

2020 PARENT GIVING IMPACT REPORT

Creating a Culture of **Student Wellness**



University of Colorado **Boulder**

Student success at CU Boulder is possible **because of you.** Along with 2,790 other CU Boulder parents, you contributed a total of nearly \$15 million to the campus during the 2019–20 academic year, including over \$1 million to the Parent Fund. As part of this success, Parent Fund donations helped meet our \$2 million challenge goal for student health and wellness, including \$1 million in matching funds from CU mom and alumna Shari Sapp (Fin'84) and her family.

Your commitment and support helps Buffs succeed — academically, socially and emotionally — from the moment they enroll at CU Boulder through graduation and beyond.

Thank you for your generosity and for being part of the CU parent community.

YOUR 2019–20 IMPACT

\$1,021,858

in gifts to the
Parent Fund

\$14,995,249

in total parent gifts
across the university

2,793

parent donors, including
1,310 donors to the
Parent Fund

56,378

student encounters
through Counseling and
Psychiatric Services (CAPS),
including **8,037 telehealth
appointments** from March
through June

1,134

**after-hours
CAPS calls** —
a 46.8% increase over
the previous year

132

recovery meetings
through the CU Collegiate
Recovery Center, with an
average attendance of six
students per meeting

16,300

student contacts and
**1,300 faculty and
staff contacts** (up
75%) through Health
Promotion programs

75

**live, virtual fitness
classes** with **364
attendees**, following
facility closures due to
the COVID-19 pandemic

19

**inclusive Rec Center
events** for **672 students**,
including yoga for women of
color, climbing for novices,
Black student skate night
and more

The Division of Student Affairs envisions a CU Boulder campus where every student feels welcome, safe, seen and heard.

Our campus has been focused on student wellness for some time, but in today's environment, it's more important than ever. That's why all 2019–20 Parent Fund donations supported student mental health and wellness programs, bolstering prevention, intervention and assessment at CU Boulder.

Ongoing priorities for student health and wellness

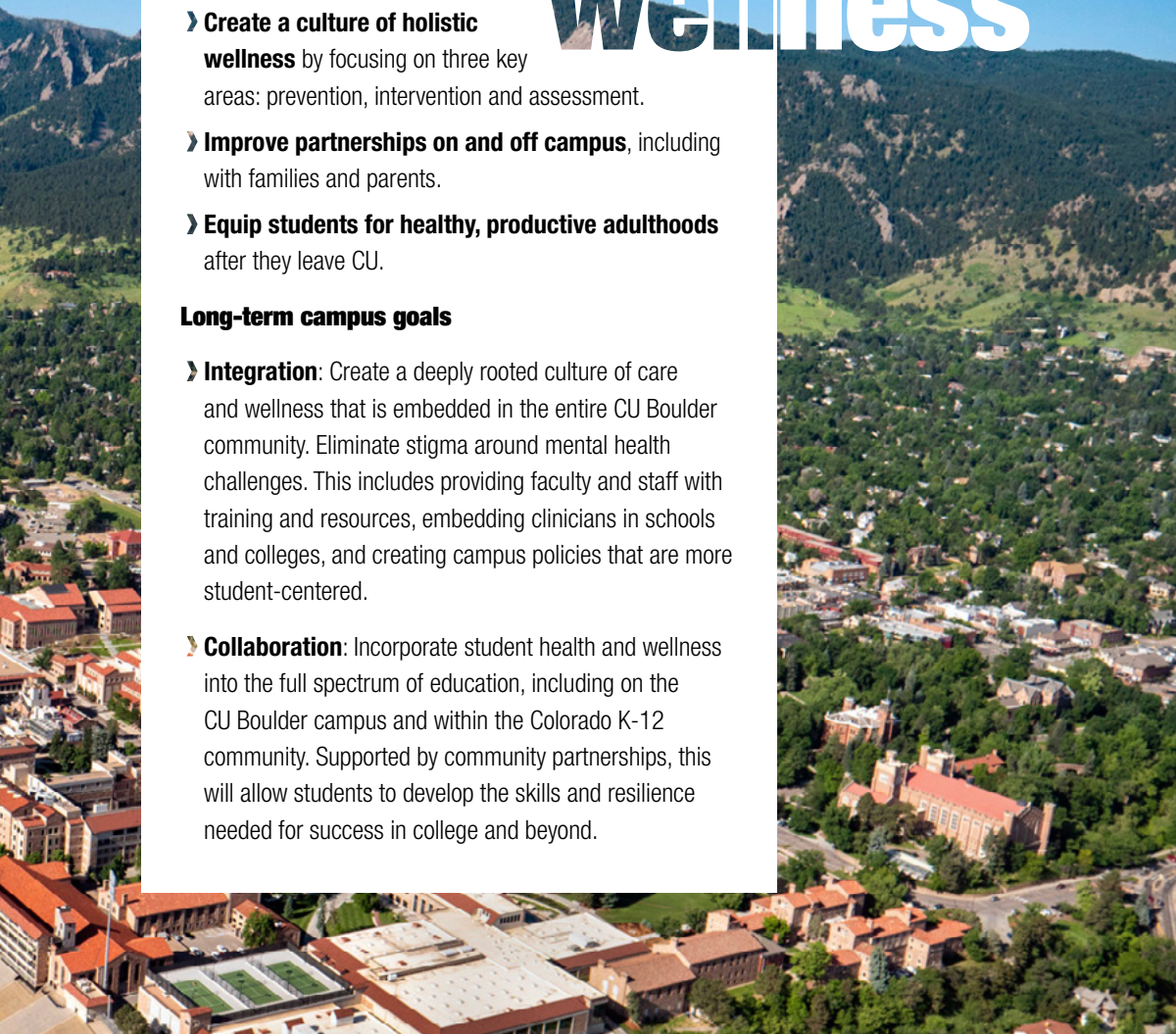
- › **Scale health and wellness services** to ensure students have the tools for academic and personal success and resilience.
- › **Create a culture of holistic wellness** by focusing on three key areas: prevention, intervention and assessment.
- › **Improve partnerships on and off campus**, including with families and parents.
- › **Equip students for healthy, productive adulthoods** after they leave CU.

