus resources, and access to talk therapy.



The Results

Over the past year, Grand View University saw over 70% of its student-athletes engage with Wellness U. There was no lag in time for mental health services as students are only a few taps away from drawing up individual and campus resources right on their phones. On average, a virtual meeting with a player care specialist or counselor happens in fewer than 48 hours. Wellness U also provided stakeholders' overall well-being metrics through anonymous reports.

Students used Wellness U during national uncertainty, athletic challenges, and individual transitions. Through it all, GUV valued having Wellness U by its side to provide stability and support to its students and student-athletes.

GUV views its investment in students' mental health as vital to their students' productivity, engagement, and well-being. GUV believes you cannot be your best self while facing mental health challenges, whether at school, on the field, or anywhere else.

"I just got done with the women's basketball team meeting. It was very well received! I'm pretty sure that we at least had 100% of the team load it, but wireless and Internet were sketchy in the room that we were in, so I encouraged them to finish their assessment later. Some were doing it when I just left. One girl said, 'Remember when I told you yesterday that I was going to need therapy? Well, here's my therapy!' From GUV Student Success Coordinator Michelle Prange "Makes my heart smile!"

Emotional Support in Times of Uncertainty

As a small private university in Des Moines, Iowa, Grand View University empowers students with more than 40 programs of study and affordable, hands-on learning. Working with over 2,000 undergraduate students, GUV recognizes the diversity of challenges their student body faces.

The school's core value of "The Viking Experience" extends to everything they do, including finding the best emotional support for their students.

Mobile app with Seamless Navigation & Reporting

Students can easily navigate wellness resources, engage in a tailored exercise, find community or on-campus help, listen to a meditation, or head into a counseling session powered by Onrise Care.



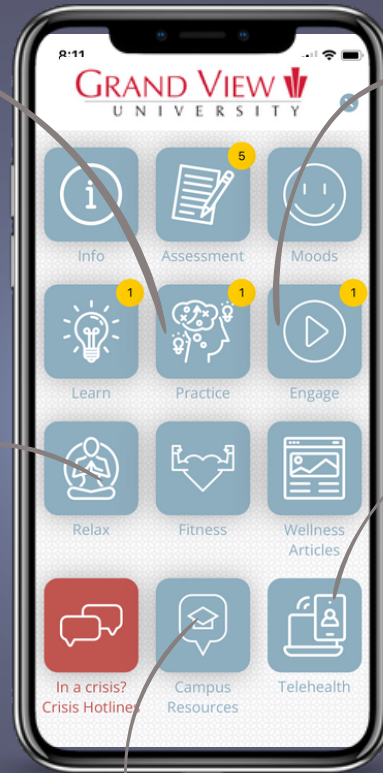
Evidence-Based Mental Health Resources & Assessments



Videos and practice exercise



Mindfulness & Meditation



Integrated Telehealth
Powered by Onrise Care



Crisis Lines, Community and Campus Resources



Support that follows you *wherever* and is ready *whenever*

Give everyone a shot at becoming their best with Wellness U, the most advanced mental health system for schools. Every Wellness U member can access high-quality mental health support with data-driven care and evidenced-based resources. Talk therapy is also available with an experienced staff of counselors, player care specialists, therapists, and psychiatrists, powered by Onrise Care.

Wellness U is a unique and holistic mental health support system for students, student-athletes, and administrators providing on-demand behavioral health support.

Contact Morgan Koth or Bill Dean to learn more

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