



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

HRIC Town Hall: Spring Updates

April 9, 2025



Agenda

- HRIC Updates
- Thank you Sponsors!
- Behavioral Health & Wellbeing Benefits
 - Cigna - Tim Ranney
 - Kaiser Permanente - Dr. Laura D Patke & Dr. Felipe Hernandez
- 2024-2025 Performance Management
- Crimson Connect – TAD Channel
- Pulse Survey
- Stay Interviews
- Updates from Talent Acquisition
- Ombuds Workshops
- Community Events
- 4D Symposium
- Nutrition & Wellbeing Program Updates
- Q&A
- Thank you!

HRIC Updates

- Welcome to Spring Quarter!
- HRIC Updates

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

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April 17, 2025

5

The mental health toll is multiplied by physical effects.

Mental and physical health connection

Over half

of people with a mental health condition also have a physical ailment¹

Untreated issues

55%

of adults with mental health conditions don't get care²

Behavioral health crisis

25% of adults

20% of youth

experience a mental health disorder^{3,4}

Poor productivity

35%

less productivity for depressed workers who don't receive treatment⁵

Lower quality of life and lifespan

25 years'

shorter lifespan and poorer quality of life for individuals with unaddressed behavioral needs⁶

Multiplied costs

3 to 6 times

greater total health care costs for people with both behavioral and physical health conditions⁷

1. Goldman ML, et al. "Medical comorbid diagnoses among adult psychiatric inpatients." Gen Hosp Psychiatry. 2020 Sep-Oct. 2. Nietzel T Almost Half Of Americans Don't Seek Professional Help For Mental Disorders. Forbes. May 24, 2021 3. John Hopkins Medicine. "Mental Health Disorder Statistics." January 24, 2022. 4. Agency for Healthcare Research and Quality (US). "2022 National Healthcare Quality and Disparities Report." October 2022. 5. Leonhardt. "Workplace mental health benefits can reduce sick days, increase productivity—and even provide savings for employers". Fortune. June 9, 2022. 6. Defar, Semira et al. "Health related quality of life among people with mental illness: The role of socio-clinical characteristics and level of functional disability." Front Public Health. Feb. 16, 2023. 7. Fiorillo, Andrea & Sartorius, Norman. "Mortality gap and physical comorbidity of people with severe mental disorders: the public health scandal." Annals of General Psychiatry. Dec. 13, 2021.

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.



Making it easier to find the path to feeling better

Customer pain points



A better design

"Finding care is confusing."

"I want to try therapy but money's tight."

"My anxiety/stress/depression feels so out of control, and I really need to speak to someone now."

"I can't get an appointment in a timely manner."

"I'm overwhelmed and don't know what to do next."

"Lying awake at night is when I have so many questions."



Care navigation with personalized assistance for identifying the right method(s) of care

3 no-cost visits with a provider in our EAP network¹

24/7 unlimited, in-the-moment phone sessions with a licensed Cigna HealthcareSM clinician

Care navigation help in obtaining appointments, often within 48 hours*

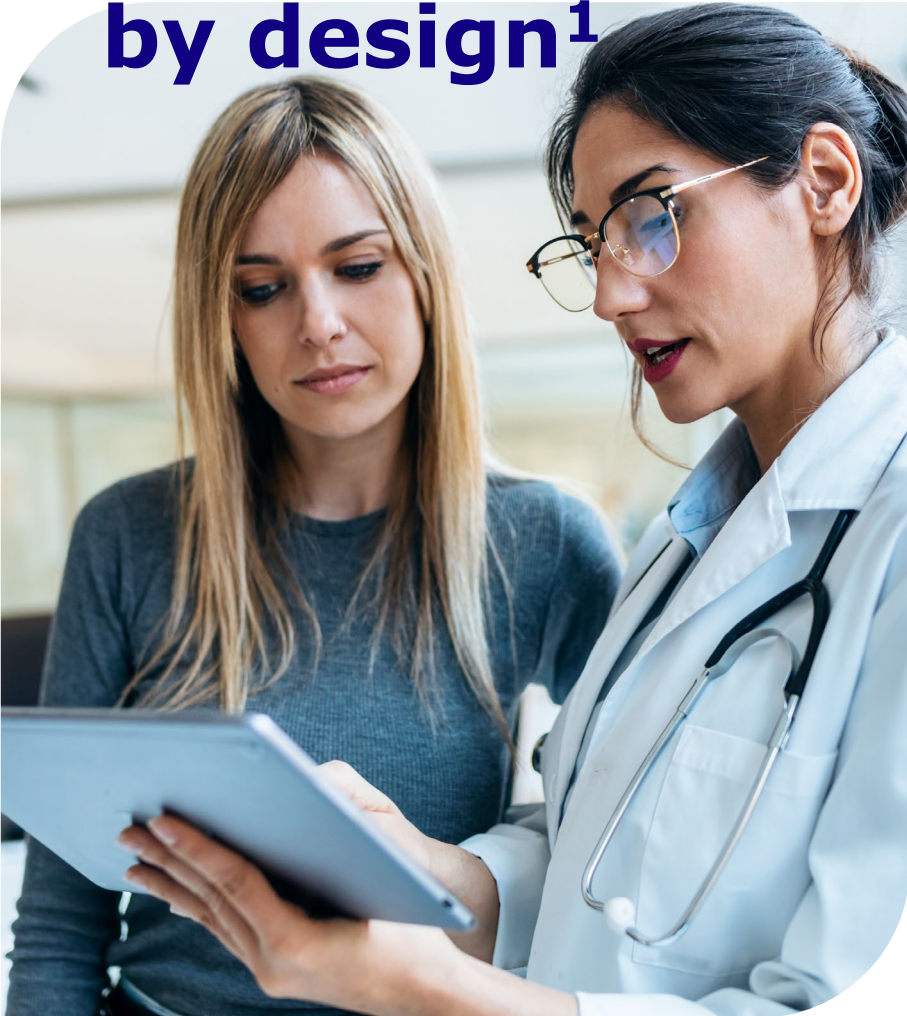
100% follow-up to ensure your needs are met

Cigna Healthcare is here for you 24/7.



