



CO-PILLAR Resource Guide

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Mental Health Resources

Suicide Crisis Line	Dial 988
SAMHSA National Helpline	1-800-662-HELP
SAMHSA's hot links to mental health.	Substance Abuse and Mental Health Services Administration (SAMHSA)
MakeltOK.	Helps provide the words and start conversations to end mental health stigma for yourself and for others
Mental Health First Aid	National Council for Mental Wellbeing
Stigma, Prejudice, and Discrimination against People with Mental Illness How to Talk About Mental Health	Psychiatry.org
Rural Health Information Hub Mental Health Toolkit.	From SAMHSA
National Alliance on Mental Health (NAMI)	
Mental Health in Workplace	NAMI
American Psychiatric Association – Mental Health and Faith Community Partnership	American Psychiatric Association
Family/Youth resources	American Academy of Child and Adolescent Psychiatry
Bringing Lived Experience to Family Support	National Federation of Families
Families and friends of children and youth with special health care needs and disabilities	Family Voices

Resources about Health Insurance Access	
Health Insurance Basics	Centers for Medicare and Medicaid
Health Insurance 101	
Beyond cost, what barriers to health care do consumers face?	Health System Tracker
How to pick a health insurance plan	Healthcare.gov
Maryland Health Connection	Can find help in getting insurance, both online and in-person
Health Insurance Appeals Guide	NAMI and Kennedy Forum
How to appeal a health insurance claim	Forbes
What can I do if my insurance company is refusing to approve mental health care	Mental Health America
What to do when you are denied care by your Insurance	NAMI
Addressing and Improving Behavioral Health	Centers for Medicare and Medicaid
What doctors wish patients knew about prior authorization.	American Medical Association

Health Insurance Policy
Biden Administration strengthens Mental Health Parity Act
Mental Health Parity still not reached in 2024; poor provider access for mental health
Insurers Shortchange Mental Health.
No Surprises Act

Improving Interactions between Patients and Providers

<u>Providing Language Services in State and Local Health-Related Benefits Offices: Examples From the Field</u>	The Commonwealth Fund
<u>Tips for Dealing with Language Barriers with Patients</u>	
<u>Accessible Social Media for Public Health</u>	The Public Health Communicators Guide to Creating Accessible Social Media
<u>Universal Design Fact Sheet</u> <u>Universal Design Sheet</u>	The Special Olympics Health developed these resources to remove health barriers related to accessibility for people with intellectual disabilities
<u>Be Prepared. Be Engaged.</u> <u>Note sheet for patients</u>	Agency for Healthcare Research and Quality (AHRQ)
<u>Be Prepared. Be Engaged.</u> <u>Implementation guide for Providers</u>	AHRQ
<u>The Collaborative Care Model for integrating physical and mental health</u>	American Psychiatric Association
<u>Stanford 5</u>	5 practices doctors can use to have more meaningful interactions with patients
<u>What Doctors Wish Patients Knew</u>	American Medical Association
<u>Advocacy for Patients</u>	Center for Health Progress

Health Literacy	
<u>University of Maryland Consumer Information Hub.</u>	University of Maryland School of Public Health
<u>Becoming a Health Literacy Champion.</u>	University of Maryland School of Public Health
<u>Quality Health Literacy Universal Precautions Toolkit.</u>	AHRQ
<u>Governor Wes Moore Signs Executive Order Creating Maryland Plain Language Initiative</u>	

Minority Experiences in Health Care	
<u>Racial Equity and Policy (REAP) Framework</u>	Commonwealth Fund
<u>Achieving the Health Equity Agenda Through Transformative Community-Engaged Strategies</u>	Centers for Disease Control
<u>Training and Supporting Community Health Workers to Advance Equity and Violence Prevention</u>	Evidence based strategies using Community Health Workers in the healthcare system to address inequality

Addressing and Healing from Grief

Exploring Grief and Mental Health with Jazmiera Smothers	The Bridge Podcast
Connect with Charonda Johnson , the leader of the 3 rd “We Workshop” session on Addressing and Healing from Grief	
Randomacts.org	Toolkit for Helping Others Cope With Grief
What’s Your Grief	Find places for support and sharing about grief
A Toolkit for Grief	
Culturally-informed Trauma and Grief Toolkit	American Psychological Association
Dougy Center	At Dougy Center, you will find support, resources, and connection before and after a death.
Griefshare	Resources to find support groups
Grief Resources	Maryland Dept. of Health Behavioral Health Administration
Grieving during a Pandemic	Brigham and Women’s Hospital
Rituals in the Making	A George Washington University Research Project on Memorialization, Misinformation, and the Consequences of the COVID-19 Pandemic
HEAL Model for Managing Grief	Can break down the “bigness” of grief into smaller pieces
Grief Literacy: Understanding and Supporting the Grief Process	University of Minnesota Center for Practice Transformation
Grief Literacy Training	
Canadian Grief Alliance	

