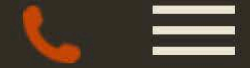


We create behavioral health
and wellbeing solutions
through design and technology

MAN THERAPY



WELCOME TO

MAN THERAPY

It's a physical for your feelings, but you get to keep your pants on.

MARKETING ASSETS



30 Second PSA

Sometimes life's dog takes a dump on your lawn.

Clean it up at mantherapy.org

- 1  **Man Therapy® Manly Mental Health Tips: Breathing**
Richard Mahogany
-  **Man Therapy® Manly Mental Health Tips: Yoga**
Richard Mahogany
-  **Man Therapy® Manly Mental Health Tips: Cooking**
Richard Mahogany

Therapy from the creators of pork chops and fighter jets.

mantherapy.org

It's a physical for your feelings, but you get to

KEEP YOUR PANTS ON.



mantherapy.org
Therapy. The way a man does it.

IMPACT

MANTHERAPY.ORG

ALL TIME RESULTS: JULY 9, 2012 - OCTOBER 5, 2020



Website Visits:
1,206,079



Average Time/Visit:
03:50



Head Inspection:
419,274



Crisis Line Clicks:
37,369



CURRENT PARTNERS



PERSONALIZING WELL-BEING
FOR EVERY STUDENT

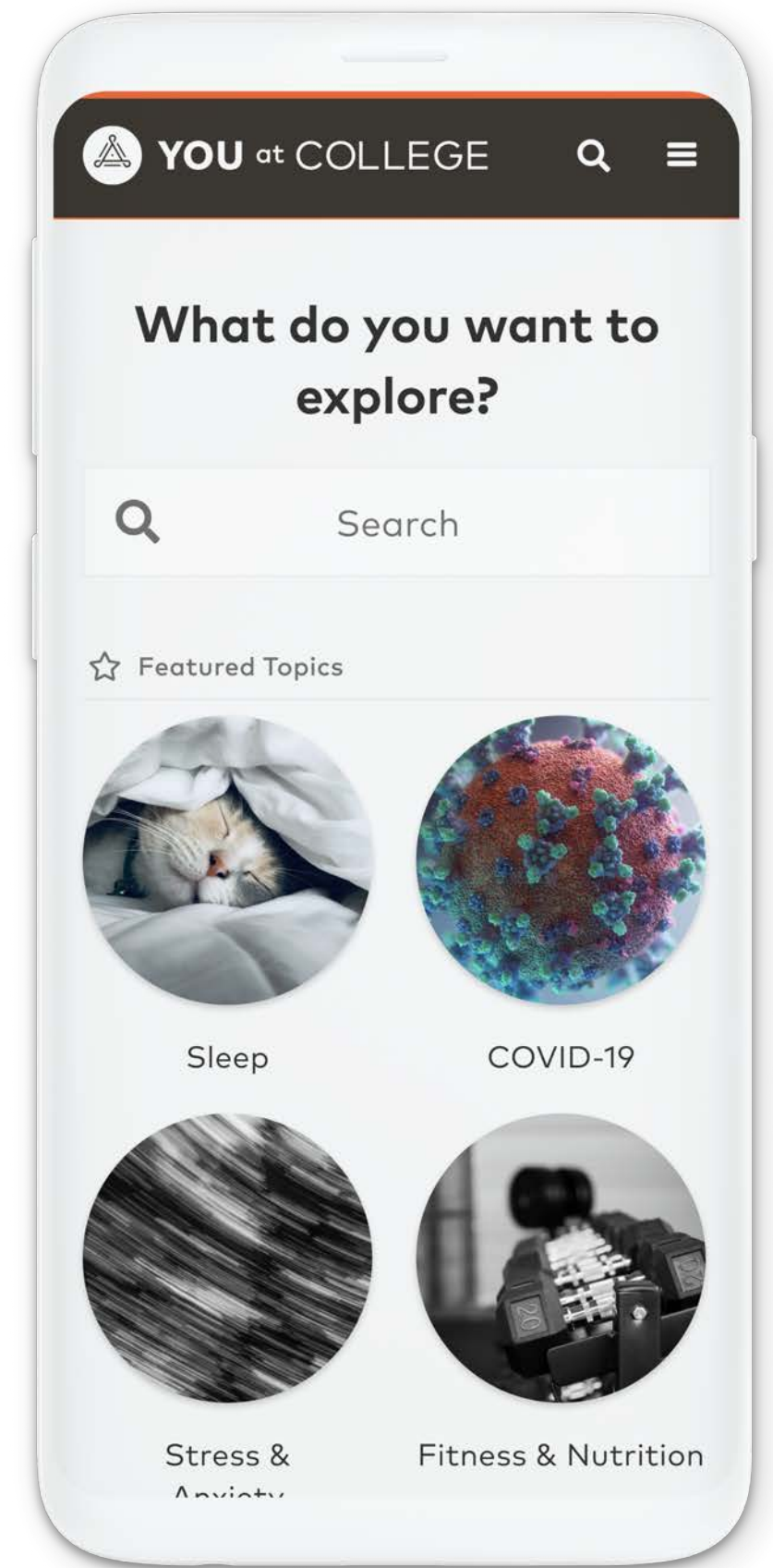
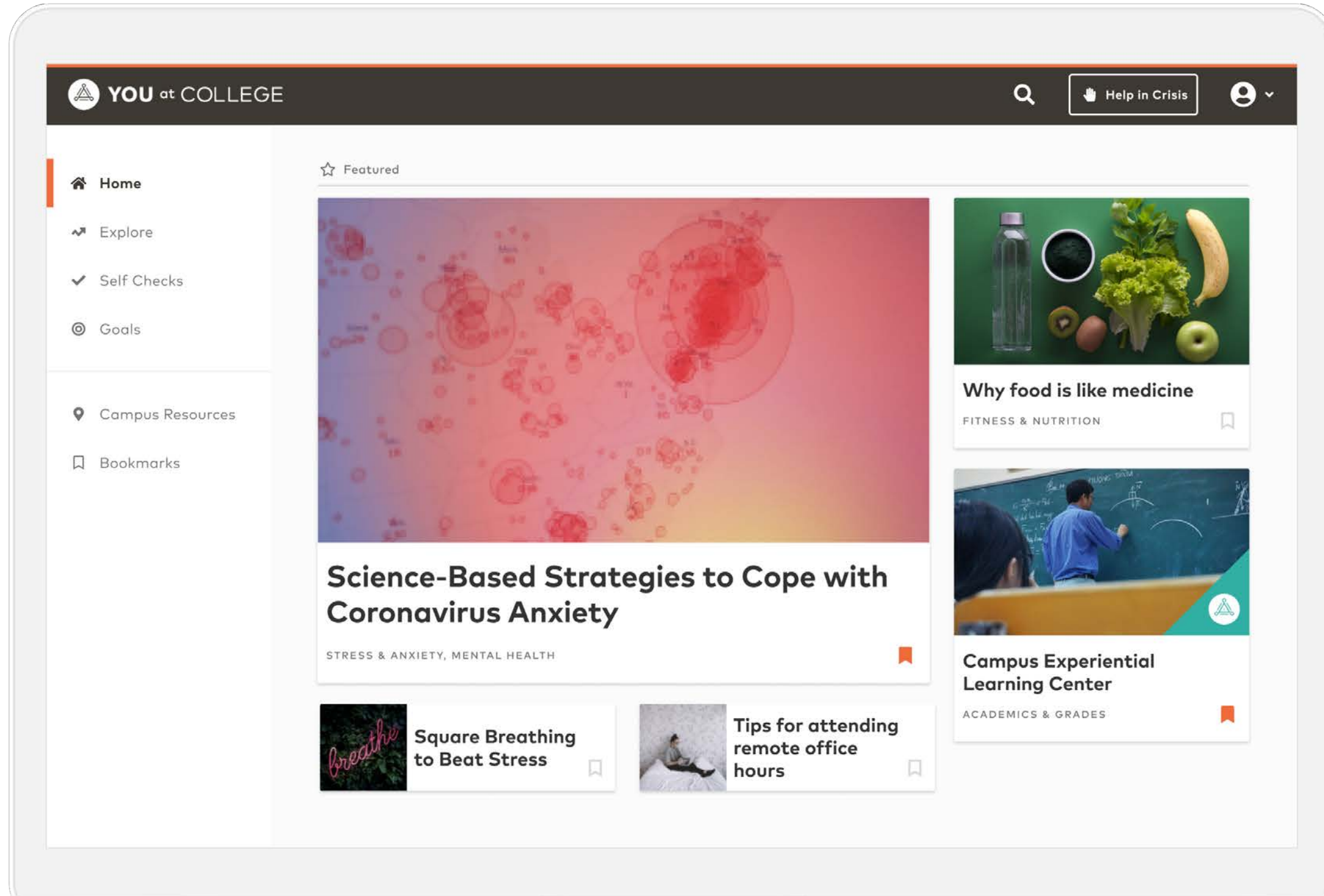