*Two-day appointments available through provider partners Alma, Bicycle Health, Brightside, Headway, Meru Health and Rula.
1. Employee Assistance Plan (EAP) three visits per issue per year. Restrictions apply to fully insured business situated in New York.

Industry-leading capabilities that are better by design¹



Our integrated approach considers whole-person health with the goal of getting the right care to those in need.

- **24/7 unlimited immediate clinical consultations** lasting up to 60 minutes
- **Navigator** who supports the customer every step of the way
- **100% follow-up** digitally or by telephone to ensure customer needs are met
- **Advanced predictive analytics** to drive proactive outreach

Our emotional well-being capabilities increase resilience, reduce stress and promote positivity.

- **Three face-to-face visits with an EAP counselor,**² unlimited telephone consultation, on-demand online seminars, home-life referrals and other services
- **Happify offered through Cigna Healthcare,** an online self-guided tool to help increase resilience³
- **iPrevail offered through Cigna Healthcare,** offering on-demand peer coaching and personalized learning³

1. As of April 2024, based on an internal analysis of behavioral health competitive capabilities; evaluation focused on the combined strength of overall capabilities including 100% follow-up, 24/7 clinical access, navigation and whole person health. Subject to change. 2. Employee assistance program (EAP). Three visits per issue per year. Restrictions apply to fully insured business situated in New York. 3. iPrevail and Happify offered through Cigna Healthcare. 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.

Our network strength enables the right care.



327K+ virtual in-network providers (and growing)¹

Doubled
overall
network size²

**More than
2.5X growth**
of our virtual provider
network²

13% growth

in Black providers³

11% growth

in providers identifying as BIPOC³

23% growth

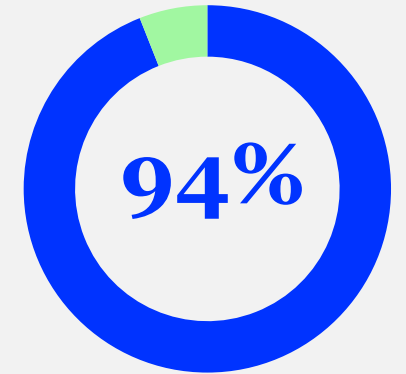
in providers with specialty focus on LGBTQ needs³

150+

unique languages spoken across our network³

23%

increase in provider cultural specialties³



of our customers
would recommend their
in-network provider⁴

Convenient digital resources are also available at myCigna®

The compassion and expertise that only humans can deliver, along with:



Guided navigation with assessment and care recommendations



Convenient online scheduling and appointment assistance



Self-guided apps Happify and iPrevail* for peer support, resiliency

Examples include:

