



**Human Resources &
Inclusive Community**
UNIVERSITY OF DENVER

HRIC Town Hall: April Updates

April 16, 2026



Agenda

- Thank you Sponsors!
- Cigna, Tim Ranney & Alex Krough
- Meru Health, Kelly Yeldell
- Kaiser Permanente, Nicole Sullivan
- Sodexo Meal Plans, Bailey Thompson
- Job Description Update
- Performance Management
- Employee Engagement Survey
- I-9 Update
- Wellbeing Program Updates
- Ombuds
- Unscripted Campaign, Justin Stoeckle, HCC
- 4D Symposium, Krystoff Kissoon & Sam Anderson-Lehman, 4D
- Transportation Solutions Guest Speakers: Erica Hine & Derek Billey
- Global Accessibility Awareness Day
- Q&A

HRIC Town Hall Sponsors

Thank you to our sponsors!



**KAISER
PERMANENTE®**

Cigna Total Behavioral Health[®]

The comprehensive behavioral program to meet your employees' needs today and tomorrow.



Offered by Cigna Health and Life Insurance Company

April 15, 2026

4

Let's start with a grounding exercise

The 54321 Technique





BEHAVIORAL HEALTH CRISIS

23% | **20%**
of adults | of youth

experience a mental health disorder¹

UNTREATED ISSUES

50%

of adults with mental health conditions don't get care²

MENTAL AND PHYSICAL HEALTH CONNECTION

87%

of people with a mental health condition also have a physical ailment²

POOR PRODUCTIVITY

35%

less productivity for depressed workers who don't receive treatment³

MULTIPLIED COSTS

2-3 times

greater total health care costs for people with both behavioral and physical health conditions²

LOWER QUALITY OF LIFE AND LIFESPAN

15 years'

shorter lifespan and poorer quality of life for individuals with unaddressed behavioral needs^{4,5}

1. 2024 National Survey on Drug Use and Health
of Poor Mental Health in Black Americans
lost in people with mental health conditions

Life, Stress and our Emotional Well-Being¹

Our mental wellness can be impacted in many ways.

Stress is a normal part of life.

The experience of stress can be acute or chronic.

Acute stress

- Passes quickly and typically responds to coping techniques.

Chronic stress

- Hard to escape and can impact both mental and physical health.

There are many evidence-based tools to help combat the negative effects of stress in healthy ways.



79% of United States workers report stress related to their job²

Stress in Higher Education

Students:¹

- **73%** of college students experience some sort of mental health crisis during college
- **80%** report feeling overwhelmed
- **Almost 1/3** of college students report having felt so depressed that they had trouble functioning

Staff and Educators:²

- 2/3 report increased stress related to meeting the emotional needs of students.
- Report similar patterns of stress related illness to police / medical personnel.

Ways to assist employees:

- Digital, self-guided resiliency tools and virtual therapy provider groups to increase access points.
- myCigna navigation to guide members to resources.
- Appointment search assistance and 100% follow-up.

1. The Clay Center for Young Health Minds. "The College Mental Health Crisis: A Call for Cultural Change – Part 2." <https://www.mghclaycenter.org/parenting-concerns/college-mental-health-crisis-call-cultural-change-part-2>. Accessed Mar 2022.
2. Occupational Medicine, Wray and Kinman, "The Challenges of COVID-19 on the Well-Being of Academic Staff, February 15, 2021.



Burnout Syndrome

- Results from excessive and ongoing emotional and physical stress.
- Characterized by:¹
 - ✓ Feelings of exhaustion (mental and physical)
 - ✓ Increased mental distance from one's job or feelings of cynicism toward one's job
 - ✓ Decreased professional efficacy/productivity
- Burnout can impact work, caregiving, parenting, hobbies.
- Compassion Fatigue

1. APA "Burnout and Stress are Everywhere", [Burnout and stress are everywhere \(apa.org\)](https://www.apa.org).



Stigma

Public Stigma

Stigma that is accepted by the general population

- Leads to avoidant types of behaviors – “I don’t want to get this prescription filled”
- Label avoidance – “I don’t want to be seen as crazy or weak”
- Leads to avoidance of seeking care – or being associated with treatment.
- Evident in media and satire

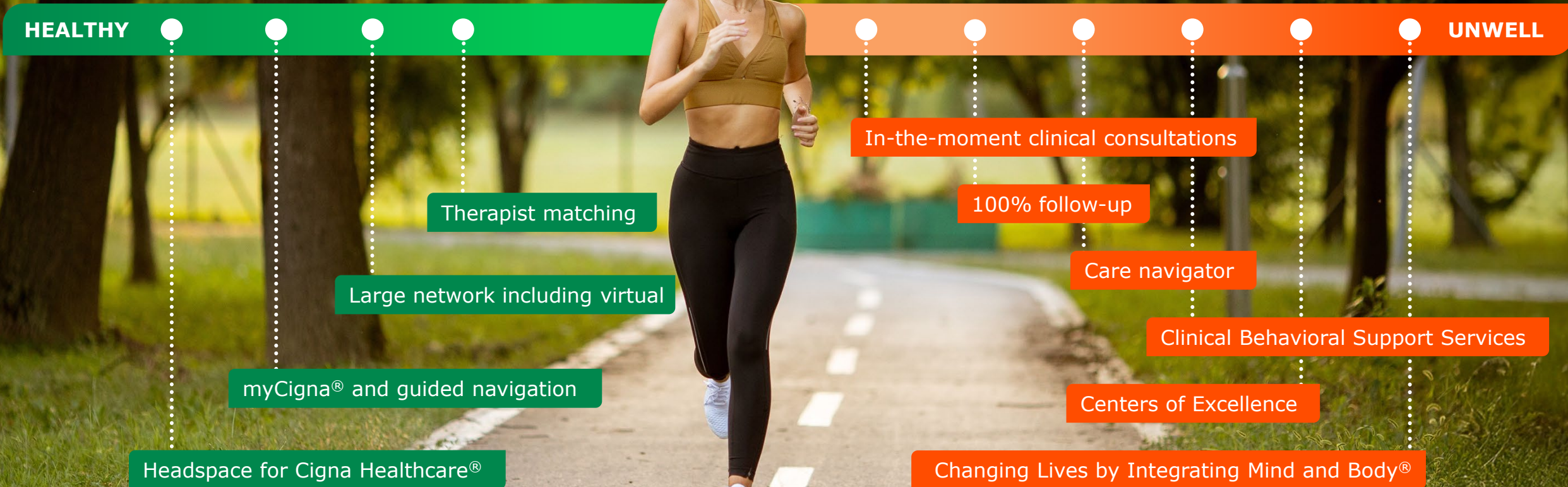


Personal Stigma

When the individual believes in the stereotype, leading to ‘behavioral’ consequences

- Internalized shame
- Lower self-esteem and reduced hope
- Difficulties with relationships (work/personal)
- Reduced likelihood of staying with treatment
- Stopping medication
- More difficulties at work

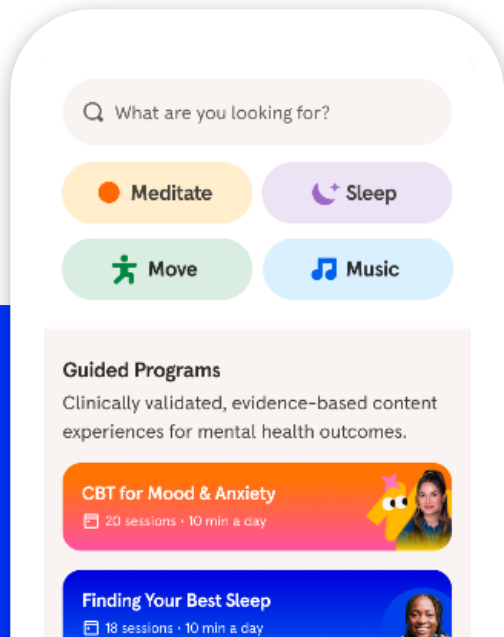
Making it easier to find the path to feeling better