The YOU Well-Being Model



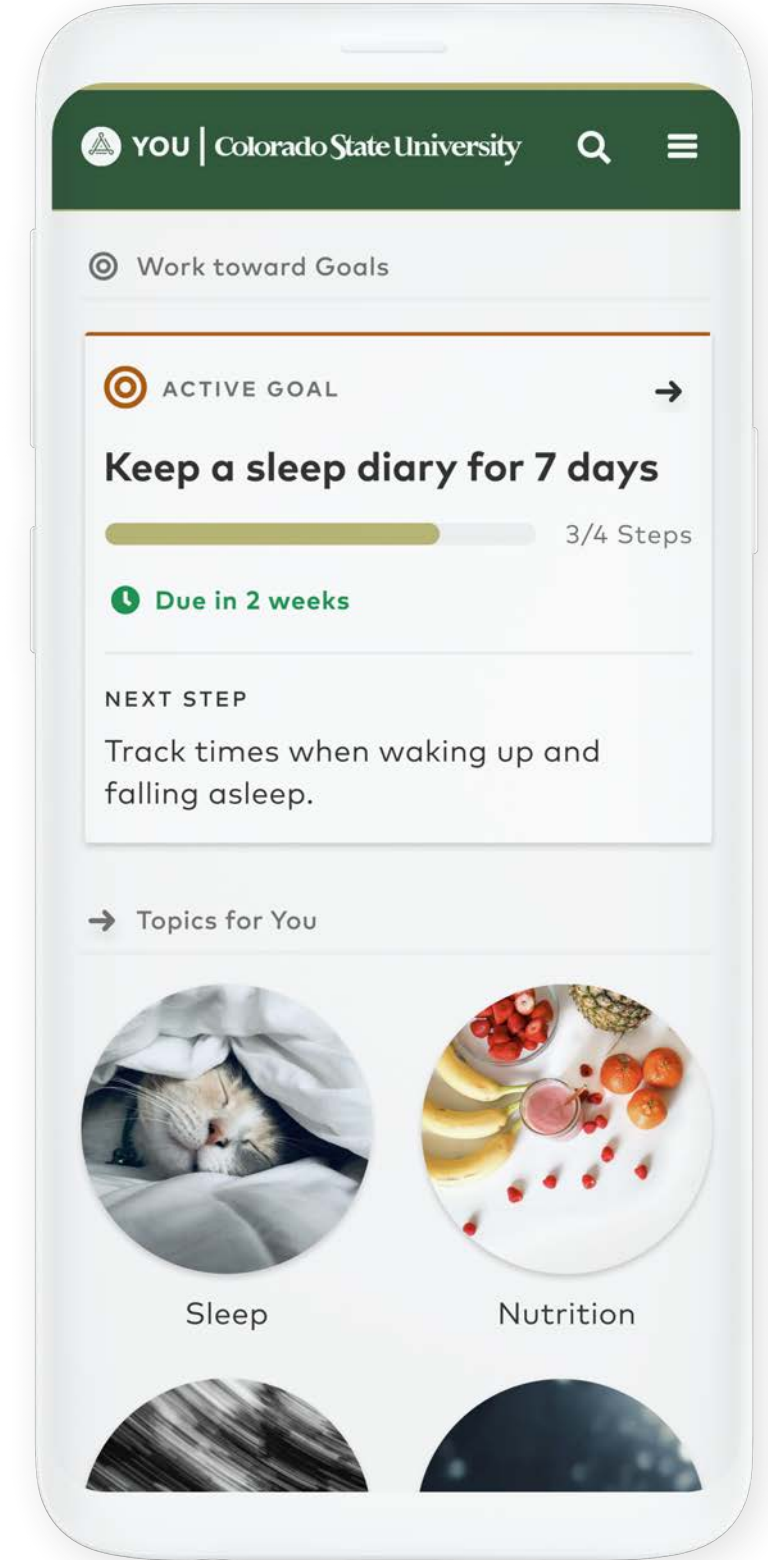
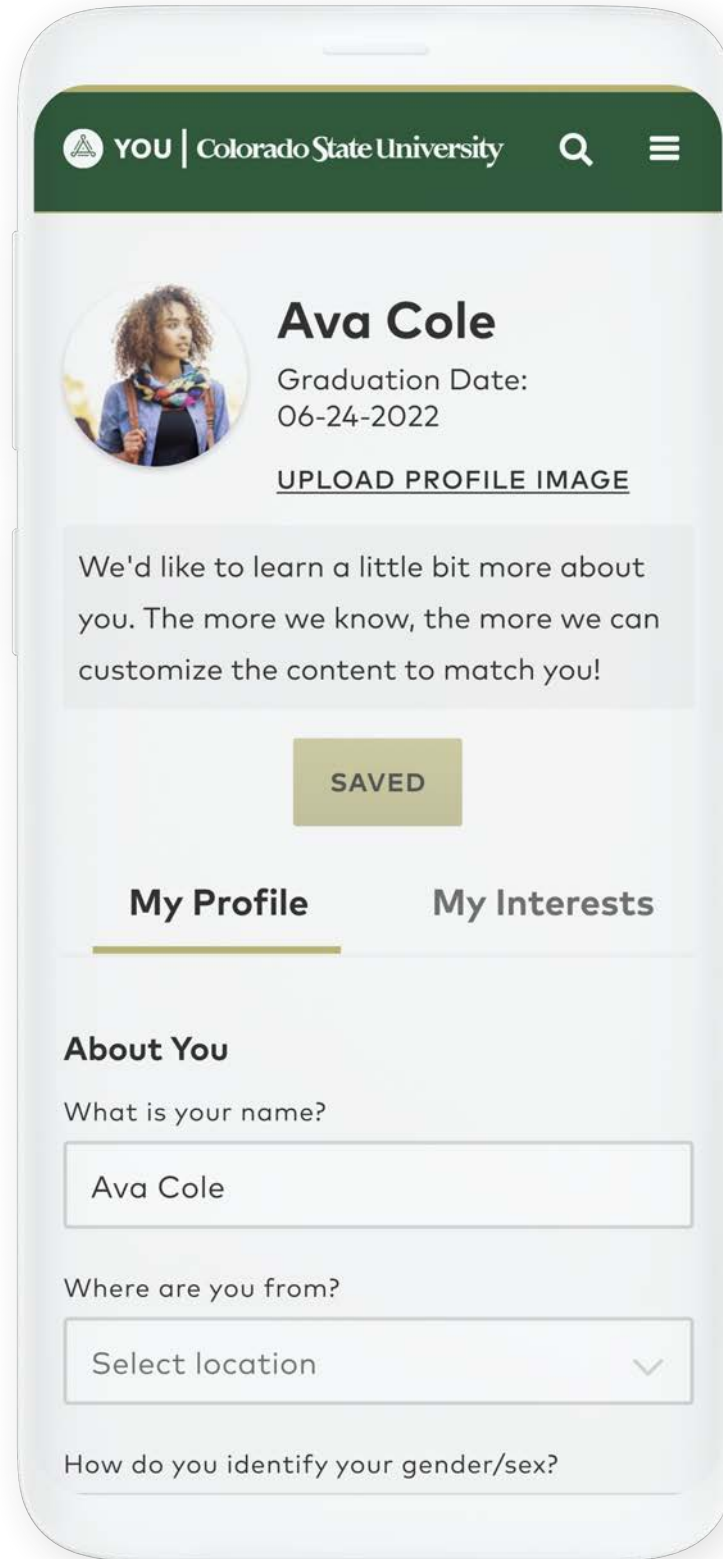
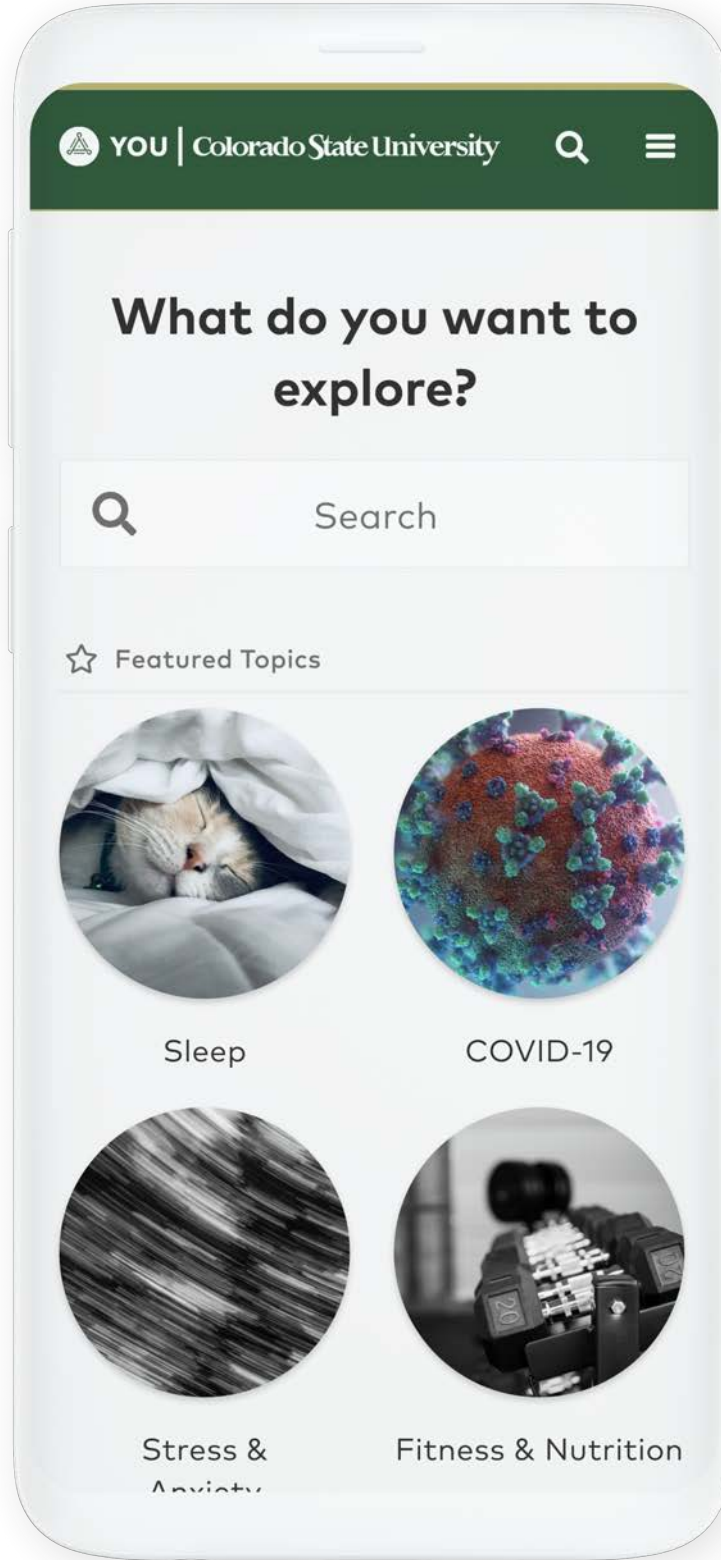