MDLIVE for Cigna®

talkspace

alma

headspace care

iPrevail

happify™

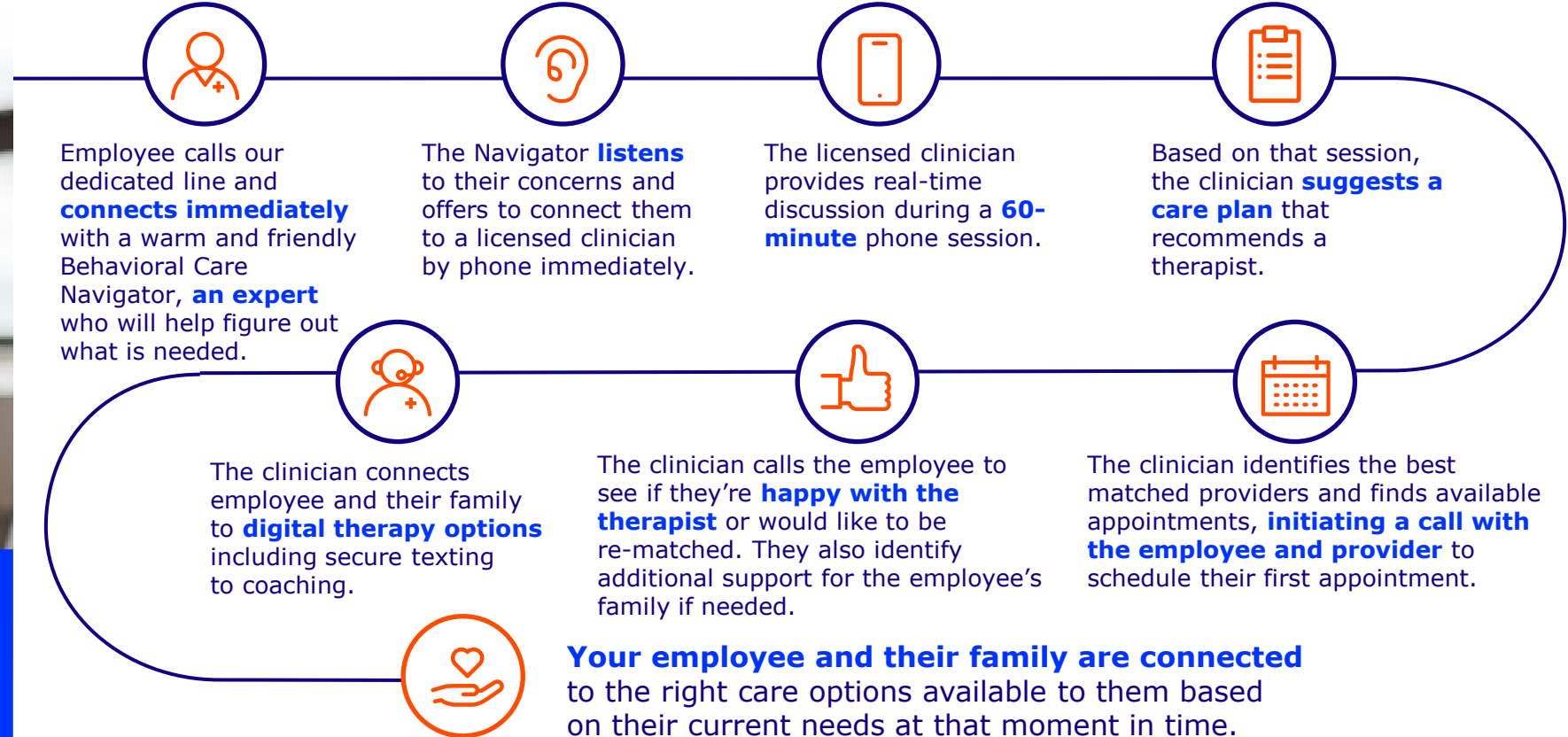


*Happify and iPrevail services are provided by independent companies and not Cigna Healthcare. Programs and services are subject to applicable program terms and conditions. Program availability is subject to change.

We provide easy access to support when employees need it most



When your employees feel stressed, anxious and confused about what to do next, **we're here** to support them every step of the way—whether they're engaged in treatment or are just getting started.



See the results with our complete behavioral health approach that's better by design.

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Supporting your employees: mind, body, and spirit

University of Denver | April 9, 2025

Laura D Patke, PsyD

Executive Director, Behavioral Health



The State of Mental Health in America-Key Findings

21%

of adults are experiencing a mental illness. Equivalent to over 50 million Americans.

15%

of adults had a substance use disorder in the past year.
93.5% did not receive treatment.

11%

(over 5.5 million) of adults with a mental illness are uninsured.

60%

of youth with major depression do not receive mental health treatment.

The percentage of adults reporting serious thoughts of suicide is

4.8%

= over 12.1 million adults.

11%

of adults who identified with two or more races reported serious thoughts of suicide.

In the U.S., there are

350

individuals for every one mental health provider.

28%

of all adults with a mental illness reported that they were not able to receive the treatment they needed. Most reported they did not receive care because they could not afford it.

16%

of youth report suffering from at least one major depressive episode in the past year. More than 2.7 million youth are experiencing severe major depression.

55%

of adults with a mental illness receive no treatment – over 28 million individuals.

23%

of adults who report experiencing 14 or more mentally unhealthy days each month were not able to see a doctor due to costs.

1 in 10

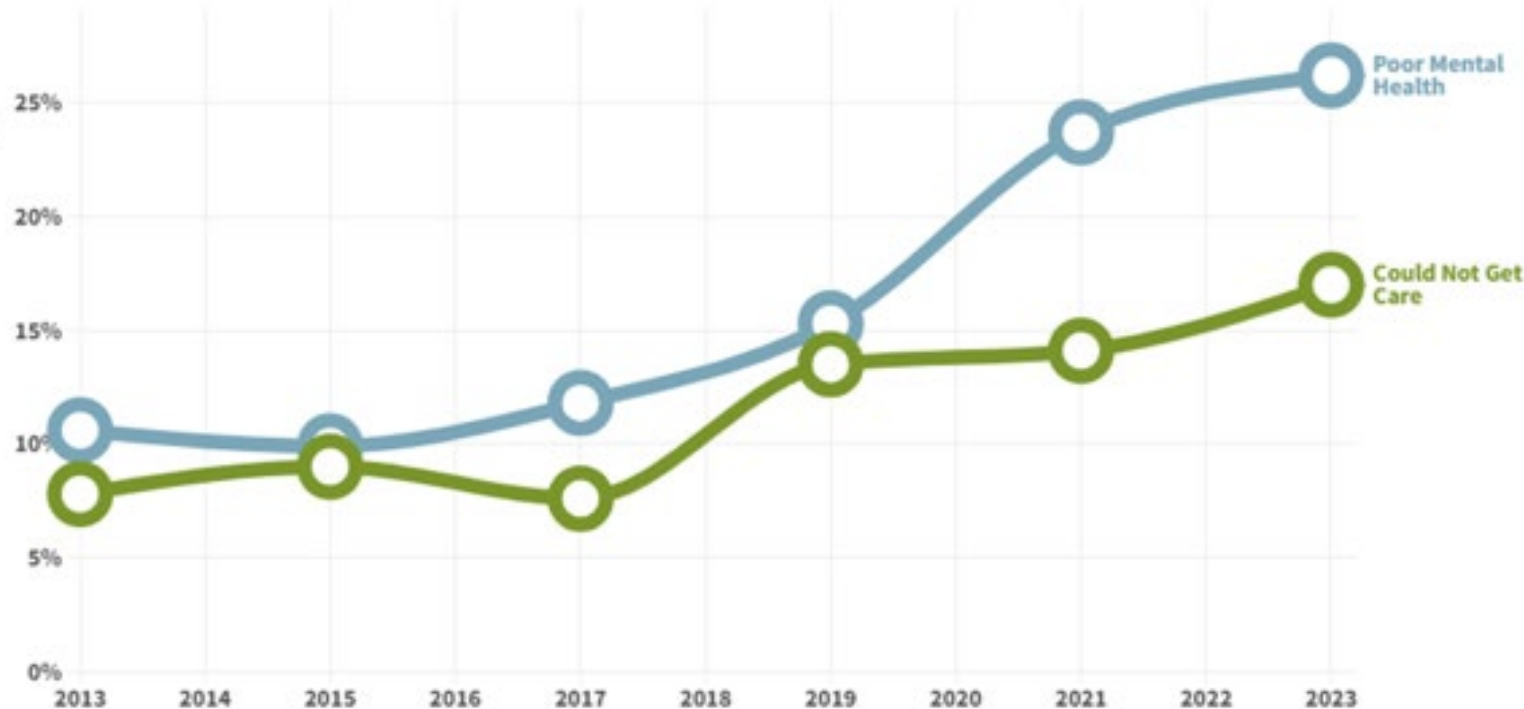
youth with private insurance do not have coverage for mental or emotional difficulties – over 1.2 million youth.