Healthcare Provider Burnout

[Surgeon General's Advisory on Addressing Health Worker Burnout](#)

[Strategies and Interventions to Improve Healthcare Professionals' Well-Being and Reduce Burnout](#)

[Online Training – Understanding and Preventing Burnout among Public Health Workers: Guidance for Public Health Leaders](#)

[The Physician Crisis](#)

[Provider anger and frustration](#)

[Physician Burnout](#)

[Mental health problems of providers impacts patients](#)

Caregiver Burnout

[Resources for understanding and preventing caregiver burnout](#)

[3 tips to help avoid caregiver burnout](#)

Understanding how Health Care Systems Work

[ISPOR's US Healthcare System Overview](#)

[Patient and Family Advisory Councils: Resources for the Field](#)

Neurodiversity, Mental Health, and the Workplace

[The positive impact of identity-affirming mental health treatment for neurodivergent individuals.](#)

[How to recruit and retain neurodivergent employees](#)
Employer Assistance and Resource Network on Disability Inclusion

[Neurodivergent Employees Boost Productivity and Innovation in the Workplace. Is Yours Reaping the Benefits?](#)

[Neurodiversity in the Workplace: Why It Matters](#)

Research Topics and Populations Identified by CO-PILLAR Participants during We Prepare and the Community Studios

Seniors & Elders	
Peer Navigators/Mentors	<p>They can support caregivers and seniors through health issues. Clinical trials are ongoing to test how well peer mentors impact health for older adults.</p> <ul style="list-style-type: none"> • <u>The Impact of Peer Mentor Communication with Older Adults on Depressive Symptoms and Working Alliance: A Pilot Study</u>, 2018. • 3 peer mentors with 23 people with depression. Positive impacts although it was a small study. Older adults were around 68 years old. • <u>Increasing the Repertoire for Depression Care: Methods and Challenges of a Randomized Controlled Trial of Peer Support for Vulnerable Older Adults</u> • Comparative effectiveness research building off the pilot study above with many more participants. A random clinical trial to be completed. • <u>How peer mentoring affects depression, loneliness, and social engagement within long-term care settings</u> • <u>'It was the deepest level of companionship': peer-to-peer experience of supporting community-dwelling older people</u>

	<p>with depression – a qualitative study</p> <ul style="list-style-type: none"> • Study from Hong Kong but it speaks to how peer mentors can have an impact older adults with depression • Peer Mentors for People with Advanced Cancer: Lessons Learnt from Recruiting and Training Peer Mentors for a Feasibility Randomized Controlled Trial
Coordinated care for senior patients and their caregivers	<ul style="list-style-type: none"> • Proud but Powerless: A Qualitative Study of Homecare Workers’ Work Experiences and Their Suggestions for How Care for Homebound Older Adults Can Be Improved
Using art to support creative aging	<ul style="list-style-type: none"> • Promoting wellbeing and health through active participation in music and dance: a systematic review
Physical Programming	<ul style="list-style-type: none"> • Silver Sneakers
Intergenerational Programming	<p>Bringing younger people together with seniors to build social connections and community.</p> <p>Intergenerational programming holds promise, but it is hard to measure its impact.</p> <p>Articles about this topic:</p> <ul style="list-style-type: none"> • Implementation of Evidence-Based Practices in Intergenerational Programming: A Scoping Review • Intergenerational programming during the pandemic: Transformation during (constantly) changing times • Documented Outcomes for Older Adults in Intergenerational Programming: A Scoping Review • Uniting generations: A research protocol examining the impacts of

	<p>an intergenerational learning program on participants and organisations</p> <ul style="list-style-type: none"> • Effectiveness of Intergenerational Exchange Programs Between Adolescents and Older Adults: A Systematic Review • “I’m Part of Something That Matters”: Exploring What Older Adults Value Through Their Engagement in Age-Friendly Community Initiatives
<p>Computer skill-building</p>	<p>Improving computer skills can help people use medical systems better as they continue to use online systems</p> <ul style="list-style-type: none"> • Project TECH in Columbia, SC as a model for intergenerational planning that embraces Technology, Education, Communication, and Health Care