YOU[®] at COLLEGE





YOU[®] at COLLEGE





YOU[®] at COLLEGE

View: Logins & Content Reality Checks Goals All Statistics

DOWNLOAD CSV

Begin 04/26/2020



End 10/25/2020



APPLY FILTERS

CLEAR ALL FILTERS

Total Logins



24870

User Registrations



Student	Faculty
5652	557

Most Frequented Cards



- | | |
|---|-----|
| 1) Clubs & Organizations | 188 |
| 2) I Used to Romanticize Stress, Here's Why I Stopped | 107 |
| 3) Difficulty Sleeping | 96 |
| 4) Difficulty Concentrating | 96 |
| 5) Getting started on YOU Quick | 94 |

User Type

- STUDENT
- FACULTY / STAFF

Gender

- MALE, MAN OR MASCULINE
- FEMALE, WOMAN OR FEMININE
- TRANSGENDER
- INTERSEX
- NONCONFORMING / GENDERQUEER /

Avg. Time on Site



00:03:19

Frequency of Events



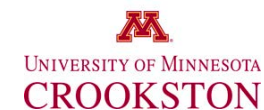
- | | |
|-------------------------------|-------|
| 1) SSO-Login | 19574 |
| 2) SSO-Login-New-Registration | 7229 |
| 3) Take-Reality-Check | 5410 |
| 4) SSO-Update-Preferred-Email | 4136 |
| 5) Add-Gaol | 2389 |