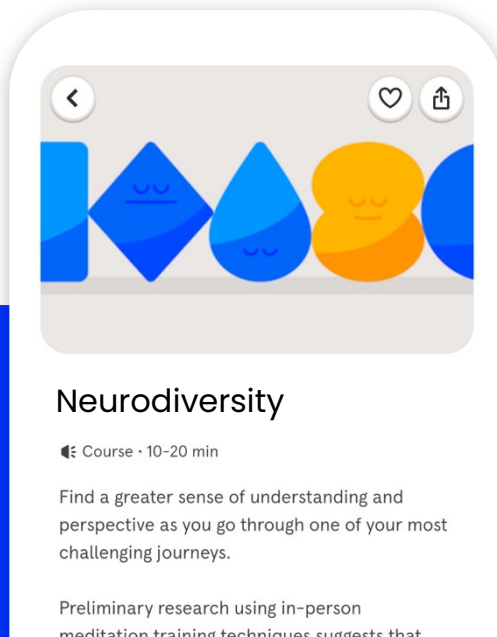
Programs and services are subject to applicable program terms and conditions. Program availability is subject to change. Additional capabilities are available. Features may vary by product.



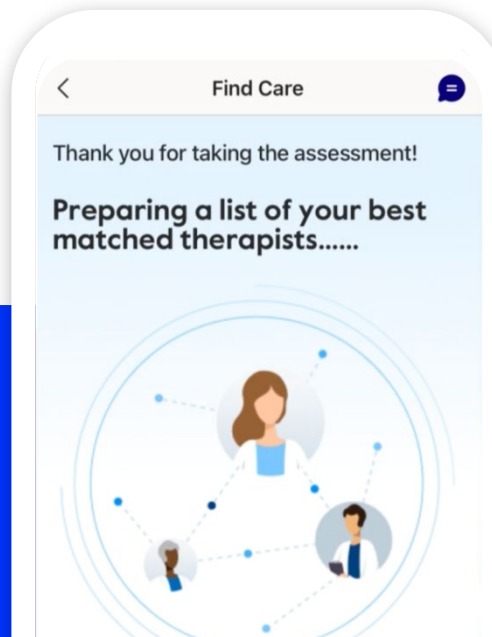
Bringing everyday mental health support to millions



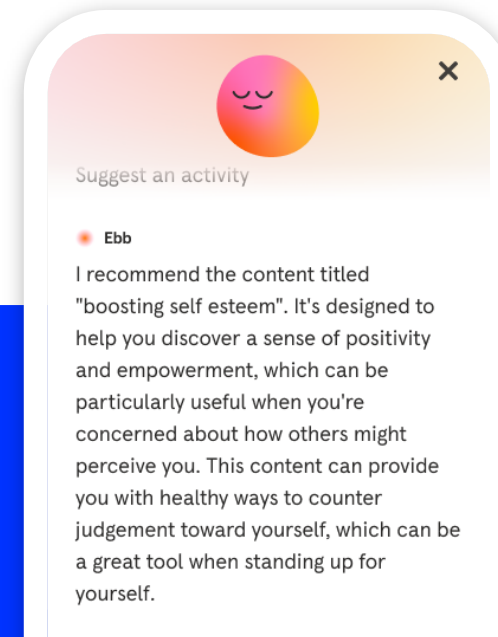
Self-guided tools for prevention and earlier engagement



Exclusive content for Cigna Healthcare customers



Seamless connection between myCigna and Headspace



AI-powered support with Ebb



Program services are provided by independent companies/entities and not by Cigna Healthcare. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change.

Questions

Cigna Healthcare Well-Being Solution

Customer Experience Overview



Well-Being Solution Overview

How it works:

Reach your health goals and have fun along the way. The Cigna Healthcare Well-Being Solution puts powerful resources at your fingertips – at no additional cost to you.

- **Personalize your experience:** Connect your activity tracker and set topics of interest.
- **Complete an assessment:** Answer questions to get a health score and learn about possible risks.
- **Track your Healthy Habits:** Follow a healthy routine by taking small steps.
- **Stay motivated:** You can invite up to 10 friends and family members outside of work.
- **Participate in fun challenges:** Join coworkers and motivate each other to build new healthy habits.

Enrolled employees can earn up to \$100 in Wellness Cash by participating in healthy activities. The more you do, the more you earn!

Get started with these 3 simple steps:

1. Set up your profile today on myCigna.com or by downloading the myCigna app.
2. Select the Wellness tab to enroll.
3. Go to Rewards > How to Earn to see a list of qualifying activities to earn rewards.

Access via myCigna.com

Wellness tab > Wellness & Incentives

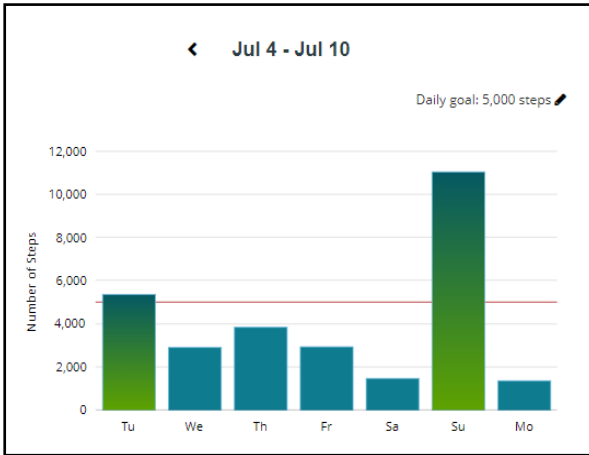
The screenshot shows the myCigna.com homepage. At the top, there is a navigation bar with the Cigna logo and links for Messages, ID Cards, Rx Cart, and Subscriber. Below this is a secondary navigation bar with links for Home, Find Care & Costs, Claims, Coverage, Spending Accounts, Prescriptions, and Wellness. The Wellness link is highlighted with a red box, and a red arrow points from the text above to it. Below the navigation is a large banner for 'Your ID card-at your fingertips' with a 'Go to your ID cards' button. To the right, there are several news items from the Health Plan, including one about behavioral health coverage changes and another about diabetes risk.

The screenshot shows the myCigna.com Wellness page. The top navigation bar is the same as the homepage. Below it, the 'Wellness' section is active, with sub-tabs for Health, Activities, Challenges, and Resources. The 'Health' sub-tab is selected, showing a heading 'Health' and a sub-heading 'Explore tools to enhance your wellness.' Below this are several featured content cards: 'My Care Checklist', 'Health Assessment', 'Nutrition Guide', 'Sleep Guide', 'Topics of Interest', and 'Wellness Pillars'. Each card has a brief description and an icon.



For illustrative purposes only.

Experience Overview




For illustrative purposes only.