Reinert, M, Fritze, D. & Nguyen, T. (October 2022). “The State of Mental Health in America 2023” Mental Health America, Alexandria VA.

“Coloradans are struggling with their mental health”

Mental Health Worsened and Needs Went Unmet

Topics: **Blue Line:** Coloradans who reported eight or more days of poor mental health in the past month. **Green Line:** Coloradans who said they needed mental health care but did not get it. **Population:** Coloradans 5 and older. **Years:** 2013 to 2023.



[Download as a PNG file](#), Source: Colorado Health Access Survey

Courtesy of the Colorado Health Institute, www.ColoradoHealthInstitute.org, 1999 Broadway, Suite 600, Denver, CO 80202. Date.

Colorado Health Access Survey 2023

Availability of Appointments Became the Largest Barrier to Mental Health Care

Topic: Reasons for not getting mental health care. **Population:** Coloradans 5 and older and said they needed mental health care but did not get it. **Years:** 2013 to 2023.



Appointment: Had a hard time getting an appointment

Cost: Concerned about the cost of treatment

Insurance: Worried health insurance wouldn't cover it

Comfort: Wasn't comfortable talking with a professional about personal problems

Stigma: Worried what would happen if someone found out about personal problems

Source: Colorado Health Access Survey 2023

Courtesy of the Colorado Health Institute, www.ColoradoHealthInstitute.org, 1999 Broadway, Suite 600, Denver, CO 80202. Date.

The growing need for mental health and addiction care

92% of employees experience mental health challenges that impact their work.¹

5x more unplanned absences

Workers with fair or poor mental health have nearly 5 times more unplanned absences per year than other workers.³

4-to-1 return on investment

Employers that support mental health see a return of \$4 for every \$1 dollar invested in mental health treatment.²

81% of workers

say they'll look for workplaces that support mental health in the future.⁴

1. Keith MacKenzie et al., "Mental Health in the Workplace: 2022 Worker Survey," workable.com, accessed February 21, 2024. 2. "New Mental Health Cost Calculator Shows Why Investing in Mental Health is Good for Business," National Safety Council, National Opinion Research Center, May 13, 2021. 3. Witters and Agrawal, "The Economic Cost of Poor Employee Mental Health," gallup.com, December 13, 2022. 4. "2022 Work and Well-being Survey," American Psychological Association, accessed February 21, 2024.

Flexing to better support members – now and in the future, by ...

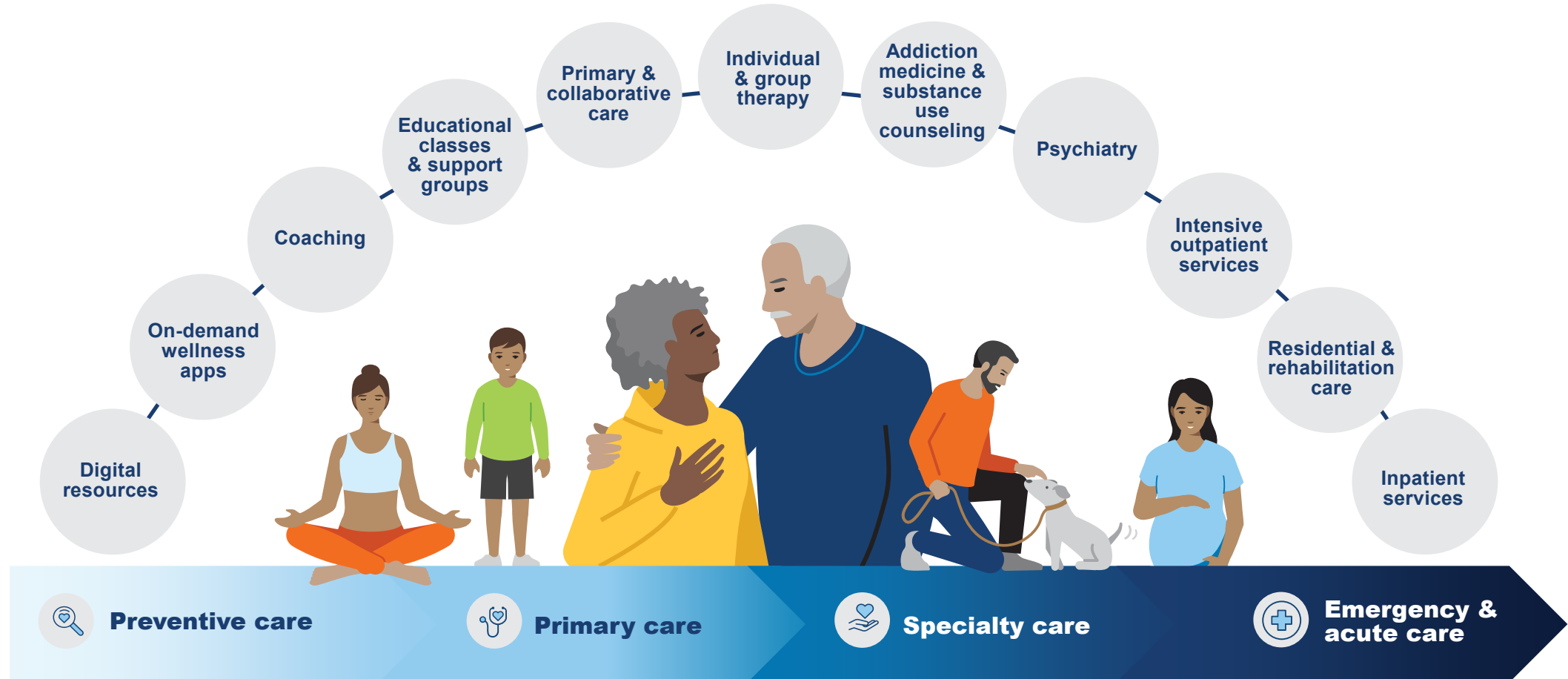
Increasing care options and transforming care deliver

