



# CO-PILLAR Resource Guide

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## Mental Health Resources

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

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

<b>Health Insurance Policy</b>
<a href="#">Biden Administration strengthens Mental Health Parity Act</a>
<a href="#">Mental Health Parity still not reached in 2024; poor provider access for mental health</a>
<a href="#">Insurers Shortchange Mental Health.</a>
<a href="#">No Surprises Act</a>

## Improving Interactions between Patients and Providers

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

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

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

## Addressing and Healing from Grief

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

## 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

<b>Seniors &amp; Elders</b>	
<b>Peer Navigators/Mentors</b>	<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"> <li>• <a href="#"><u>The Impact of Peer Mentor Communication with Older Adults on Depressive Symptoms and Working Alliance: A Pilot Study</u></a>, 2018.</li> <li>• 3 peer mentors with 23 people with depression. Positive impacts although it was a small study. Older adults were around 68 years old.</li> <li>• <a href="#"><u>Increasing the Repertoire for Depression Care: Methods and Challenges of a Randomized Controlled Trial of Peer Support for Vulnerable Older Adults</u></a></li> <li>• Comparative effectiveness research building off the pilot study above with many more participants. A random clinical trial to be completed.</li> <li>• <a href="#"><u>How peer mentoring affects depression, loneliness, and social engagement within long-term care settings</u></a></li> <li>• <a href="#"><u>'It was the deepest level of companionship': peer-to-peer experience of supporting community-dwelling older people</u></a></li> </ul>

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

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

## Marginalized/Disadvantaged Communities

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

## Foster Children Aging out of Care

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

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

<p><b>Faith-based care options</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Dementia-friendly faith groups</a></li> <li>• <a href="#">Mobilizing faith communities in the fight against Alzheimer's.</a></li> <li>• <a href="#">Faith Community Alzheimer's Awareness Toolkit</a></li> </ul>
<p><b>Peer navigators/mentors for caregivers</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Together in This: Dementia Mentors – A Peer Group and Family Group in One</a></li> <li>• <a href="#">Memory Advocate Peers</a></li> <li>• <a href="#">Learning to PERSEVERE: A Pilot Study of Peer Mentor Support and Caregiver Education in Lewy Body Dementia</a></li> </ul>
<p><b>Intergenerational Programming</b></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"> <li>• <a href="#">Implementation of Evidence-Based Practices in Intergenerational Programming: A Scoping Review</a></li> <li>• <a href="#">Intergenerational programming during the pandemic: Transformation during (constantly) changing times</a></li> <li>• <a href="#">Documented Outcomes for Older Adults in Intergenerational Programming: A Scoping Review</a></li> <li>• <a href="#">Uniting generations: A research protocol examining the impacts of an intergenerational learning program on participants and organisations</a></li> <li>• <a href="#">Effectiveness of Intergenerational Exchange Programs Between</a></li> </ul>

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

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

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