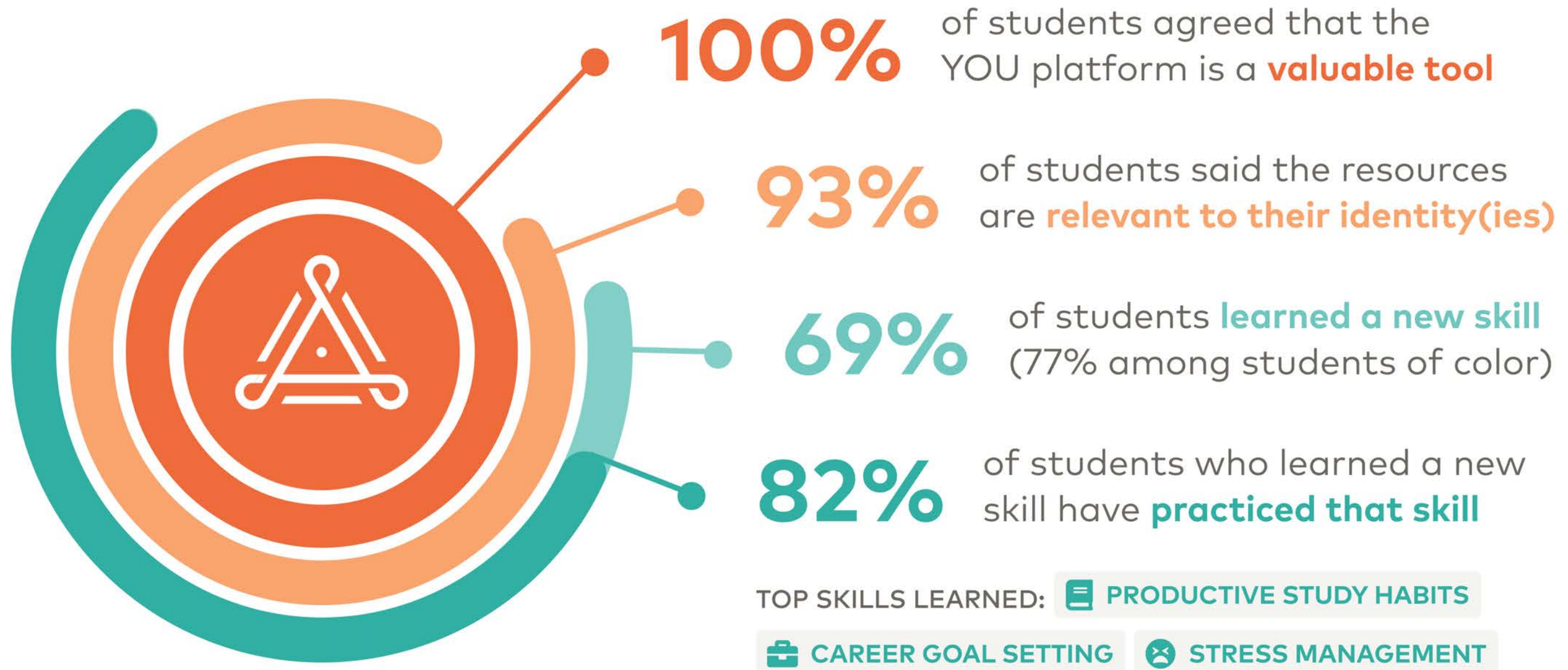
Search Keywords

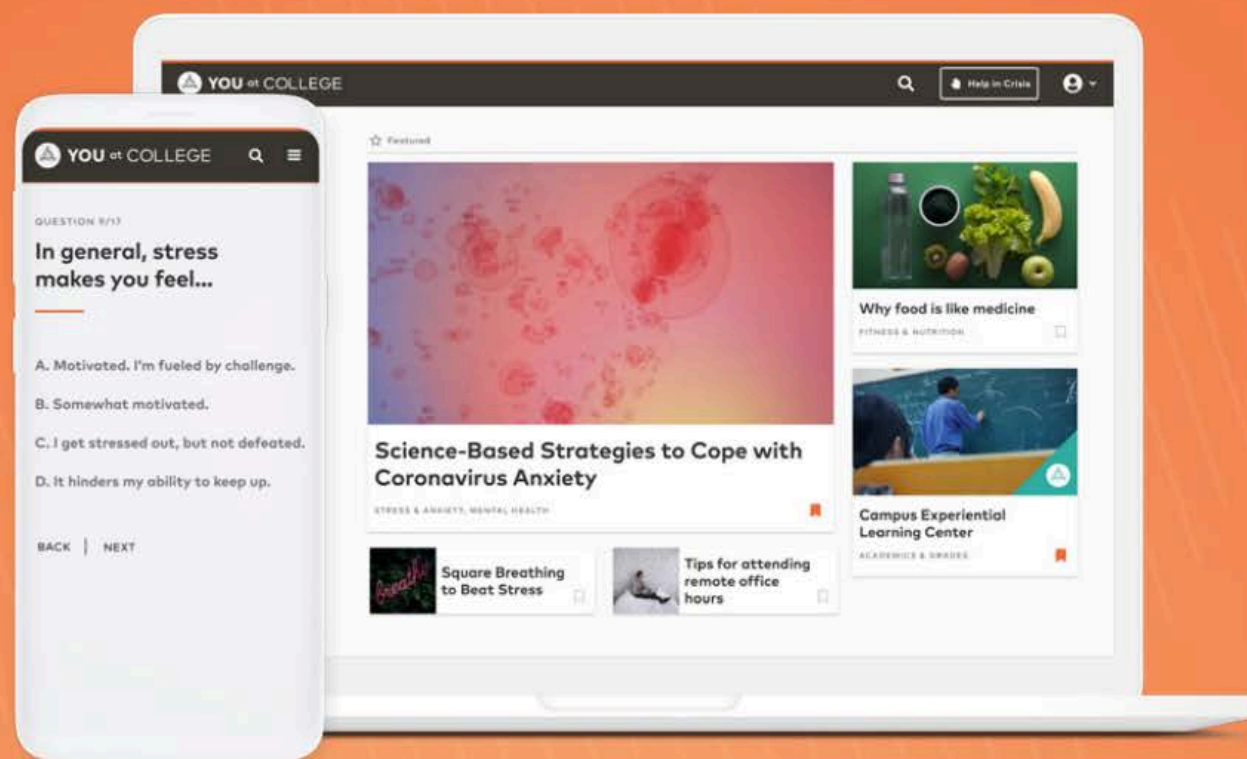


- | | |
|------------------|-----|
| 1) | 856 |
| 2) email | 70 |
| 3) International | 45 |
| 4) silver | 32 |
| 5) silvercloud | 30 |

The Value of our Ever-Growing Campus Network







Launching with impact and efficacy in the Cal State System

PUBLISHED OCTOBER 2020

youatcollege.com/contact inquiries@gritdigitalhealth.com

IN PARTNERSHIP WITH:



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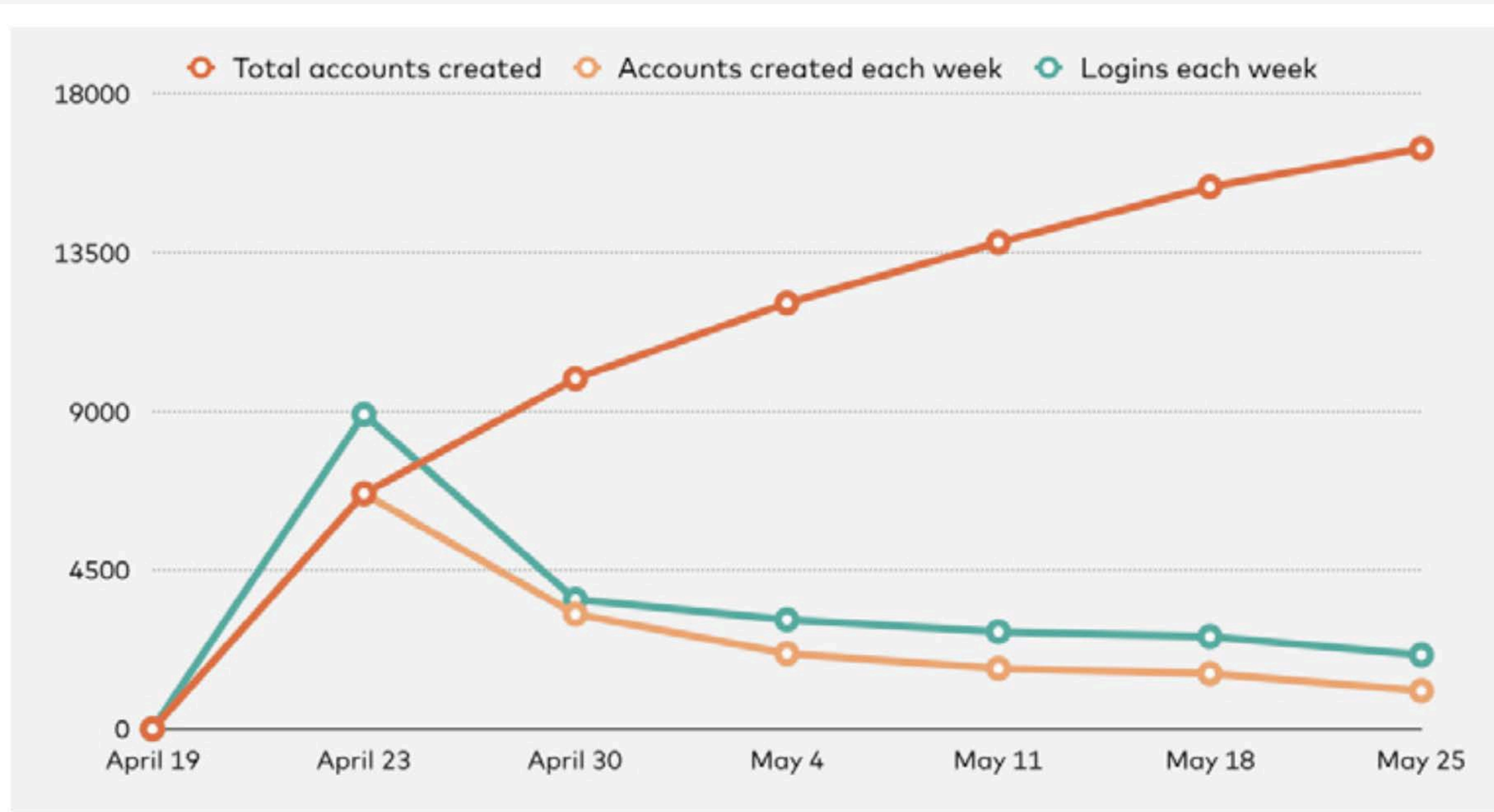
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