Rewards and Incentives

The screenshot displays the Cigna Rewards and Incentives app interface. The top navigation bar includes the Cigna logo and icons for Home, Health, Social, Media, More, and Support. The main content area is titled 'REWARDS' and features a 'Redeem Now' button and a 'Total Balance' of \$85. Below this, there are tabs for 'How to Earn', 'My Earnings', and 'Spend'. The 'My Earnings' tab is active, showing a 'Total Points' of 2860 and a 'My Rewards' icon. A section titled 'MY POINTS FOR DECEMBER 2022' lists points earned on Dec 26 (150) and Dec 25 (60). The 'TROPHY CASE' section displays four trophies: 'HEALTH CHECK TROPHY' (earned on 2022-09-07), 'HAPPY PURSUIT' (earned on 2022-12-21), 'YOU'RE IN!' (earned on 2022-09-07), and 'GOING MOBILE' (earned on 2022-09-07). Below the trophy case, the 'EARNED TROPHIES' section shows a collection of trophies: 'HEALTH CHECK TROPHY', 'HAPPY PURSUIT', 'YOU'RE IN!', 'GOING MOBILE', 'HABIT FORMING', and 'BECOMING A HABIT'.

Reward amounts vary. For illustrative purposes only.



Wellness Store

- Redeem your earned Wellness Cash in the form of gift cards
 - Visa, Amazon, Walmart, Target and more!
- Donate your earned Wellness Cash to a charity through Charity on Top and other organizations
- Shop for over 400 items across 50 brands, including:
 - Fitness trackers, digital scales, pet care items, Bluetooth speakers, deep tissue massagers, beauty products, and more



Next Steps

1. Create a [myCigna.com](https://mycigna.com) account (or login if you already have one)
2. Select the **Wellness tab > Wellness & Incentives** to get connected to the Well-Being Solution
3. Go to **Rewards > How to Earn** to see a list of qualifying activities to earn rewards. **Enrolled employees can earn up to \$100 in Wellness Cash** by participating in healthy activities. The more you do, the more you earn!

Reach your health goals while having fun. The Cigna Healthcare Well-Being Solution puts powerful resources at your fingertips – at no additional cost to you.

Questions? Thank you!

To comply with federal laws, if an eligible employee is unable to participate in any of incentive program events, activities or goals due to a disability or other reason, they may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents or contact a Cigna Healthcare representative.

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UNIVERSITY OF
DENVER

 meru health



Town Hall 2026

Get to know Meru Health



Introductions



Brett Shrewsbury
Chief Commercial Officer
brett@meruhealth.com



Kelly Yeldell
Therapist
kelly.yeldell@meruhealth.com



AGENDA

- Program overview and your journey
- Benefits of Meru Health
- Our therapists
- Q & A session



America Has Reached Peak Therapy. Why Is Our Mental Health Getting Worse?

15 MINUTE READ



“Even as more people flock to therapy, U.S mental health is getting worse by multiple metrics”

The gap is often found
in quality of care

Jamie Ducharme, Time Magazine 8.23





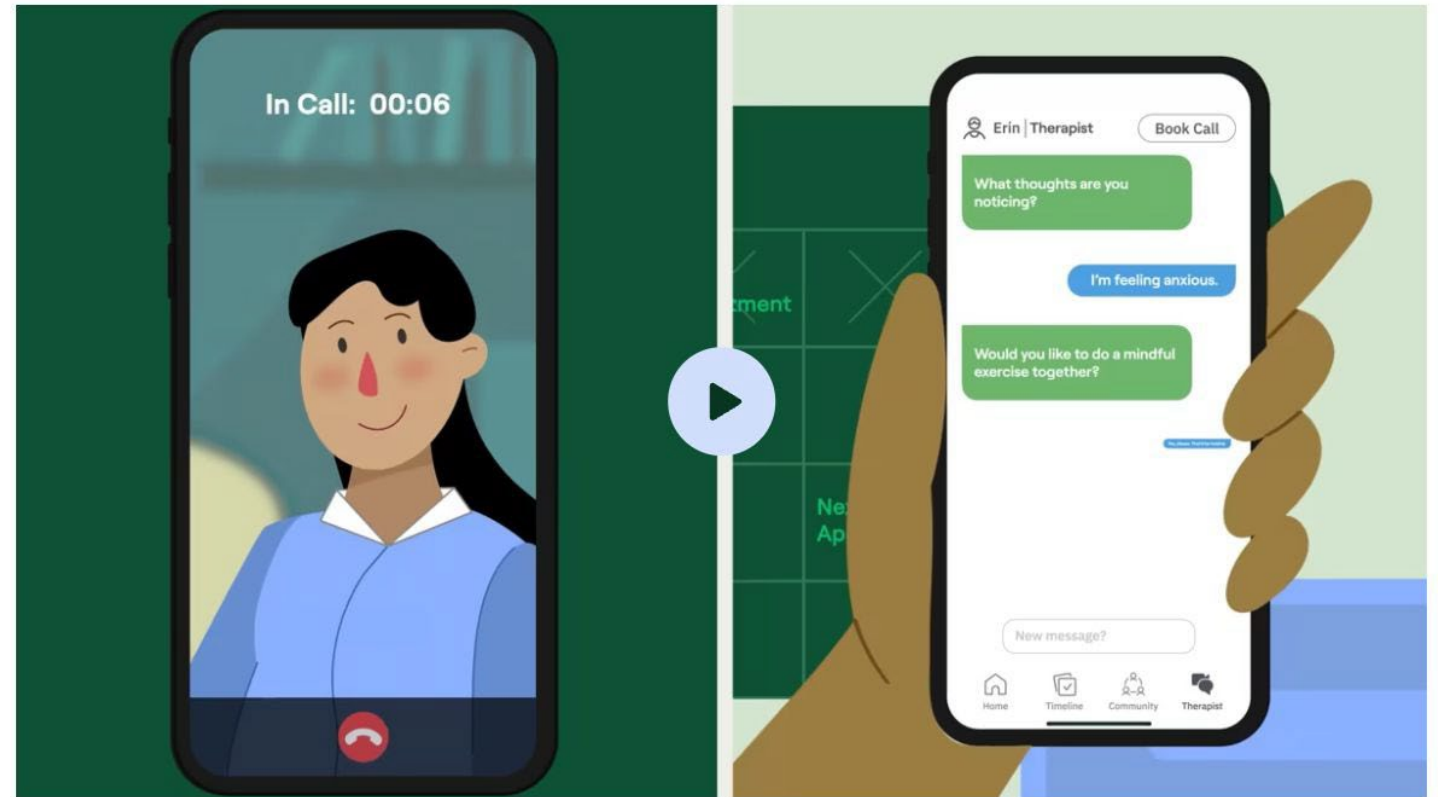
We're revolutionizing mental health care. Here's how:

- **Functional/Holistic:** Treating the Psychological (talk therapy, CBT, Meditation) and Physiological (nutrition, fitness, sleep, HRV biofeedback)
- **Time Bound with Measurement Informed Support:** Start and a finish with a model that measures care.
- **Magic In-Between Sessions:** Frequent interactions and skills building in between sessions to drive improvement and behavioral change.

Program overview

Meru Health has helped 40,000+ people in all 50 states improve their mental health and wellness. **94%** of participants feel better after completing the program.