- With nearly 200 Kaiser Permanente mental health employees and over 8,000 affiliated providers, members have more choices than ever
- We're introducing a new tool and care pathways to help guide patients to the care that's right for them

Investing in and accelerating workforce growth

- We've committed \$4.2 million in grants to support development of new licensed-level clinicians
- We're implementing a new, Post Master's Associate program to help new clinical graduates gain experience for licensing

Total support in one holistic care model



We make it easy for your employees to get the care they need – no matter where they start their journey.

Digital self-care resources for everyday life

Kaiser Permanente provides many resources and tools to help your employees incorporate mental fitness into their routines. Self-care strategies can help them navigate challenges and keep everyday stressors from escalating and interfering with everyday life.

Self-care apps that help with anxiety, stress, sleep, and more — 24/7, at no cost to members.

Digital wellness guides on topics like mindfulness, parenting, sleep, relationships, and more.

Online self-assessments for anxiety, depression, alcohol use, drug use, and stress.

Mental health support: part of our DNA

In primary care settings, Kaiser Permanente clinicians are trained and equipped to routinely screen for and support mental health needs.

Early intervention

Routine mental health screenings help us recognize if your employees need care. We can suggest options early to help them feel better and remain engaged at work.

Real-time collaboration and consultation

Our clinicians work together in a connected system to treat conditions like mild anxiety, depression, and substance use disorder:

- Primary care doctors can easily collaborate with behavioral health consultants during an office visit (this is a unique and highly effective service)
- Or get support from mental health clinicians and care managers

Connecting to specialized care

If your employees need additional support, we can efficiently connect them with mental health clinicians.

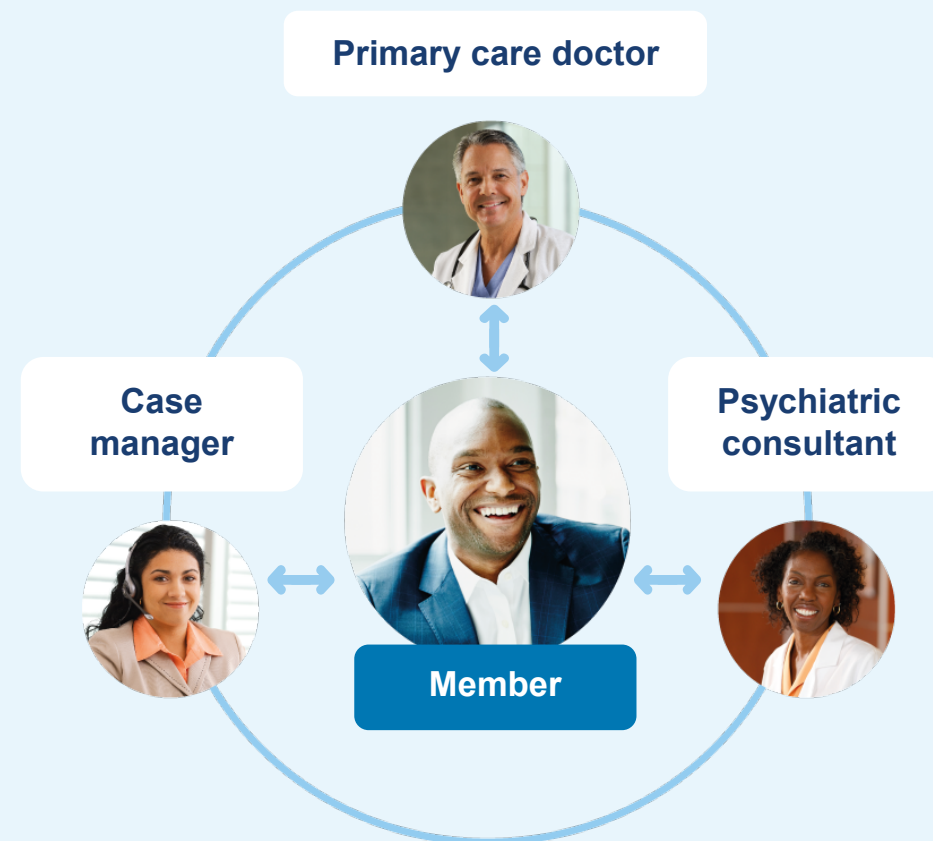
50%
of all prescriptions
for depression or
anxiety are prescribed
by primary care
physicians*

*Jetty et al., *Journal of Primary Care & Community Health*, June 10, 2021.

A team approach to patient-centered care

Our evidence-based, collaborative care management program is an effective approach to the treatment of depression and anxiety, when members see Kaiser Permanente providers.