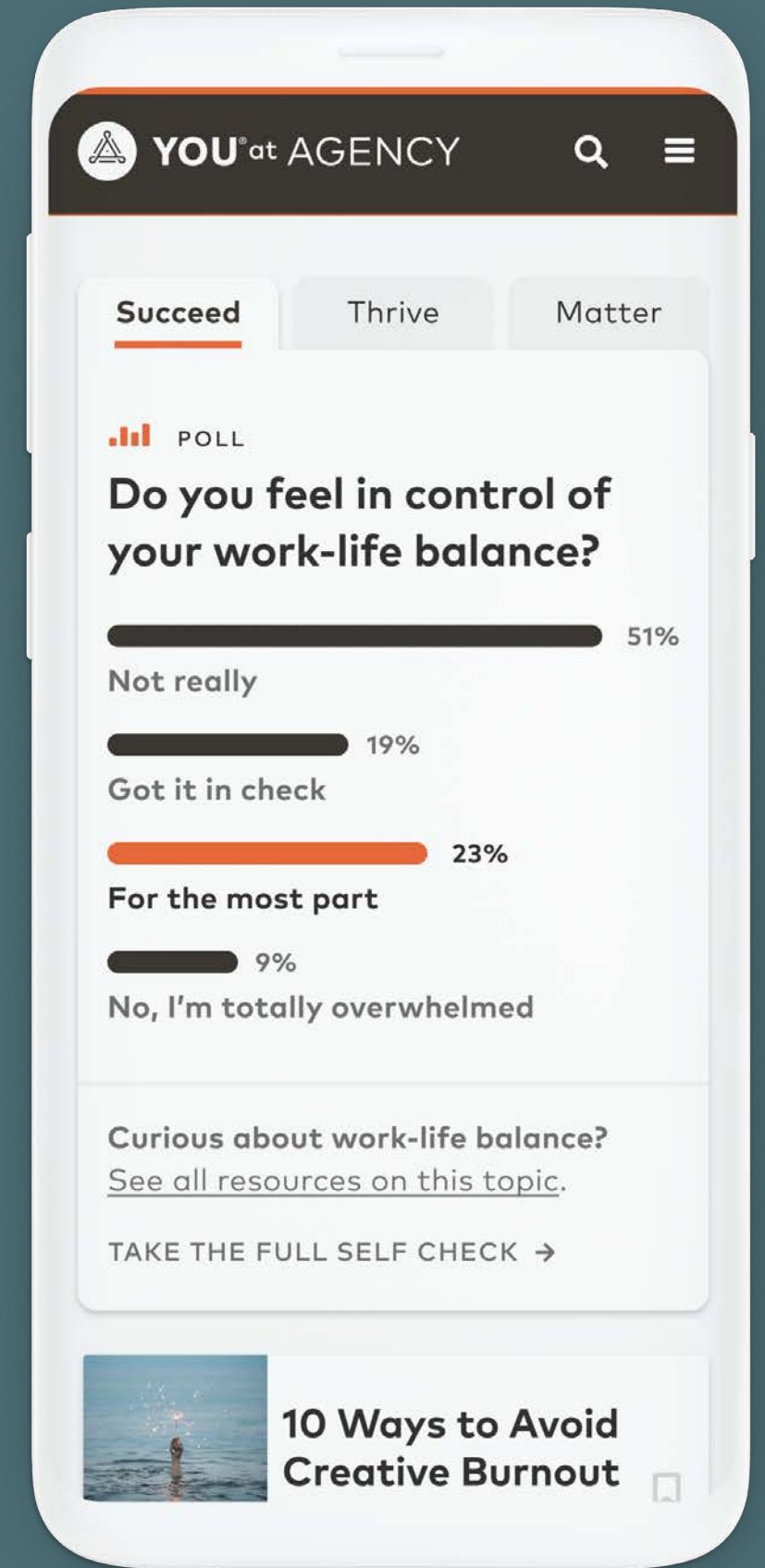
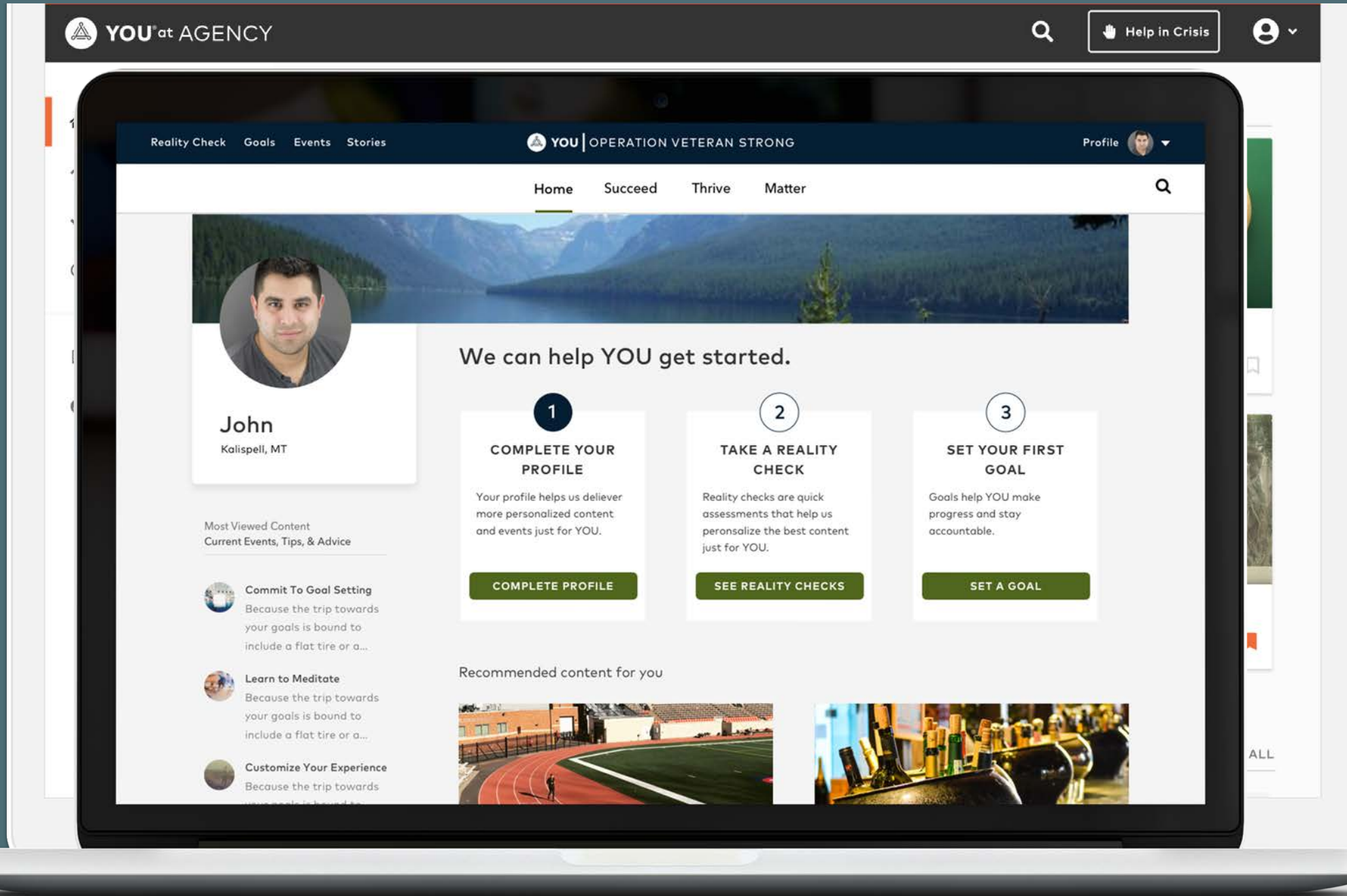
Linda Hoang, M.S.
California State University, Fullerton