See how Meru Health works [▶](#)



Nutritional psychiatry



Community support



Continuous care



HRV therapy



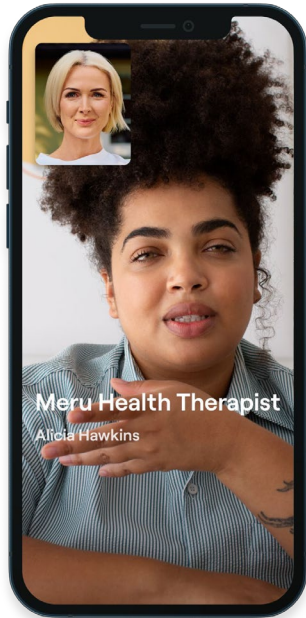
Guided lessons



Sleep quality

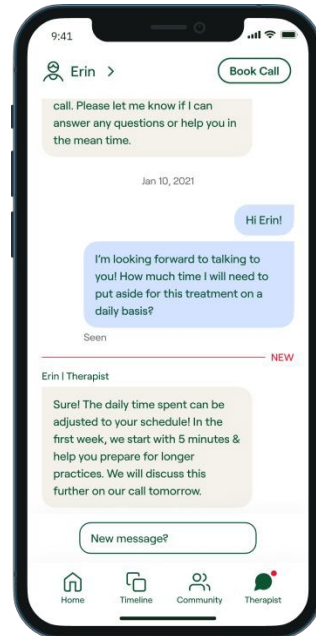


Let's recap! Here's what's included in your 12-week program:



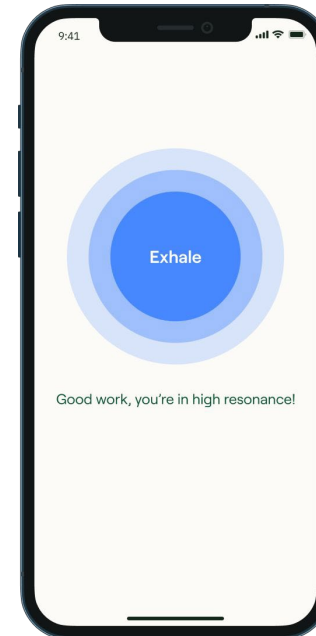
Dedicated, personalized care

Meet with your licensed therapist via scheduled video sessions.



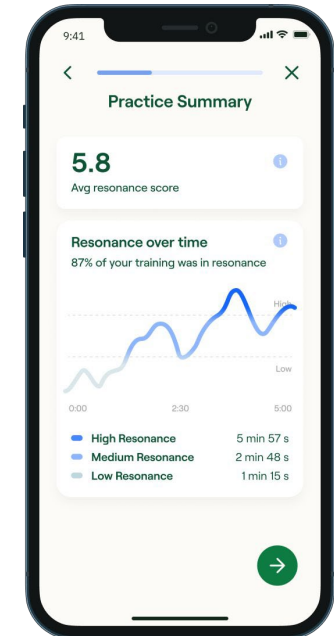
Support anytime, anywhere

Get support when and where you need it within the secure chat.



On-demand wellness

Improve emotional well-being with evidence-based practices—available 24/7.



Track and reduce stress

Change how you respond to stress with just your breath and a simple device.



Who we treat

Stress, anxiety, depression and burnout look different for everyone. **Whether it's mild or severe, we can help.**

Meru Health also specializes in the treatment of mood disorders for individuals 13+. Some of our most commonly treated conditions are:

- Major Depressive Disorder
- Generalized Anxiety Disorder
- Treatment-resistant Depression
- Social Anxiety Disorder
- Post-traumatic Stress
- Seasonal Affective Disorder
- Bipolar Type II Disorder
- Prenatal Depression
- Postpartum Depression
- Insomnia

We address:

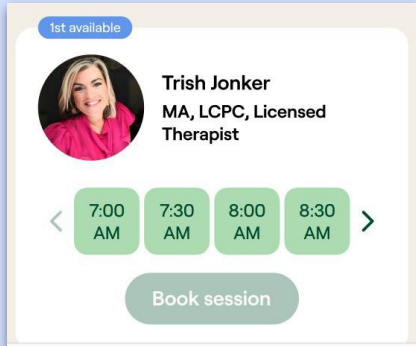
- Workplace burnout
- Caregiver stress
- Healthy lifestyle habits
- Psychological stress
- Chronic illness
- Grief
- Anxiety and depression
- Sleep difficulties
- Self-esteem

Some members may require speciality care, depending on the complexity and severity of symptoms. All determinations will be made and managed by a licensed therapist.



The user experience: A structured program

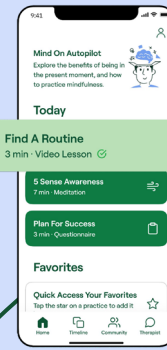
Continuous 1:1 support from a dedicated provider +
Tools and lessons to learn practical skills between sessions



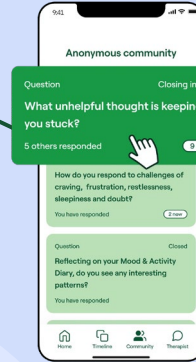
Digital front door
Choose therapist,
book call,
download app,
screening assessment
(PHQ9/GAD7)



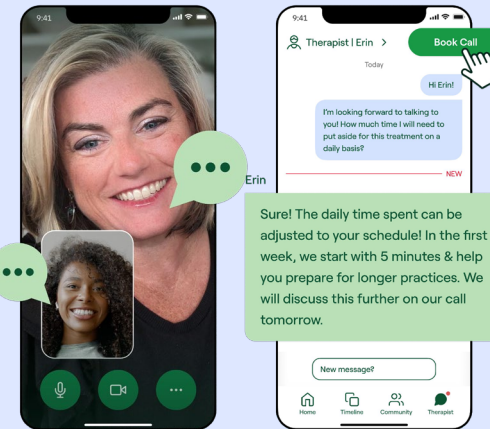
Intake video call
Evaluation and
personalized treatment
plan with a dedicated
provider



Guided lessons,
mind-body content



Anonymous
community
support



1:1 Support
Via video sessions &
unlimited chat



HRV
Therapy

Plus so much more
Tools, content & guided lessons



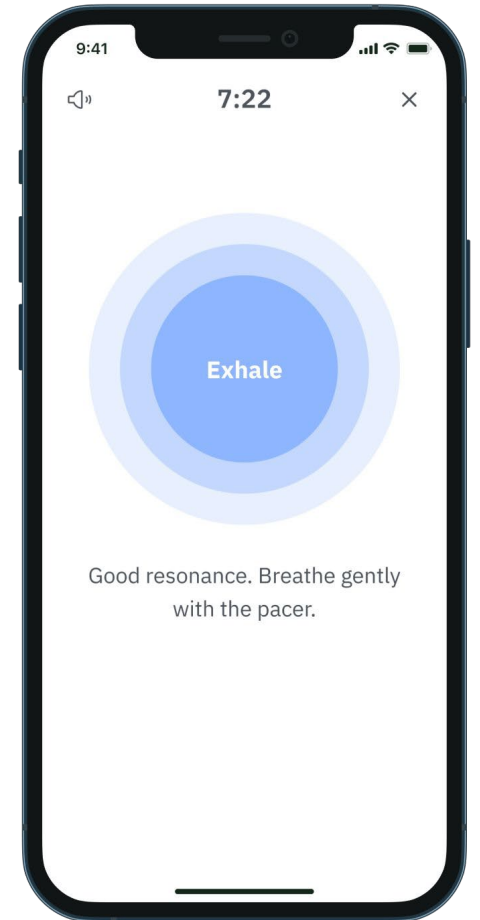
Your roadmap for life-long change

We break down mental health into 12 themes so you can break through to better well-being. With each theme, you'll build habits and skills to overcome mental health challenges now and in the future.

