



# CO-CARES

Colorado Alliance for Resilient & Equitable Systems  
Serving the Health Care & Public Health Workforce

**Colorado cares for people  
who care for others**



CO-CARES provides health care workers and public health professionals with resources to support recovery as well as develop well-being and resilience at the personal, team, and organizational level

Visit us at  
CO-  
CARES.org





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## Resources for Organizations

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Support recovery and create a culture of personal and team wellness within your organization. Identify and implement solutions that align with your organization's mission, goals, and objectives and meet the needs of your employees and the people they serve.

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## Resources for Peer Champions

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Promote recovery and wellness among your peers, teams, and organizations. Develop skills and strategies to provide the positive support your colleagues need to recover from exhaustion, moral distress, and burnout.

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## Resources for Individuals

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Support your own recovery and well-being. Explore your experience, connect with others, and learn skills that support you and help you reconnect to those original reasons that got you into the field.



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## Resources for Organizations

### Organizational Wellness Consultation

We will work with your leadership to support your organization's tailored workplace wellness goals through a needs assessment, setting health system change goals, and achieving an individualized rapid improvement plan.

### Work & Well-Being Leadership Forums

These forums provide a unique opportunity for supervisors, managers, and senior leadership to share and discuss timely worksite wellness topics. Through a facilitated dialogue, we will identify strategies to build and sustain a wellness culture for organizations. Forums will start with brief summaries of a current wellness topic and allow discussions to evolve based on participant interests and organizational needs.

### Leadership Learning Series

This series of self-paced, web-based modules provides supervisors, managers, and leadership evidence-based guidance to promote a culture of organizational wellness. Some examples of topics include organizational tenacity, suicide prevention and mental well-being, decreasing employee churn, and critical conversations with peers and employees.



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### Health Links

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Health Links is a program that champions health and safety at work. We offer evidence-based Healthy Workplace Certification and one-on-one advising to help organizations and team members achieve Total Worker Health®—a holistic approach to worker well-being that enhances safety, health, and productivity.

Health Links offers a Workplace Mental Health Module which includes an organizational survey, toolkit, customized recommendations, and advising to help improve employee mental health and resiliency.

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### Switchback Institute

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Switchback champions individuals, teams, and organizational leadership in engineering environments that promote individual and team resilience, connectedness, and effectiveness.

Our recovery retreats include an assessment of team intelligence leading to a team development plan, and team coaching to achieve self-identified goals. By the end of our time together you will have tools needed to sustain consistent professional growth and resilience both individually and collectively.



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## Resources for Peer Champions

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### First Priority Peer Support Program (FPPSP)

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Through this hybrid training program, you will learn the knowledge and skills to act as a peer supporter for your co-workers. As a peer supporter, you will provide support for daily work and life stressors as well as respond to peers after critical or stressful events. You offer immediate help and assistance and, if necessary, refer your peers to an appropriate professional resource.

FPPSP trains peer supporters in a variety of mental health topics, confidentiality, and crisis navigation. Once you complete the FPPSP training, you can receive ongoing monthly support through FPPSP monthly supervision meetings and quarterly FPPSP trainings.

This is an advanced training for volunteer employees to become peer supporters. The FPPSP includes approximately 12-hours of pre-work and 8-hours of live training.



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## Resources for Peer Champions

### Greater Resilience Information Toolkit (GRIT) Training

GRIT trains participants to promote wellness and resilience in the wake of stress or disasters.

Strengthening coping and spreading support can have a positive impact on healing and resilience for everyone.

The GRIT Core Program is a set of short, self-paced modules that will show you how to build resilience in your circle. You'll learn how to help family, friends, and neighbors build resilience, see beyond their trauma, and move into a better tomorrow. You can become a GRIT Coach in just a few hours.

When you sign up for the GRIT training, you will have access to the GRIT Core track as well as four additional tracks designed to address events experienced by health care and public health workers (GRIT-4Health), educators (GRIT-4ED), small business owners and leadership (GRIT-LEAD), and military and first-responders (GRIT-SERVE).



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## Resources for Individuals

### Past the Pandemic (PTP): Individual Wellbeing, Connection and Support ECHO Series

The PTP ECHO Series is a 6-week series that offers space to connect and interact with other health care and public health workers on topics of stress, burnout, grief, connection, mindfulness, role management, and more. This course, led by mental health professionals, helps you to process and validate your experiences, build a common language of stress on a continuum, and learn tools to mitigate stress injury.

Weekly topics include:

1. Stress and the Human Machine: Impact of Stress on Mind, Body & Living a Life You Love
2. Digging Deeper: How the Biology of Stress Informs Burnout Prevention
3. Managing Grief and Finding Meaning
4. Connection: Strengthening Relationships and Support
5. Stress Management: Prioritizing Sleep and Calming Practices
6. Using Mindfulness in Everyday Life

PAST THE PANDEMIC  
*individual wellbeing,*  
connection and support

 Department of Psychiatry  
SCHOOL OF MEDICINE  
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## Resources for Individuals

### Past the Pandemic (PTP): Individual Wellbeing, Connection and Support Canvas Course

This self-paced asynchronous interactive course offers the same curriculum as the Past the Pandemic ECHO series, but without a live session commitment. Six modules will include short videos, optional reflection exercises, interactive features such as live polls, and more. You will be invited as a student into this course and be able to access the material and resources in your own time.

### Past the Pandemic (PTP) Toolkit

The PTP Toolkit is a self-paced fillable PDF. It was built to accompany the PTP series with additional exercises, worksheets, opportunity for reflection, and a rich resource list with active links. It is meant to be a guide to use alongside the video modules, but it can also be shared with others in your teams and organizations to spread knowledge, as it is a self-explanatory resource.







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## Resources for Individuals

### Work & Well-Being (WWB) Webinars

The Work & Well-Being webinars provide an opportunity for attendees to learn evidence-based information about essential wellness topics as well as engage in activities that support their health and well-being.

Participants will explore these topics with their peers across Colorado — share skills and strategies, set goals, and practice wellness activities that help to maintain sustainable change.

WWB Webinar topics include healthy habits, mindful practices, healthy sleep, healthy eating, physical activity, and sustainable change.

Recordings of past webinars are available to view on the CO-CARES website.



Behavioral Health &  
Wellness Program



Department of Psychiatry  
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