CSULB ACCOUNT CREATION AND ACTIVITY, SPRING 2020



YOU[®] at Work





Tactical Performance

Featured Story



One Tree Learning Institute

Everyone deserves the chance to live a happy, healthy, and whole life....



Successful Leadership Resources



Are You a Tactical Athlete?



YOU[®]



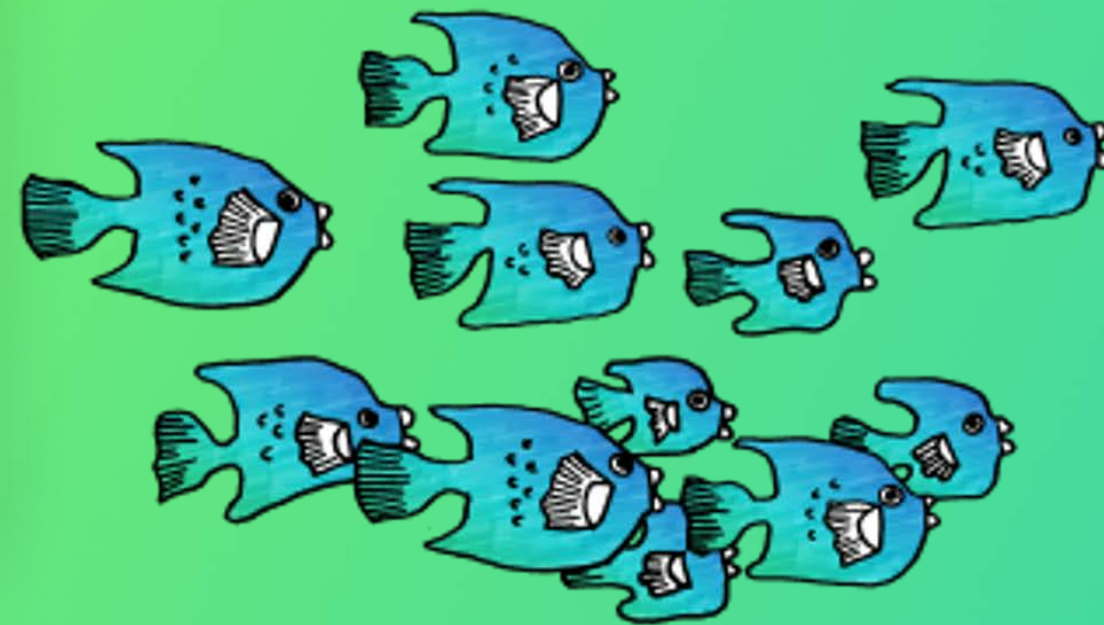
Replicable Insights

- ✔ Comprehensive Well-being
- ✔ Upstream Approach
- ✔ Engaging UX/UI
- ✔ Confidential/Anonymous
- ✔ Personalized