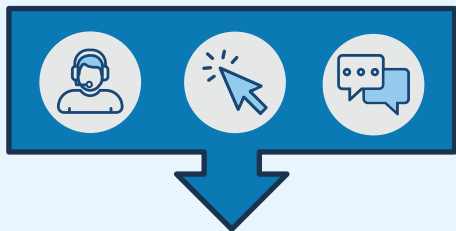
- ✓ **One point of contact**
A care manager coordinates each patient's treatment with their primary care doctor and a psychiatric consultant from specialty mental health.
- ✓ **More effective**
Over 90 trials have shown collaborative care to be more effective than traditional care.¹
- ✓ **Removes stigma**
Delivering behavioral health care alongside primary care helps normalize mental health care and identify members who wouldn't usually seek it out on their own.²



1. Nicole Stelter, "Collaborative Care: An Integrated Care Model That Works," Blue Shield, November 8, 2023. 2. See note 1.

More guidance. Enhanced access. Optimal outcomes.

With so many care options, it can be overwhelming to decide where to start. So, just like we offer care guidance for medical needs, we now offer more guidance when members contact us for mental health support.



Using a brief questionnaire, we work to assess the member's needs and guide them to care and support.

Prevention and early intervention

Routine specialty care

Complex care needs

Kaiser Permanente Behavioral Health Consultants & Collaborative Care Management

- ✓ Convenient support alongside primary care providers
- ✓ Care coordination

Affiliated Provider Network

- ✓ Flexible scheduling
- ✓ Added convenience
- ✓ > 8,000 providers = more choice

Kaiser Permanente Provider

- ✓ Coordinated treatment
- ✓ Multidisciplinary care team
- ✓ Connected, whole person care



2024-2025 Performance Management

Annual Cycle: April 1 – March 31

Staff Annual Reviews - Important Dates to Know

- Launched in [Talent@DU](#): April 1
- Employee self-review (15 days to complete): Due April 15 by 11:59 p.m.
- Manager Review & Meeting to Discuss (15 days to complete): Due April 29 by 11:59 p.m.
- Final Sign-off (8 days to complete): Due May 6 by 11:59 p.m.

Faculty Annual Reviews - Important Dates to Know

- Faculty annual review reports open for all faculty: March 1, 2025
- Earliest date that faculty submissions can be due to chair/dean: April 17, 2025

Staff Performance Management - Training Opportunities

- **Self-Review:**
 - **Overview:** Learn to use Talent@DU for self-reviews.
 - **Includes:** Live demo, rating scale, definitions, self-advocacy tips.
 - **Dates:** April 7, 2-3 p.m. & April 9, 1-2 p.m. (Zoom)
 - **Register:** CrimsonConnect: Talent Acquisition & Development
- **Manager Review:**
 - **Overview:** Guide on using Talent@DU for team assessments.
 - **Includes:** Live demo, rating scale, definitions, implicit bias awareness strategies, feedback tips.
 - **Dates:** April 17, 1-2 p.m. & April 21, 1-2 p.m. (Zoom)
 - **Register:** CrimsonConnect: Talent Acquisition & Development
- **Resources & Contact:**
 - **Email:** performancemanagement@du.edu
 - **Phone:** 303-871-2979
 - **Website:** Performance Management



Talent Acquisition & Development (TAD) Trainings



Scan to see more
and join our group!

crimsonconnect

Home

Groups

Events610

Chats

talent

Q

Upcoming

- Group -

- Group Type -

- Category Tags -

- Event Type -


- Event Tags -

- Location Type -

From Date

To Date

Wed, Apr 16, 2025



FREE

Hashtags, Headlines, and Hallway Chats: Communicating across Generations - Leadership Circle

Wed, Apr 16, 2025

12 PM – 1:30 PM

MDT (GMT-6)

Anderson Academic Commons - Loft Classroom room 340

18 going


7 Spots Left

Register

Talent Acquisition and Development

Co-hosted with Human Resources & Inclusive Community, Talent Acquisition and Development

Mon, Apr 21, 2025



FREE

New Hire Orientation - Remote or In-person

HYBRID

Mon, Apr 21, 2025

9:30 AM – 3 PM

MDT (GMT-6)

Anderson Academic Commons, Room 301

Orientation

Business

Career Development


Learning New Things

Socializing

Register

Talent Acquisition and Development

Wed, Apr 23, 2025



FREE

Conflict Competent Leadership (For People leaders)

Wed, Apr 23, 2025

12 PM – 2 PM

MDT (GMT-6)

Burwell Center Room BCCA 220

11 going

14 Spots Left

Register

Ombuds Office

Co-hosted with Human Resources & Inclusive Community, Ombuds Office, Talent Acquisition and Development

?



Pulse Survey Invitation

Purpose: Gather feedback on training needs for supervisors

Details:

- **Duration:** 2 minutes
- **Participants:** Supervisors and individual contributors
- **Impact:** Helps shape Talent Acquisition & Development programming

Confidentiality: Responses are anonymous and aggregated by Institutional Research and Analysis

WE WANT TO
HEAR FROM YOU



Scan to access
the pulse survey!



Stay Interview

Let us know what keeps you engaged and satisfied in your role!

Schedule time to virtually meet and tell us about what motivates you to stay at DU here:



Talent Acquisition Updates

PageUp Updates:

- Cover Letter required application now available
- AI Resume Screening Tool
- "First Screen" tool (Required Qualifications)
- Interview Question Bank

Improving the Candidate Experience

- The candidate experience is of the upmost importance to the Talent Acquisition team
- *Please respond to our wrap up emails!*
- Reminder: Everyone who you interview (Phone call, Zoom, In-person) needs to be personally contacted by the HM to let them know the position has been filled

Team Updates!