<p>Week</p> <hr/> <p>01</p> <p>Mindfulness and how to stay present</p>	<p>Week</p> <hr/> <p>02</p> <p>Breaking the cycle of negative thinking</p>	<p>Week</p> <hr/> <p>03</p> <p>Heart rate variability and stress resilience</p>	<p>Week</p> <hr/> <p>04</p> <p>Boosting mood and motivation</p>
<p>Week</p> <hr/> <p>05</p> <p>Sleeping smarter for better health</p>	<p>Week</p> <hr/> <p>06</p> <p>How to reduce worry (and when to accept it)</p>	<p>Week</p> <hr/> <p>07</p> <p>Learning to appreciate all your emotions</p>	<p>Week</p> <hr/> <p>08</p> <p>The whys and hows of self-kindness</p>
<p>Week</p> <hr/> <p>09</p> <p>How to feel better by eating better</p>	<p>Week</p> <hr/> <p>10</p> <p>Using your values to create meaning</p>	<p>Week</p> <hr/> <p>11</p> <p>Setting boundaries for self, relationships, and work</p>	<p>Week</p> <hr/> <p>12</p> <p>Creating a life-long plan for emotional resilience</p>

HRV therapy

- Calms the nervous system
- Enhances connectivity in brain regions responsible for managing difficult emotions
- Increases ability to use new coping skills long term



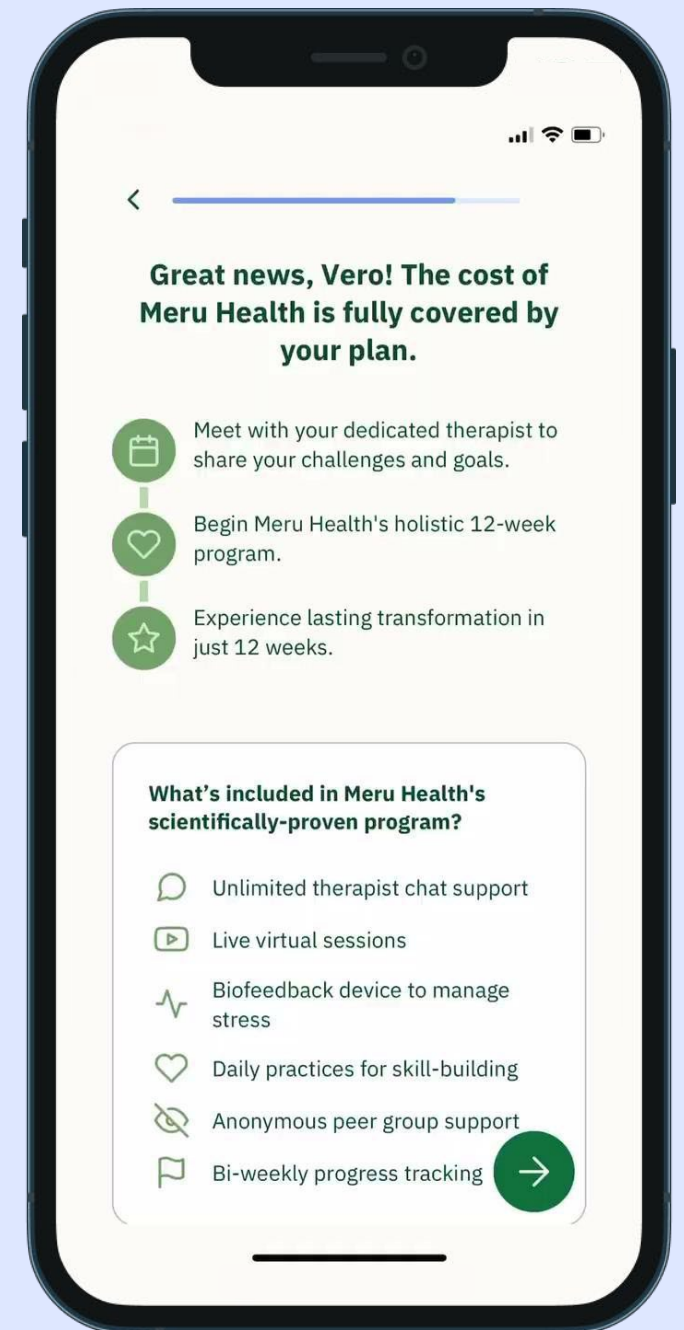
Dedicated support, every step of the way

Your therapist will be with you over the course of 12 weeks.

Connect with your therapist, personalize your program, and set your mental health goals during your intake video call.

Share feelings, concerns, and questions with your therapist when they arise within the secure in-app chat or scheduled one-on-one video sessions.

At anytime during the program you can change your provider simply through the app.



Our therapists

From start to finish, our therapists are invested in your well-being, no matter what challenges you face.

Licensed professionals

All of our mental health professionals are licensed at the master's or doctoral level (LMFT, LPC, LCSW, or PhD).

Vetted by us for you

Every provider completes a verified background check and undergo a detailed onboarding process.

5+ years of experience

The average years of experience for a Meru clinical team member is 13 years.

Continued education

Our providers regularly meet for clinical consultation and to further their education.



Our therapists receive an average rating of **4.9 out of 5**



Enrollment Details: Landing Page

 meru health

Get started

Therapy meets daily support

Get started



EVERNORTH
HEALTH SERVICES

Cigna members get access to licensed therapy and daily practices that offer deeper support than apps or traditional care.

Sign up here: <https://meru.us/cignaevernorth>



Enrollment Details: Cigna Portal and App (Age 13+)

The screenshot displays the Cigna healthcare portal interface. At the top left is the Cigna logo. On the top right, there are navigation links for Messages (with a notification badge), ID Cards, Rx Cart, Pratik, and a language selector for Español. Below the header is a main navigation menu with options: Home, Find Care & Costs, Claims, Coverage, Prescriptions, Wellness, and Perks & Programs (which is currently selected and underlined). A 'Back' link is visible on the left side of the content area. The main content features a card for the 'meru health' program, titled '12-Week Mental Health Program', with a 'Get Started' button. Below this card, there are two sections: 'Program overview' and 'How it works', each with a brief description of the program's benefits and access details.

cigna healthcare

Messages ID Cards Rx Cart Pratik Español

Home Find Care & Costs Claims Coverage Prescriptions Wellness **Perks & Programs**

< Back

meru health 12-Week Mental Health Program [Get Started](#)

Program overview:

The Meru Health solution is a scientifically proven 12-week program to treat patients with depression, anxiety, and burnout by providing quick access to care and daily support from a licensed therapist.

How it works:

With Meru Health, you will have access to an anonymous online peer support community and educational resources. After the initial 12-weeks, ongoing 9-month check-ins are available as needed. Meru Health offers online scheduling, and is for individuals ages 18 and up.



Q&A



Kaiser Permanente Resources

Nicole Sullivan
Account Executive



Start a Conversation about Mental Health – Anytime, Anywhere

Primary Care

- Talk to your primary care doctor.
- Get 24/7 medical advice by phone.