Marginalized/Disadvantaged Communities

<p>Whole Family Care</p>	<ul style="list-style-type: none"> • Family-friendly policies that are adjacent to mental health can support overall health
<p>Community Hubs for Health</p>	<p>Mobile and/or event-based interventions</p> <ul style="list-style-type: none"> • Together We Go Farther: Improving Access to Cancer Screening Through a Multidisciplinary, One-Stop-Shop Approach • Lessons Learned From a Community-Based Men's Health Fair • Insights to improve barbershop interventions for black men • Community Health Collaborative Facilitates Health System and Community Change to Address Unmet Medical and Social Needs in New Jersey • Community-informed, integrated, and coordinated care through a community-level model: A narrative synthesis on community hubs
<p>Care in one location</p>	
<p>Peer navigators and Mentors</p>	<p>Can guide families toward better mental health</p> <ul style="list-style-type: none"> • Tips to Practice Self-Care as a Family from Mental Health First Aid • NAMI Family-to-Family • Training of Lived Experience Workforces: A Rapid Review of Content and Outcomes

Foster Children Aging out of Care

<p>Peer Navigators and Mentors; Support Groups</p>	<ul style="list-style-type: none"> • Foster Youth Resources • Bipartisan bill to promote peer mentorship • Voices of Lived Experience in Child Welfare Storytelling Collection • Implementing Indigenous Youth Peer Mentorship: Insights from the By Youth For Youth Project • Screening and Assessment of Suicidal Behavior in Transition-Age Youth with Foster Care Involvement • Trauma-Informed Photovoice for Adolescents and Young Adults with Child Welfare Involvement • Strengthening Youth Networks and Coping (SYNC), further information
<p>Mentorship Advocacy</p>	<ul style="list-style-type: none"> • Mentoring Resource Library from MENTOR
<p>Preparation and training for transition out of care</p>	<ul style="list-style-type: none"> • Independent Living and Transitioning From Foster Care • Youth in Transition from Annie E. Casey Foundation • Ready by 21 (Maryland resources)
<p>Central spot for all foster system information</p>	<ul style="list-style-type: none"> • The Title IV-E Prevention Services Clearinghouse • Child Welfare Information Gateway • National Resource Center for Youth Services through the University of Oklahoma
<p>Foster system and mentorship advocacy</p>	<ul style="list-style-type: none"> • Foster Youth Resources • Children's Bureau, an office of the Administration for Children & Families
<p>Family Navigators</p>	<ul style="list-style-type: none"> • Family Navigators – used to support foster parents with children • Family Navigation as an effective intervention but it may not be as effective in certain settings

	<ul style="list-style-type: none">• Kinship Navigators for relatives caring for minor relatives (Baltimore)
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People with Dementia and/or Alzheimer's and their caregivers

<p>Faith-based care options</p>	<ul style="list-style-type: none"> • Dementia-friendly faith groups • Mobilizing faith communities in the fight against Alzheimer's. • Faith Community Alzheimer's Awareness Toolkit
<p>Peer navigators/mentors for caregivers</p>	<ul style="list-style-type: none"> • Together in This: Dementia Mentors – A Peer Group and Family Group in One • Memory Advocate Peers • Learning to PERSEVERE: A Pilot Study of Peer Mentor Support and Caregiver Education in Lewy Body Dementia
<p>Intergenerational Programming</p>	<p>Bringing younger people together with seniors to build social connections and community.</p> <p>Intergenerational programming holds promise, but it is hard to measure its impact.</p> <p>Articles about this topic:</p> <ul style="list-style-type: none"> • Implementation of Evidence-Based Practices in Intergenerational Programming: A Scoping Review • Intergenerational programming during the pandemic: Transformation during (constantly) changing times • Documented Outcomes for Older Adults in Intergenerational Programming: A Scoping Review • Uniting generations: A research protocol examining the impacts of an intergenerational learning program on participants and organisations • Effectiveness of Intergenerational Exchange Programs Between

	Adolescents and Older Adults: A Systematic Review
Art interventions for people with Dementia	<ul style="list-style-type: none"> • Arts for Dementia • Opening Minds through Art • Award-winning arts program for patients with dementia marks 10 years at UChicago Medicine
More information	<ul style="list-style-type: none"> • What Is Dementia? Symptoms, Types, and Diagnosis • Guiding an Improved Dementia Experience (GUIDE) Model

Victims of Tragedy and People Experiencing Grief ([link to the other Grief-related resources in this document](#))

Grief Literacy	<ul style="list-style-type: none"> • Compassionate Communities and end-of-life care • Compassionate Communities Model
Grief Navigators and Support	<ul style="list-style-type: none"> • Trauma-Informed Grief Counseling With Older BIPOC Individuals
Storytelling, PhotoVoice, and Art as Interventions in Grief	<ul style="list-style-type: none"> • Exploring the Impacts of an Art and Narrative Therapy Program on Participants' Grief and Bereavement Experiences • Using Photovoice as an intervention to promote meaning-making in a suicide loss support group • Photovoice as a tool for understanding and change
Training on Listening in schools and faith-based communities to support those who experience grief	<ul style="list-style-type: none"> • How to support a grieving friend • Resources for School Personnel • National Alliance for Children's Grief – Find a Support Center • Faith & Grief