- Welcome Jasmine Granillo, Recruiter I! Jasmine will be responsible for all Non-Benefited and Adjunct recruiting
- Congratulations to Celeste Klug for her move to Recruiter II! Celeste will be transitioning from NB/Adjunct to benefited recruiting

Upcoming Ombuds Workshops



- Transforming the Karpman Drama Triangle in the Workplace
- Conflict Competent Leadership (For People leaders)
- Navigating Difficult Conversations (Basic)
- Navigating Difficult Conversations (Advanced Session)
- Cultivating Inner Peace in the Face of Disruption and Conflict
- Engaging in Conflict in a Diverse World
- Visit <https://crimsonconnect.du.edu/OMB/events/> or scan qr code.

Spring Community Events



Event Dates

April Events

- April 16 – Story Mosaic Event - Lessons Learned Early on in Employment
- April 17 – Road Ahead Conference at DU
- April 21 – Earth Week Kick-off & Bike to Campus Day
- April 21-27 – Earth Week Events & Volunteering
- April 22 – Women and Investing Workshop

May Events

- May 8 – 4D Symposium Day 1
- May 9 – 4D Symposium Day 2
- May 9 – Story Mosaic Event at 4D Symposium – Community and Character
- May 15 – Global Accessibility Awareness Day
- May 29 – Story Mosaic Event: Storytelling through Art



HRIC Events on Crimson Connect

Crimson Connect Website:

crimsonconnect.du.edu/

1. Login to Crimson Connect using DU credentials
2. Click on “Events”
3. Search “human resources” in the top left
4. Register!



Upcoming

- Group -

- Group Type -

- Category Tags -

- Event Type -

- Event Tags -

- Location Type -

From Date

To Date


Community Commons (DU)
2055 E Evans Avenue

Hosted by: UNIVERSITY OF DENVER

FREE

training/workshop business career development leadership learning new things intellectual growth pursuing careers & lives of...

Wed, Apr 16, 2025



FREE

STORY MOSAIC SERIES

Story Mosaic Series: Lessons Learned Early On in Employment

Wed, Apr 16, 2025
12 PM – 1:30 PM
MDT (GMT-6)


Community Commons 1001 (Gallery)

4 going
36 Spots Left

Register

Community + Values
Co-hosted with 4D Experience, Career & Professional Development, Human Resources & Inclusive Community, Student...

Social Creativity Having Fun Learning New Things Socializing



FREE

Hashtags, Headlines, and Hallway Chats: Communicating across Generations - Leadership Circle

Wed, Apr 16, 2025
12 PM – 1:30 PM
MDT (GMT-6)

Anderson Academic Commons - Loft Classroom room 340


18 going
7 Spots Left

Register

Talent Acquisition and Development
Co-hosted with Human Resources & Inclusive Community, Talent Acquisition and Development

Training/Workshop Career Development Leadership

Tue, Apr 22, 2025



FREE

Financial Wellbeing Workshop: Women & Investing REGISTERED

Tue, Apr 22, 2025
11:30 AM – 1 PM
MDT (GMT-6)

Burwell 340

25 Spots Left

Event Details

Human Resources & Inclusive Community

Print Ticket

Guest Speaker Business Learning New Things Wellness

Financial Wellbeing: Women & Investing Workshop



FINANCIAL SUCCESS SEMINARS



To celebrate International Women's Day and National Financial Literacy month, we are hosting a workshop designed specifically for women of any age. This seminar discusses the important aspects of investing and provides details on issues women face with their financial goals. Covering the basics of everything from stocks and bonds to mutual funds, this workshop helps provide critical education to be prepared for financial futures. All DU staff and faculty are welcome! Lunch is provided thanks to our sponsor, Canvas Credit Union!

Event Details

Date: Tuesday, April 22

Time: 11:30am-1:00pm

Location: Burwell 340 or Zoom (Register for Zoom link)

[Click Here to Register for Women & Investing](#)





The Road Ahead Conference

The Future of Housing & Transportation in Denver Starts Here! As Denver continues to grow, so do the challenges of providing affordable housing and accessible transportation to all Denverites. Attend The Road Ahead, a half-day event with Transportation Solutions, bringing together policymakers, transportation and housing leaders, developers, and advocates to discuss innovative strategies that make housing more affordable while improving mobility for all. At this event, we'll explore how reducing parking requirements can lower construction costs and encourage transit use by providing residents with transit passes instead of parking spaces. We'll also dive into strategies that promote:

· Walkable and bike-friendly communities · Bike-sharing and safe cycling infrastructure · Carpooling and ride-sharing options for flexible mobility · Integrated transit solutions that connect people to opportunities.

Event Details:

- Date: Thursday, April 17
- Time: 8:00 – 11:30 AM University of Denver
- Location: Community Commons
- Spots are limited, register today! <https://theroadahead2025.eventbrite.com>



SERVE | CELEBRATE | DO

EARTH WEEK OF DU-ING

MONDAY, APR 21 - SUNDAY, APR 27

www.du.edu/sustainability/opportunities



SAVE THE DATE: SCHEDULE COMING SOON!



Sustainability Council
UNIVERSITY OF DENVER

EARTH WEEK: COMMUNITY KICK-OFF EVENT & BIKE TO CAMPUS DAY

Event Details

Date: Monday, April 21

Time: 9:00am-10:30am

Location: Carnegie
Green



DU Sustainability Council, USG & Transportation Solutions are hosting a Bike to Campus day at DU in conjunction with our Earth Week Kick-Off Event on April 21. Earth Week is about promoting healthy, sustainable lifestyles, and a call to action for our planet, including volunteer opportunities around Earth Day.

Come to enjoy breakfast, enter to win raffle prizes and learn about sustainability efforts from our DU community and external businesses!

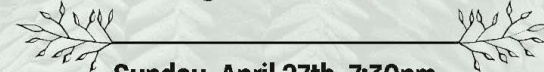


GAEYA Concert 2025

GAEYA AT DU

FREE Earth Week Finale Concert

Sweden's Songstress and Sustainability Activist GAEYA
With Foothill Community Choir and Lamont Student Ensemble



Sunday, April 27th, 7:30pm
Hamilton Hall, Lamont School of Music



Foothills
COMMUNITY CHOIR


WorldStrings



Get Your Free Ticket Here!