nod

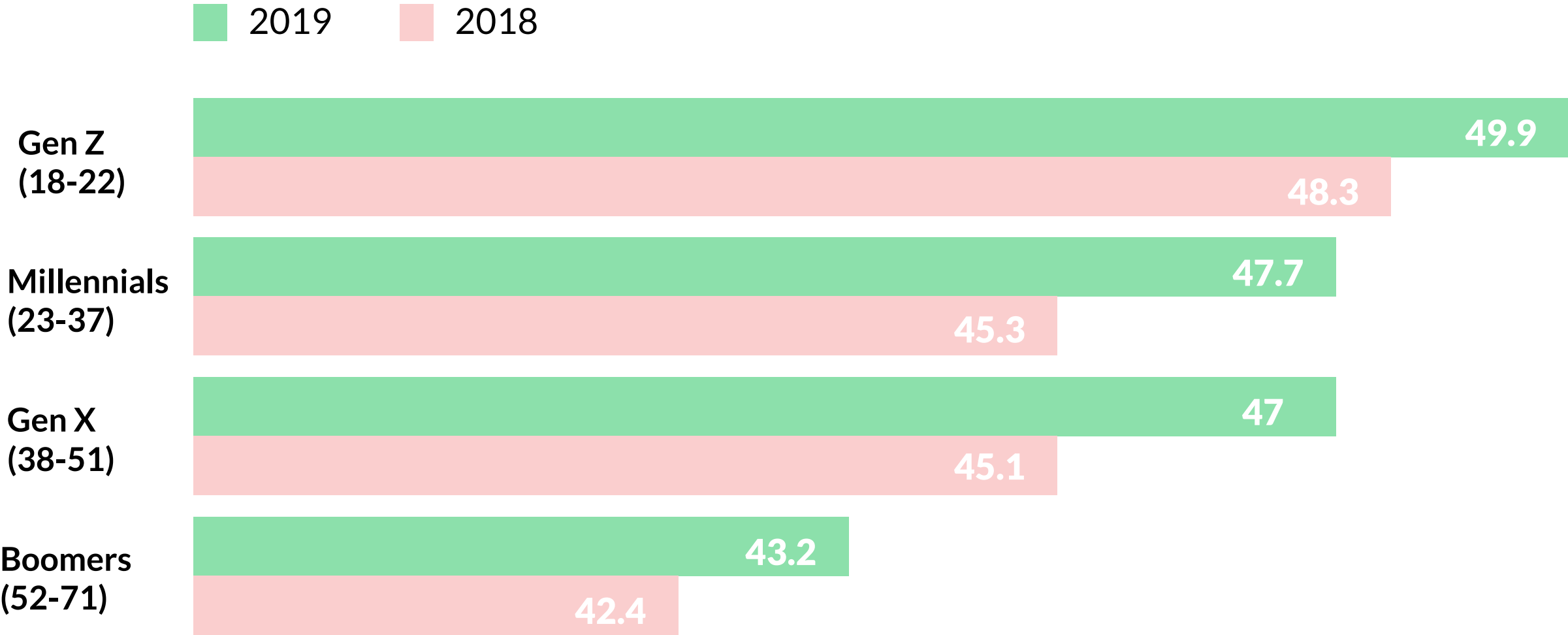


An effective mobile intervention for addressing student loneliness and depression



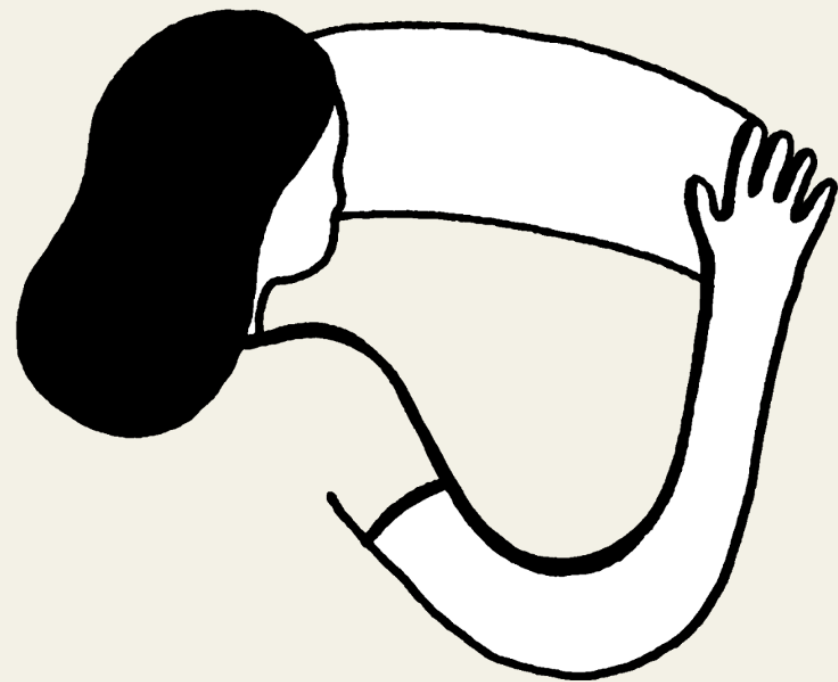
Generations 2018 vs. 2019

All generations experienced significant increases in loneliness over the last year, but younger generations remain more lonely



Source: Cigna 2020 <https://www.cigna.com/about-us/newsroom/studies-and-reports/combating-loneliness/> Cigna 2019 survey reference.

COVID impact on students



91%

Report increased stress and anxiety

80%

Report feeling more lonely

63%

Report finding it hard to stay connected with others

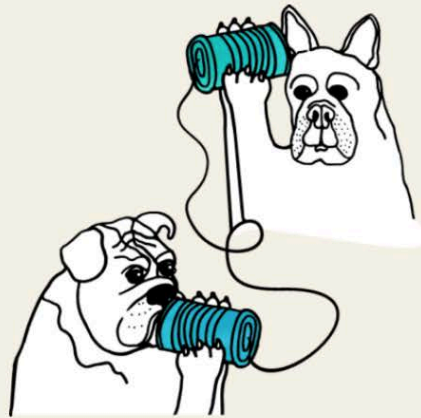
Lonely youth are at heightened risk for...

- Anxiety ¹ and depression ²
- Poor sleep quality ³
- Drug and alcohol use ^{4,5}
- Susceptibility to illness ⁶
- Self-harm behaviors and suicidality ^{7,8}
- Dropout ⁹

(1 Ebesutani et al., 2015; 2 Ladd & Ettekal, 2013; 3 Pressman et al., 2005; 4 Rokach, 2002; 5 Kuerbis et al., 2018; 6 Pressman et al., 2005; 7 Junker et al., 2017; 8. Schinka et al., 2012; 9. Nicpon et al., 2006)



nod



Understanding how using Nod impacts college student loneliness and well-being

Researchers at Hopelab and the University of Oregon carried out a pilot randomized controlled trial to understand how using Nod impacts college students' loneliness and wellbeing. Researchers recruited 221 students entering their first year of college. Students were randomly assigned to either the treatment group—who received Nod immediately—or the control group, who were entered onto a waitlist to receive access to Nod after a 4-week delay.



Loneliness and Social Isolation mHealth for Wellness, Behavior Change and Prevention

Mobile Health in Psychiatry

Article

Cited By (0)

Tweetations (1)

Metrics

Original Paper

Smartphone App to Address Loneliness Among College Students: Pilot Randomized Controlled Trial

Emma Bruehlman-Senecal¹, PhD  ; Cayce J Hook¹, PhD  ; Jennifer H Pfeifer², PhD  ;
Caroline FitzGerald¹, MSc  ; Brittany Davis²  ; Kevin L Delucchi³, PhD  ; Jana Haritatos¹, PhD  ;
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Primary Outcomes



Depression
Loneliness

Secondary Outcomes



Sleep Quality
Campus Belonging
Social Support
Intention of Returning



THANK YOU

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NATHAAN@GRITDIGITALHEALTH.COM