Specialty Care

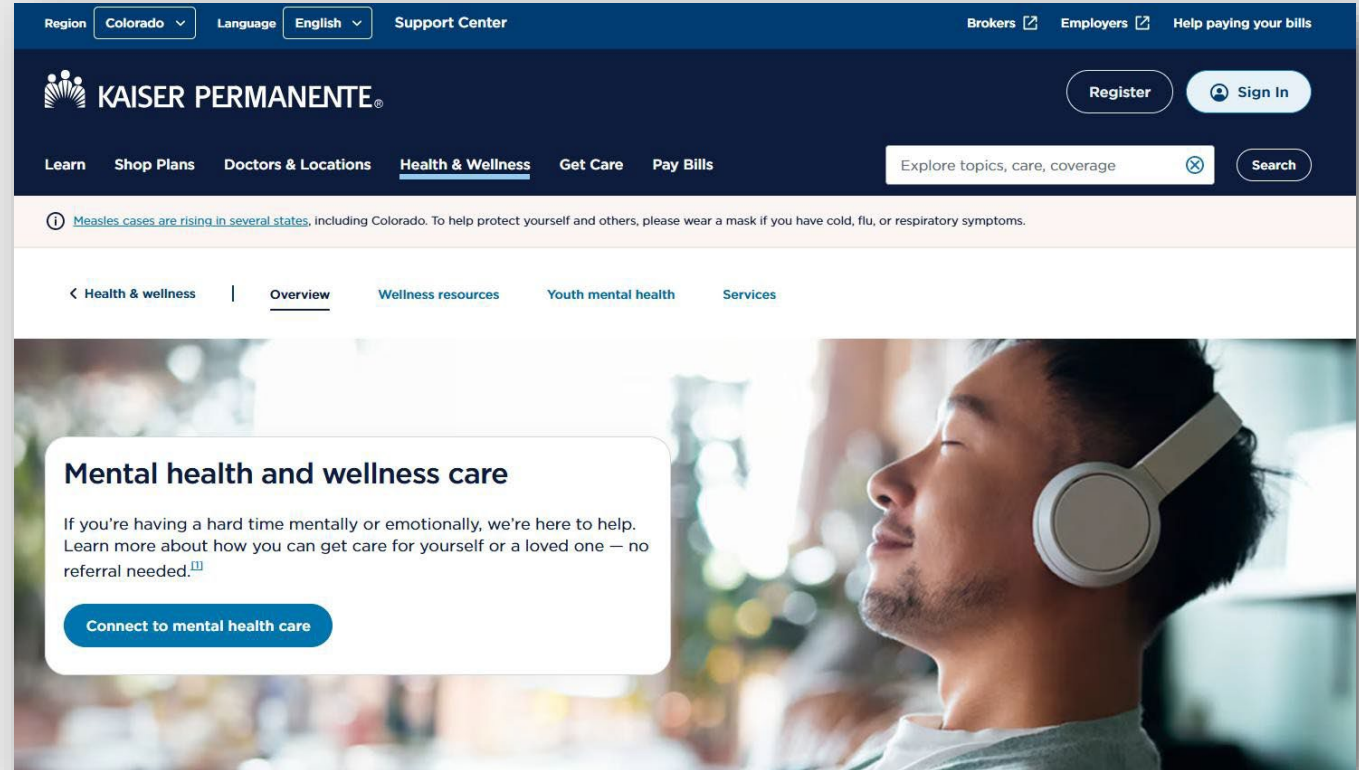
- Meet with a mental health professional.
- Get help for addiction and recovery.

Emergency Care

- Get urgent mental health care or emergency care.

Wellness Resources

- Try self-care and wellness apps.
- Talk to a wellness coach.



Visit kp.org/mentalhealth or call 303-471-7700.



Self-care apps for emotional wellness

Get help with anxiety, stress, sleep, mood, and more – 24/7 at no cost to Kaiser Permanente members.



Calm

The number one app for meditation and sleep is designed to help lower stress, reduce anxiety, and build resilience.



Headspace

Connect with an emotional support coach by text, explore self-care activities, and more — available 24/7.



Visit kp.org/selfcareapps to get started.

University of Denver Wellness Incentive

Earn a \$100 gift card for completing healthy activities by Dec. 31, 2026:

1. Visit kp.org/engage and sign on with your UserID and password.
2. Complete your **biometric screenings**.
3. Complete a **total health assessment**.



Take charge of your health

You've come to the right place to engage in your health. And why not earn a few rewards along the way?

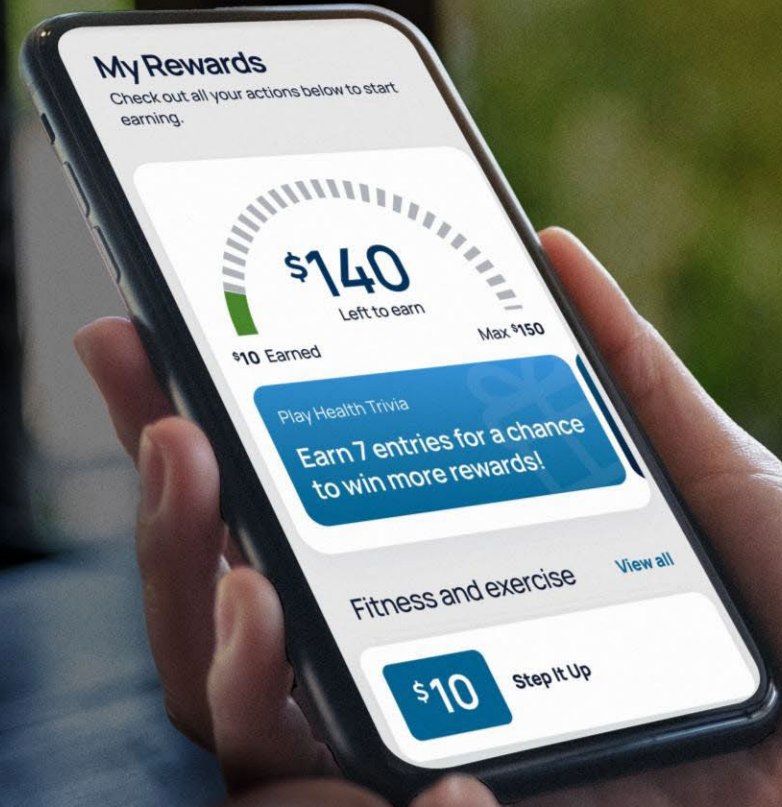
Sign on

Kaiser Permanente rewards

Earn up to \$150 for building healthy habits.

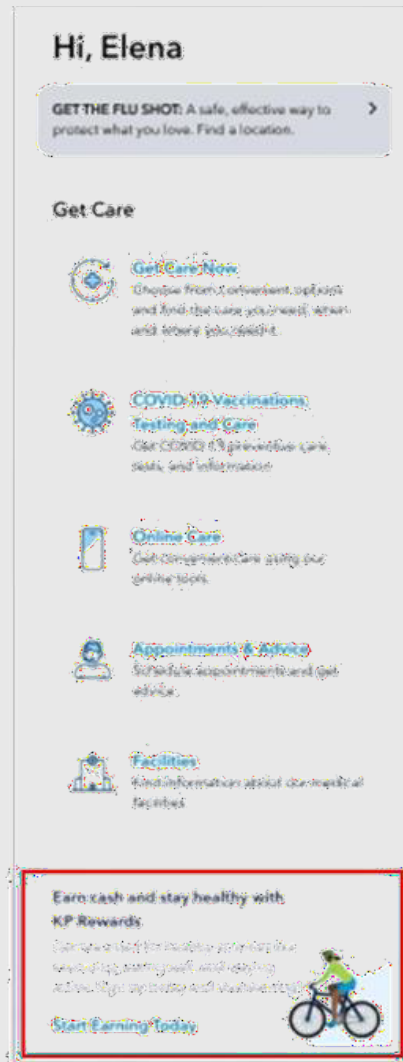
EARN REWARDS FOR:

- ✓ Health Adventures: Fitness/Exercise, Healthy Eating, Self-Care & Wellness
- ✓ Wellness Coaching
- ✓ Total Health Assessment
- ✓ Flu Vaccine
- ✓ Healthy Trivia