Long-term campus goals

- › **Integration:** Create a deeply rooted culture of care and wellness that is embedded in the entire CU Boulder community. Eliminate stigma around mental health challenges. This includes providing faculty and staff with training and resources, embedding clinicians in schools and colleges, and creating campus policies that are more student-centered.
- › **Collaboration:** Incorporate student health and wellness into the full spectrum of education, including on the CU Boulder campus and within the Colorado K-12 community. Supported by community partnerships, this will allow students to develop the skills and resilience needed for success in college and beyond.

A focus on
student

**health
and
wellness**





Kaley Keefe (Psych'21)

“Being part of the peer wellness coaching program has transformed my college experience. The other coaches have become my closest friends, and supporting other students makes me feel like I have a meaningful role in the CU community.



As a peer wellness coach at CU Boulder, Nadyah Spahn (IntlAf'21) helps her fellow Buffs navigate one of the most defining — and challenging — periods of their lives.

Nadyah helps peers work through issues of stress, anxiety and depression, as well as school work and social life.

Gifts from the Parent Fund helped support programs like peer wellness coaching during 2019–20. This free service, now available to all CU Boulder students, is a great way for students to optimize their health and wellness or make meaningful changes in their lives.

The program is also inspiring for the coaches themselves, like Nadyah. Being a peer wellness coach has given her a broader sense of purpose and wellbeing in her daily life: **“It helps me feel like I’m a part of something and really making a difference.”**

Nadyah Spahn (IntlAf'21)



“Especially as freshmen, students can feel lost on such a big campus. It really helps for them to have a peer to talk to, to help them achieve their goals. It helps them not feel so alone.



**Stephanie &
Carl Schachter**

Parents of Evelyn (EBio'20), Caroline (Psych'22) and Harrison (MCDBio'24)

“CU Boulder has taken a leadership position in cultivating both awareness and engagement in health and wellness practices, and in recognizing these services as being key to success during the college experience and beyond. We have come to truly appreciate the genuine care that is a part of the university's very being, and that **this focus on wellness helps all our students in some way and at some point in their time at CU.** But there is no line item in the university budget for this; it is powered by the Parent Fund. To support the continued leadership and development of health and wellness services for all our students, we are privileged to give to the Parent Fund.

“We have chosen to support CU Boulder in academics as well as the ski team. Academics are paramount to a university, and CU has delivered in spades. The extraordinary curriculum, beautiful campus and the town of Boulder have given us many enjoyable memories. Additionally, skiing is an integral part of the culture of Colorado, and the CU ski team has been a historic part of CU's legacy. We are all skiers, and **supporting our passion means the world to us.**

Lindsay & Ford Smith, Jr

Parents of Ford (Hist'19)



Parent Fund

The Parent Fund provides direct, crucial support to the Division of Student Affairs to help students build positive relationships, develop and sustain healthy lifestyles, and find personal and academic support.

Parent Leadership Society

The Parent Leadership Society (PLS) is a group of parent donors dedicated to creating community among CU Boulder families around the country. PLS members serve as university ambassadors, make leadership contributions to the Parent Fund, build a strong CU Boulder parent community and engage in activities that deepen their relationship with CU and the Division of Student Affairs.

2019–20 Chancellor’s Parent Leadership Society Board

Lish and Lance Alacano

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Millie Wright

Dawn and Mitch Gold

THANK YOU

**As a parent donor to CU Boulder,
you're supporting not only your own
student, but their classmates and
many future generations of Buffs.
Thank you for helping us create
an environment where every CU
student can innovate and thrive.**





University of Colorado Boulder

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More information: colorado.edu/parentgiving

Make a donation: giving.cu.edu/fund/parent-fund