

IN HIGHER EDUCATION



# The Coach Approach

*Whole person care, when you need it.*



[WWW.PREVENTIAGROUP.COM](http://WWW.PREVENTIAGROUP.COM)

## THE SITUATION

Healthcare is broken, and the impact of quality of life extends well beyond the physical into our mental and emotional well-being. *Health* doesn't happen in doctor's offices. It happens at home, at work or school, and in real life. Over 90% of health conditions are a direct impact of our habits and behaviors – the root cause of disease. A whole-person problem requires a whole-person solution.

The National College Health Assessment by the American College Health Association found that **almost three-quarters of students report moderate or severe psychological distress**. Well before the pandemic began, the demand for college and university mental health services far outpaced the supply of traditional onsite counseling services. Most college campuses are hurting from lack of access to care, and students are potentially seeking over-qualified caretakers who could instead be focused on the more critical or complex cases. Less emergent cases are causing extreme wait times for those who need a higher level of care. The impact is that students are not receiving the care they need, their grades and quality of life are suffering, and the 1st-year student experience is poor – which creates retention and recruiting problems.

## THE IMPACT

Butler University in Indianapolis, is a leader and innovator in student wellbeing. After two years of maintaining a 4-6 week wait list for onsite student counseling services, they sought additional solutions that could help.

After partnering with Preventia in the Spring of 2022, the wait list has been eliminated and 100% of students who have used Preventia's virtual care providers rate their experience as 5 out of 5 stars. In the first year, Preventia was already caring for over 10% of all the students' mental health needs.

By using a "stepped-care model" students can choose to work with the provider of their choice - a mental health coach or therapist. If they start with a mental health coach and require more in-depth care, they are referred to a therapist. This allows the clinical specialists licensed by each individual state to be more targeted in their service delivery, especially when specific professional disciplines have limited professionals available in a high demand environment. As students gain skills and confidence, they can be referred back to Coaches for care continuity.

## OUR SOLUTION

Preventia is a virtual platform that makes it easier for populations to connect with care providers that manage lifestyle, habit, behavior and mental health. By expanding the Care Continuum through The Coach Approach, we connect people to care providers that meet people where they are on their health and wellness journey. Our network of providers is made up of board-certified health coaches, nutrition experts, and mental health caregivers. This allows us to provide very personalized care – and we do this at scale. Whether you need a care solution to round-out your digital wellness portfolio or a complete holistic engagement and care platform, Preventia can meet your needs.

*Let's change lives together!*



**A whole-person problem requires a whole-person solution.**



**BUTLER**  
UNIVERSITY

- 4500 Students; 10 visits per year
- No waitlist for onsite student mental health services.
- Care continuity for online, out of state, or study abroad students
- 100% students participating in Preventia services rate it 5 out of 5 stars!

## CHANGING LIVES

*"As a Preventia Mental Health Coach, I have experienced time and time again the importance of students connecting with a caring professional as they transition to this next step in their journey of independence, especially when they are away from home. The importance of a "listening ear" that can offer guidance to empower young adults to make choices and problem solve helps to build confidence and resiliency." ----GP Mental Health Coach*

**DE's Story:** Butler student DE recently moved from Indiana to Pennsylvania and continued their studies online. They had been actively working with a Preventia mental health therapist prior to the move. Because the therapist was not licensed in Pennsylvania and the student had made significant progress in their mental health journey, DE was encouraged to seek out a mental health coach on the Preventia platform. The student connected with a mental health coach and has actively been meeting with her over the last 6 months. Their sessions focus on building resilience through stress management and focusing on holistic strategies for healthy eating and getting more exercise. DE has completed all coursework and is on track to defend their PhD in the Summer.

CARE ACCESS

RESILIENCE

ACADEMIC SUCCESS