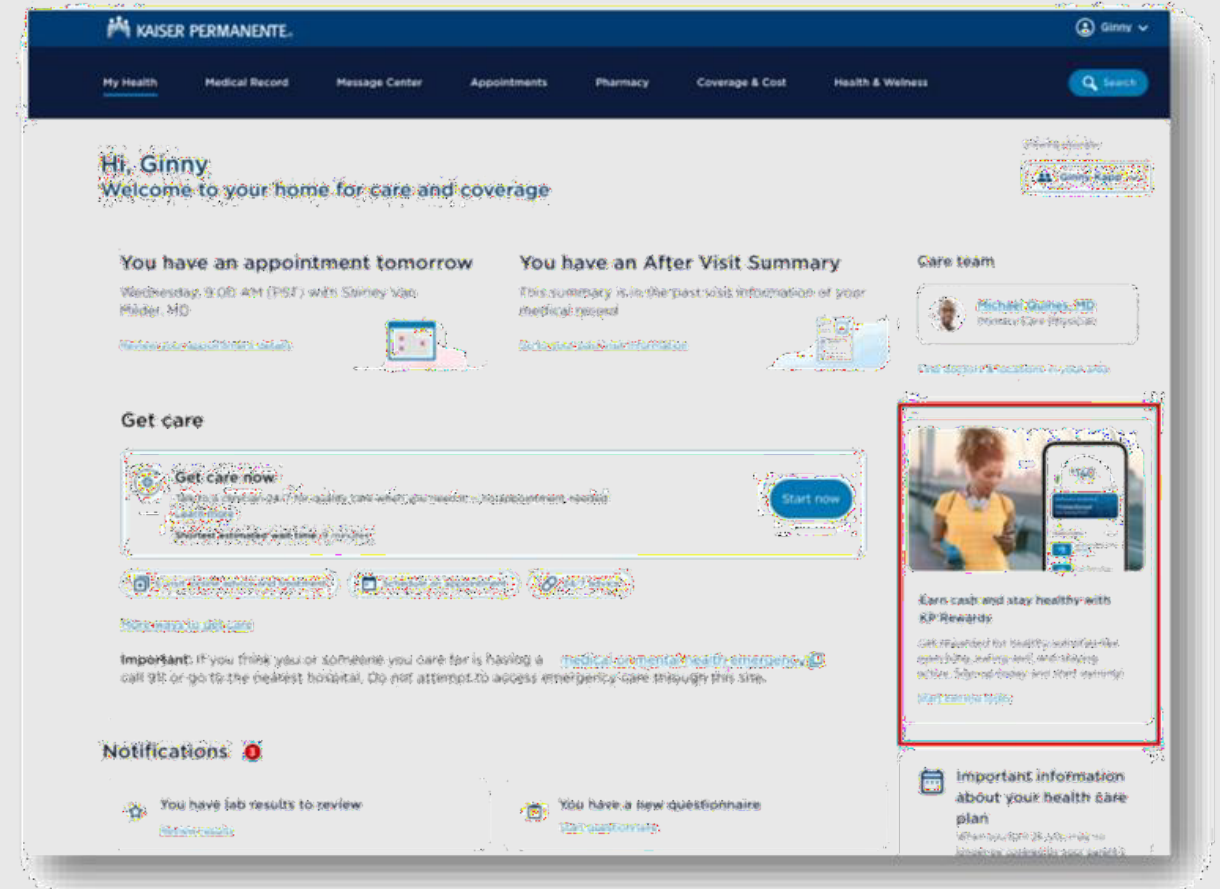


Accessing KP Rewards

Via mobile



Via web



Fitness memberships

One Pass Select Affinity

From strength training and swimming to yoga classes and grocery delivery, you can get what you need for whole-body health in one easy plan.

Affinity musculoskeletal program

Get 20% off chiropractors, acupuncturists, and massage therapists when you visit a participating provider and show your Kaiser Permanente ID care.

kp.org/exercise



Health education classes

Virtual and in-person classes

From interactive wellness classes to local resources and group support, these programs will help you thrive in mind, body, and spirit.

Support groups

You can learn and connect with others in a safe and supportive environment, exchange information and experiences, and get help dealing with similar conditions or challenges.

kp.org/classes



Health care reminders

Preventive care

Preventive care plays an important part in helping you stay healthy and catch issues before you have symptoms. And just like you, your preventive care needs can change over time.

Kaiser Permanente members can see personal reminders for preventive care via kp.org.

kp.org/preventivecare





Faculty/Staff Meal Plans

10 - Block

10 meals in the dining hall! These roll over from quarter to quarter. Meal Plan Cash not included.

50 - Block

50 meals in the dining hall + \$330 Meal Plan Cash! These do not roll over from quarter to quarter.



What comes with a Meal Plan?

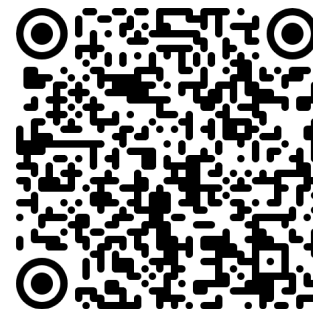
OZZI To-Go Box,
Seconds Program,
Dietitian Services,
Meal Swipes at select retail locations,
Access to Special Events,
Community!

Questions?

Email bailey.thompson@sodexo.com or reach out to our DU ID Card Office

Job Description Update

- 22 of 44 divisions currently have positions in review or completed.
 - 232 in review, 125 completed.
- Training materials for all division business officers have been distributed. Proxy lists have been completed by BO's
- The [Job Description Form](#) link included in directions sent by HR Compensation.
- Targeting completion for **June 1, 2026**. Organizational restructuring for some divisions may delay completion.
- JD Supervisor training materials are now available in Canvas Catalog: <https://hric.catalog.du.edu/courses/job-descriptions-for-supervisors>



25/26 Performance Reviews

Performance Management Update

Where We Are

- Self-Reflections were due April 15
- Supervisor Evaluation begins April 16

What's Ahead

- Managers complete evaluations and prepare for conversations
- Employee–Supervisor review discussions take place
- Final Step: Employee Acknowledgement

Key Dates

- April 16: Supervisor Evaluation begins
- May 6 (EOD): All reviews completed and acknowledged

Why This Still Matters (Even Without Merit)

- Clarity & Development
 - Align on priorities, progress, and growth
- Feedback Matters
 - Should not be reserved for compensation decisions
- Future Opportunities
 - Builds skills, visibility, and readiness for what is next At DU or beyond
- Recognition Still Counts
 - Leaders recognizing challenging work and expressing gratitude matters

Employee Engagement Survey

Employee Engagement Survey: From Data → Action

Progress

- January 13 Town Hall
- Met with leaders from 6 divisions with several more scheduled
- Partnering with HR Business Partners

Insights

- Qualtrics dashboards + heatmaps
- Division vs. overall comparisons
- Staff vs. faculty views
- Senior Leadership review next

Action

- Leader briefings → team sessions
- Focus on 1–2 priorities
- Action plans with measurable steps
- Identifying best practices within units to share and scale across divisions

CONFIDENTIALITY FIRST

Results are only shared—at any level—where thresholds are met. No exceptions.

I-9 Update for Supervisors

- Beginning June 1, 2026, the section II review of documents will transition to supervisors.
- On May 6th, all supervisors will be assigned the section II I-9 training to review and complete.
- On May 13th, the employment services team will hold a 30-minute virtual workshop to go through the process for any supervisors who want training in addition to their completion of the course.
- After June 1st, supervisors can reach out to employmentservices@du.edu to schedule a meeting if further help is needed.
- Please click the link or scan the QR code below to sign up for a 30-minute virtual workshop designed to walk through the process a supervisor will do to complete section II, I-9 verification: <https://cglink.me/2fC/r2277261>



Wellbeing Program Updates

Upcoming Faculty & Staff Well-Being Program Information

It's the final month of the **Well-Being Passport** program!

