

AMDA Behavioral Health & Mental Health Advisory Council

Healing Together Resources

This resource list is intended to provide a variety of articles, tools, research papers, websites, and blogs on topics that support wellbeing. Categories include Provider Self-Care, Health Care Worker Stress/Issues, Trauma, Grieving/Mourning, Hotlines for National Centers, and Free Mobile Apps.

PROVIDER SELF-CARE

Articles

Self-Compassion by Kristin Neff <https://self-compassion.org/>

"How Being More Productive Starts with Doing Nothing" <https://www.wsj.com/articles/why-doing-nothing-can-make-you-more-productive-11615911969>

Why Doing Nothing is So Scary and So Important" <https://www.wsj.com/articles/BL-258B-7091>

Resource Center

Helping create a more compassionate society - Greater Good Science Center at UC Berkeley <https://ggsc.berkeley.edu/>

HEALTH CARE WORKER STRESS/ISSUES

Articles

Moral Injury in Health Care and COVID-19, by Scott Janssen https://www.socialworktoday.com/archive/exc_040620.shtml

A leader's guide: Communicating with teams, stakeholders, and communities during COVID-19
<https://www.mckinsey.com/business-functions/organization/our-insights/a-leaders-guide-communicating-with-teams-stakeholders-and-communities-during-covid-19>. -

Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic
<https://jamanetwork.com/journals/jama/fullarticle/2764380>

Stresses and anxieties in the time of the COVID-19 pandemic — what we can learn
<https://link.springer.com/article/10.1007/s00247-020-04727-9>

The Trouble with Calling Health care Workers Heroes by Anna Wexler
<https://www.bostonglobe.com/2020/04/10/opinion/trouble-with-calling-health-care-workers-heroes/>

Nurses and Doctors Sick With COVID Feel Pressured to Get Back to Work <https://khn.org/news/nurses-and-doctors-sick-with-covid-feel-pressured-to-get-back-to-work/>

Wellness Centered Leadership <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8078125/>

Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic
[Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic](#) | [Anxiety Disorders](#) | [JAMA](#) | [JAMA Network](#)

Blogs

Are Your Nurses Experiencing Moral Injury? <https://www.relias.com/blog/are-your-nurses-experiencing-moral-injury>

The BE-ing with Suffering blog series by Rev. Dr. Carla Cheatham <http://carlacheatham.com/carlas-blog/>

Study

Kaiser Family Foundation & The Washington Post Frontline Health Care Workers Study <https://www.kff.org/coronavirus-covid-19/poll-finding/kff-washington-post-health-care-workers/>

TRAUMA

Resources and Toolkit

Stress First Aid Toolkit <https://www.ithaca.edu/gerontology-institute/finger-lakes-geriatric-education-center/stress-first-aid>

Resources to Support Trauma Informed Care for Persons in Post-Acute and Long Term Care Settings -
<https://greatplainsqin.org/wp-content/uploads/2018/09/Trauma-Informed-Care-Resources-FNL-508.pdf>

SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach <https://store.samhsa.gov/system/files/sma14-4884.pdf>

Articles

Emotional and Psychological Trauma <https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm>

Pandemic-Driven Posttraumatic Growth for Organizations and Individuals
<https://jamanetwork.com/journals/jama/fullarticle/2771807>

What is Survivor's Guilt? <https://www.verywellmind.com/survivors-guilt-4688743>

GRIEVING / MOURNING

Blog

The Trouble with Mourning - <https://thefearlessheart.org/the-trouble-with-mourning/>

HOTLINES / NATIONAL CENTERS – FREE RESOURCES AVAILABLE UPON REQUEST

National Domestic Violence Hotline : 800.799.SAFE (7233) - <https://www.thehotline.org/>

National Suicide Prevention Hotline: 1-800-273-8255 <https://suicidepreventionlifeline.org/>

Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/>

FREE MOBILE APPS

Women's Center and Shelter RUSafe App: <https://www.wcpittsburgh.org/rusafe-app/>

Safety Decision-making App – myPlan - <https://www.myplanapp.org/>

Address:
10500 Little Patuxent Parkway
Suite 210
Columbia, MD 21044

Email:
programs@paltcfoundation.org

Phone: 410-992-3134



Webinars

- [Self-Care and Leadership During a Crisis Webinar](#) with Lea Watson, MD, MPH, and Richard Juman, PsyD. Please note that there is no CME available for this webinar.
- View a free recorded [webinar](#) that discusses self-care strategies for staff in LTC.
- Relias and PointClickCare are featuring an [on-demand webinar: "COVID-19](#)