USG
Undergraduate Student Government
UNIVERSITY OF DENVER



Sustainability Council
UNIVERSITY OF DENVER

Global Accessibility Awareness Day Day 2025

Global Accessibility Awareness Day



Save the date! May 15, 2025 in Community Commons

STORY MOSAIC SERIES



What is the Story Mosaic Series?

Through centering community we aim to create a space for students, staff, and faculty to share their stories, listen, and build community by connecting with others. We will have storytellers sharing their personal stories, followed by time for reflection and questions. Light snacks will be provided. Don't miss this opportunity to connect with your DU community and be inspired by the power of storytelling!

Storyteller Logistics

If you are selected to be a storyteller, you will share a 5 – 8 minute story to a small group of about 30 people. The story can be anything connected to the theme. It could be about a meaningful experience at or outside of DU, a time of reflection, or anything you would like! We will reach out with further logistical details and a check-in closer to the event.



4D Experience
UNIVERSITY OF DENVER



Community + Values
UNIVERSITY OF DENVER



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

Story Mosaic Event on April 16: Lessons Learned Early on in Employment



Remember your first jobs? The awkward moments, the triumphs, the lessons you're now passing along (or unlearning)? Join us during National Student Employment Week to share stories of those early professional adventures and the people and moments that shaped who you are at work and in the world today.

Event Details

- Date: Wednesday, April 16, 2025
- Time: 12:00pm-1:30pm
- Location: Community Commons, 2600
- Click link to register on Crimson Connect: [Register for Story Mosaic on April 16](#)



4D Symposium & Story Mosaic Event

May 9: Character and Community

Join us for a meaningful event that explores the transformative power of community and character in our interconnected world. Through compelling storytelling, we'll examine how acts of kindness and service can build stronger bonds, inspire compassion, and foster unity. We'll also delve into stories of personal growth and character development, highlighting their profound impact on shaping a sense of community.

Event Details

- Date: Friday, May 9
- Time: 2:30-3:30pm
- Location: Community Commons, 1001 (Gallery)
- Click link to sign up as a storyteller: [Tell Your Story!](#)
- Click link to register on Crimson Connect:

[Register for Story Mosaic on May 9](#)





Story Mosaic Event May 29: Storytelling through Art

Unleash your creativity and connect with others at Story Mosaic on May 29! This is your opportunity to tell your story through art, dive into the inspiring creations of others, and explore interactive art activities that let you express your unique self. Feel the joy of self-expression, surrounded by art and community spirit. Whether you're here to create, be inspired, or simply enjoy the good vibes, this event promises a memorable experience for all. Snacks and art supplies will be provided!

Event Details:

- Date: May 29
- Time: 1:00pm-3:00pm
- Location: Community Commons 1001, Gallery
- Click link to sign up as a storyteller: [Tell Your Story through Art!](#)
- Click link to register on Crimson Connect: [Register for Story Mosaic on May 29](#)



4D Symposium May 8-9



Join us on May 8-9 for the 4D Symposium!

More information and links to register below:

Day 1: <https://cglink.me/2fC/r2267040>

Day 2: <https://cglink.me/2fC/r2268989>



Nutrition and Wellbeing Programs

Nutrition & Holistic Wellbeing Coaching Program

- FREE for all DU Faculty & Staff
- Programs Offered on Campus & Virtually by certified nutrition coaches and certified personal trainers
- For questions contact Ruth Brown ruth.brown@du.edu

Upcoming Programs & Topics

April

- Massage Chair Appointments
- Nutrition Consultations

May

- InBody (Body Composition) Assessments

Nutrition and Wellbeing Programs



FREE Faculty & Staff Only Group Fitness Classes

- Spring Quarter Fitness Class Schedule started April 1
- Participation does NOT require a Coors Fitness Center membership
- Coors Fitness Center Website:
<https://ritchiecenter.du.edu/sports/2020/5/13/group-fitness-classes>
- Questions about our programs? Email: Ruth.Brown@du.edu

Day	Time	Class
Tuesdays	4:30pm-5:20 pm	Strength & Stretch
Wednesdays	12:00pm-12:50pm	Yoga Fusion
Thursdays	12:00pm-12:50pm	Core & More
Thursdays	4:15pm-5:05 pm	Mat Pilates



Nutrition and Wellbeing Programs

Other Program Resources & Offerings

Nutrition Pop-Up Events

- Looking for a fun department or building-wide event this spring? Consider treating your department to a snack break with a **Nutrition Pop-Up event!**
- These events will be offered at no-cost through the DU Nutrition & Holistic Wellbeing Coaching program and can be tailored to the interests and schedule of your department. Sample Nutrition Pop-Up events include: **Poppi vs. Ollipop** taste tests, **Kombucha** taste tests, **Sports vs. Everyday Nutrition**, and **Lower Sugar Snacks**. Or, if your team is interested in combining a taste test with an educational session, we have a variety of topics from which you can choose.
- For more information, or to request an event, please contact Ruth Brown via email (ruth.brown@du.edu) or send a Teams message. Events can be offered in conjunction with a standing meeting or as a one-off event. Priority scheduling will be provided to event requests submitted by Friday, April 18.

Questions?





HRIC Resources:

www.du.edu/human-resources

Additional questions please contact:

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

PerformanceManagement@du.edu - Performance management questions

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

jobs@du.edu - Talent Acquisition and recruiting

Well@du.edu - Crimson Classic & Wellbeing programs

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

Lauren.Brassfield@du.edu 4D Symposium

THANK YOU