- Participate in at least one well-being activity (many are on your own) by May 15th.
- Prize days will be held at the Ritchie Center on May 18, 19, and 22.

Mark your calendar for **The Great Summer Escape: Well-Being in the Wilderness** event on June 18th.

- All faculty & staff are invited to visit the KMC for a day of outdoor activities, community, and well-being.
- Transportation will be provided to/from the DU campus.

Registration for all programs will be available through Crimson Connect. The **Coors Fitness Center membership** benefit is still available for all benefited faculty & staff. Registration instructions are available on the Ritchie Center & HRIC websites.

Wellbeing Program Updates

Coors Fitness Center Membership Benefit

All benefited DU employees are eligible to purchase an individual Coors Fitness Center membership for a **one-time fee of \$50**. This membership will include full access privileges for the duration of an employee's benefited employment at the University of Denver.

Benefited employees may also opt to purchase a family membership for an additional \$30 per month. The first month fee will be prorated based on the purchase date and subsequent months will be charged via payroll deduction. The **one-time membership fee of \$50** will be charged at the time of purchase.

Office of the Ombuds (IOA)

What is an Ombuds?

Organizational ombuds work with individuals and groups in an organization to (1) provide a safe space to talk about an issue or concern, (2) explore options to help resolve conflicts, and (3) bring systemic concerns to the attention of the organization for resolution.

What are the Standards of Practice?

- 1) Independence
- 2) Confidentiality
- 3) Impartiality
- 4) Informality

Who does the office serve? Students, Staff, Faculty

How do I contact the Ombuds office?

The Ombuds office is open M-Th by appointment.

Betty.Snyder@du.edu

<https://calendly.com/betty-snyder/45>

<https://www.du.edu/ombuds>

Upcoming Workshops and Dialogue Offerings

- Cultivating Inner Peace in the Face of Disruption and Conflict (Workshop and Dialogue)
- Leading with Trust in Times of Uncertainty (4/28, 12-2)
- Navigating Difficult Conversations (5/12, 12-2)

Unscripted at DU

What would you say
to men who are
silently going through
a mental health crisis?



I don't have to tell anyone
about it.

Spring Story Mosaic Event: Unscripted

STORY MOSAIC SERIES

UNSCRIPTED

REGISTER NOW!



Fri. May 8 | 1:30-3 pm | CCOM 1700

What if you lived your life, not based on an old script someone else wrote for you, but on your terms? This Story Mosaic centers experiences of choosing to live Unscripted by stepping outside societal expectations or familiar paths. In a world where so many social forces try to tell you who to be, we invite students, staff, and faculty to share and listen to powerful stories of charting your own course, redefining purpose, and cultivating joy from living with intention and authenticity. Light refreshments will be provided.



CALL FOR STORYTELLERS

Interested in sharing your story at this event?

Submit an interest form!



Human Resources &
Inclusive Community

4D
Experience

Community Support and
Engagement

Health
Promotion





4D Symposium 2026

A World of Purpose



4D Symposium 2026

This year's 4D Symposium “**A World of Purpose**” will feature dozens of informative sessions, panels, and interactive workshops that bring the 4D Experience to life for students, faculty, and staff. Come learn, be in community, and engage in dialogue around models and practices that advance the four dimensions, both in and out of the classroom as well as through research and scholarship.

The 4D Symposium will take place **May 7–8** in Community Commons. Register now on [Crimson Connect](#)!



Highlights

- **“Contemplative Conversations for DU Faculty and Staff on Meaning in This Moment”**—a facilitated interactive session led by Dr. Shannon Silva, Associate Professor, GSSW
- **“Poetry Hands On”**—a workshop led by Joe Hutchison, Colorado Poet Laureate (2014-2019) and Teaching Associate Professor, PSC
- **“The Future of Work”**—a lunch plenary panel discussion featuring leaders in both the public and private sectors and moderated by Provost Lobo
- **“The Photography and Memory Project: Bridging the Gap Between Generations”**—an innovation session led by Dr. Anne Walker and Dr. Roddy MacInnes
- 4D Faculty Teaching Fellows Showcase and Reception
- **“Partners in Purpose: Student-Faculty Collaboration for Meaningful Impact”**—a panel discussion facilitated by Dr. Virginia Pitts, OTL
- **“Purposeful Work in an Automated World”**—a dialogue facilitated by Mark Nussbaum, Career and Professional Development



Transportation Solutions

THE ROAD AHEAD

FUTURE OF URBAN MOBILITY



21ST ANNUAL EVENT

TUESDAY, APRIL 21, 2026

AT THE UNIVERSITY OF DENVER

The Road Ahead hosted by Transportation Solutions



Local nonprofit Transportation Solutions is hosting a special event at Community Commons on Tuesday, April 21 as part of Earth Week, and DU students, staff, and faculty are invited!



This year's event explores the future of transportation in Denver, featuring internationally recognized mobility expert David Zipper. A contributing writer at Bloomberg and cohost of the podcast *Look Both Ways*, David will share insights on how technology can—and can't—help make our streets safer, cleaner, and more enjoyable.



Students can attend for free using the code **DUstudent**, and tickets are just \$20 or pay-what-you-can. The event runs from 8–11:30 AM, and you're welcome to drop in for any portion that fits your schedule.



See the program and register here: <https://theroadahead2026.eventbrite.com>

Bike to Campus Day May 6

BIKE TO CAMPUS DAY



Wed, May 6
Carnegie Green
8:30 - 11:30 AM

Pledge to ride to be
counted in and to win
prizes!

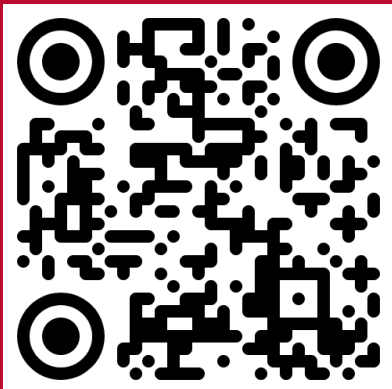
bit.ly/btcd2026



Free coffee, food,
giveaways, and bike
safety checks!

GAAD at DU May 21

Scan QR code to register
on Crimson Connect!



Global Accessibility Awareness Day



On May 21, DU will observe Global Accessibility Awareness Day (GAAD). The mission of GAAD is to spark conversation and awareness regarding accessibility for more than one billion people living with disabilities. Join us for a powerful panel discussion featuring DU community members and guest speakers sharing their lived experiences and promoting accessibility.

[Register Here via Crimson Connect](#)

Questions?





HRIC Resources:

www.du.edu/human-resources

Additional questions please contact:

PerformanceManagement@du.edu - Performance management questions

Well@du.edu - Crimson Classic & Wellbeing programs

Ruth.brown@du.edu Ritchie Center Nutrition and Wellbeing

benefits@du.edu – Benefits and leave questions

employeeonboarding@du.edu– New Hire Orientations & Employee Onboarding

hr.compensation@du.edu – Compensation & job classification

employmentservices@du.edu – I-9 processing, employment life cycle

askhrpartners@du.edu - General questions, policies or concerns

learning@du.edu – Development, LinkedIn Learning and training programs

jobs@du.edu - Talent Acquisition and recruiting

THANK YOU

