

CASE STUDY



# Providing Aurora Public School employees essential mental health support during the pandemic

Aurora Public Schools (APS) is a Denver-based public school system. Their teachers and staff were experiencing outsized levels of stress, anxiety, depression, and burnout throughout the pandemic.

APS opted for Meru Health’s Total Solution: a combination of Meru Health’s Therapy and Coaching programs. Employees were triaged into the appropriate offering based on the severity of their depression or anxiety symptoms. Both programs were delivered and rolled out within a few short weeks, closing gaps in mental healthcare access during a critical time.

**5,000**  
Teachers and Staff

**8 to 12 weeks**  
Average wait time for mental healthcare, even before the pandemic

**Severe Depression**  
53% employees had moderate to severe depression at the start of the Meru Health program

**Severe Anxiety**  
67% employees had moderate to severe anxiety at the start of the Meru Health program

**Workforce Engagement**  
**42%**

42% of employees engaged with the Meru Health communications campaign, signed up for the program or completed the 12-week intervention.

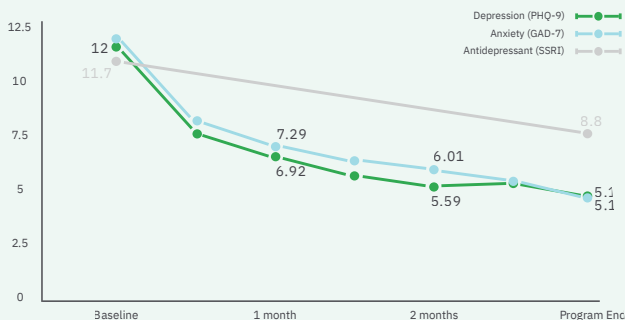
**Workforce Enrollment**  
**13%**

13% of employees took the initial assessment, signed up for the Meru Health Program, or completed the 12-week intervention

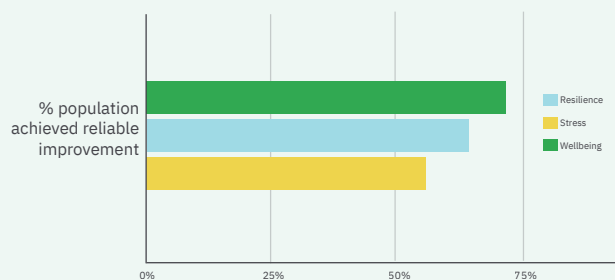
**Estimated Savings**  
**\$1.59M**

APS saved an estimated \$4,150 in productivity per participant, \$1.59M in total

Average Symptom Reduction During Program



Improvement on Resilience, Stress, Wellbeing



**1-4** = minimal depression or anxiety (remission)  
**5-9** = mild depression or anxiety

**10-14** = moderate depression or anxiety  
**15-27** = moderately severe/severe depression or anxiety

# Why APS Partnered with Meru Health

## Meru Health is...

### Scalable

APS prioritized a scalable solution that could be rapidly deployed to meet an urgent need for mental healthcare.

### Accessible

APS required an accessible digital solution that would remove mental healthcare barriers and be used at their employees' convenience.

### Effective

APS aimed to support its employees through the full range of symptom severity: Those in the Coaching program achieved an increase in resilience and a decrease in stress. Clinical validation shows the participants in the Therapy program experienced meaningful reductions in their anxiety and depression.



### DEPLOYMENT

2 Weeks deployment time of Meru Health's Therapy and Coaching programs



### PROGRAM USE

18 hours on average by program completers



### OUTCOMES

82.5% of participants had no depression or anxiety at the end of treatment\*



### SUICIDALITY

Suicidal ideation reduced from 17.5% at baseline to 2.6% at the end of treatment

*\*Less than mild (<5) depression or anxiety symptoms at the end of program, measured on industry standard PHQ-9 (depression) and GAD-7 (anxiety) scales*

“We are very impressed with the initial results we’ve seen for our teachers and staff using the Meru Health program. It’s so important to provide our teachers with the necessary support and care for their mental health as they are doing their amazing work with our kids. We are glad to have access to the Meru Health platform to support our staff”

Compensation & Benefits at APS

Wyatt Joy

“Even today, I’m still opening up the app and the different mindfulness practices. Being able to do that any time that I want or need has been the greatest benefit... I liked the Meru Health Program, because it was easy, under my control, and I could go as far or as deep as I wanted to. It... reminds you that you really are the most important; because without your own health, you can’t really be healthy for anybody else either.”

APS Employee

Learn more at [meruhealth.com](https://meruhealth.com)