

SESSION 3

MENTAL HEALTH AND SUPPORT RESOURCES



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#EPIConf2026

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EPIC DIABETES CONFERENCE

MAY 30, 2026 CU ANSCHUTZ MEDICAL CAMPUS

EMPOWERING PATIENTS
FOR
INDIVIDUALIZED CARE



CONFLICTS OF INTEREST

- I have no conflicts of interest to disclose.
- I receive research funding from the following institutions:
 - American Diabetes Association
 - Breakthrough T1D



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MAIN TAKE-HOME POINTS FOR TODAY

1. Mental Health Concerns in Diabetes

Depression, anxiety, disordered eating, and diabetes distress come up in ~20% of people and affect diabetes behaviors and health outcomes

2. How to Find Mental Health Resources

*Websites have “Find a Therapist” tabs to narrow search criteria.
“Evidence-based” is a buzzword for research-supported therapy.*

3. Tips for Supporting or Caregiving People

Diabetes is a “team-sport” across the lifespan, even if people with diabetes “know how to do it” or have “had diabetes for long enough”

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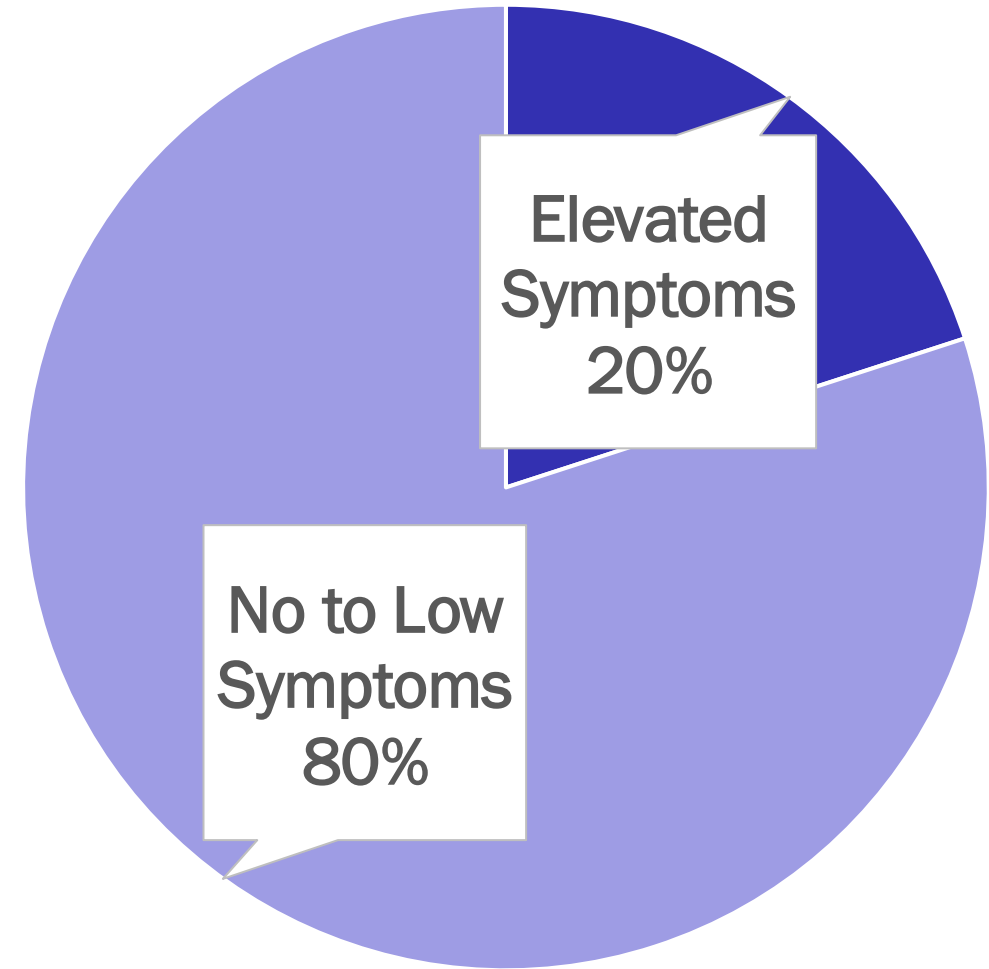
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How Common is Depression, Anxiety, or Disordered Eating?



DIABETES-RELATED DISTRESS

Overwhelmed
with diabetes
management



Concern
about
stigma

Worries
about
hypoglycemia

Frustration
with the
healthcare
system

DIABETES-RELATED BURNOUT

DIABETES DISTRESS

+

NO TO LOW
SELF-CARE



Not checking blood sugar

Forgetting to take
medication

Turning off alarms

Delaying site changes

Missing appointments

WHAT IS NOT DIABETES BURNOUT?

Motivation deficit

- *"They are lazy" or "They don't care."*

Knowledge deficit

- *"They don't understand the long-term risks"*

Skill deficit

- *"They don't know how"*

Everyone has their own motivations for something

Short-term consequences are often more reinforcing than long-term consequences

Knowing how to do a behavior is different from maintaining that behavior over time

DEMOGRAPHICS AND SOCIAL DRIVERS OF HEALTH

HIGHER CONCERNS..

- Females
- Public or No Insurance
- Lower educational attainment
- More exposure to racism, discrimination, maltreatment
- 1 adult caregiver (i.e., youth)

LOWER CONCERNS...

- Males
- Private Insurance
- Higher educational attainment
- Less exposure to racism, discrimination, maltreatment
- 2+ adult caregivers (i.e., youth)

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THERAPY DIRECTORY RESOURCES

- American Diabetes Association
 - <https://diabetes.org/tools-resources/mental-health-directory>
- American Psychological Association
- EffectiveChildTherapy.org
- Psychology Today or Good Therapy
- Hello Alma
- Culturally-sensitive mental health therapist directories

CULTURALLY SENSITIVE THERAPIST DIRECTORIES

Asian American

The Project Lotus.org

South Asian Therapists.org

Bridges Mental Health.com

National Asian American
Pacific Islander Mental
Health Association
(NAAPIMIHA)

Hispanic/Latinx

Therapy For Latinx.com

Latinx Therapists Action
Network.org

Latinx Therapy.com

Black/African American

Therapy For Black Men.org

Therapy For Black Girls.com

Steve Fund.org

The Confess Project of America.org

Indigenous

Indian Health Service.gov /
FindHealthCare

Strong Hearts Helpline.org

We R Native.org

Center for Native America
Youth.org

LGBTQ+

The Trevor Project.org

It Gets Better.org

Q Chat Space.org

FINDING THE RIGHT FIT!

“WHO” THE THERAPIST IS

The collaborative working relationship between a therapist and client is one of the **strongest predictors of positive outcomes in therapy**

“WHAT” THE THERAPIST DOES

"evidence-based therapy",
"research supported therapy",
"behavioral"
"cognitive behavioral"
"interpersonal psychotherapy"
"coping skills and strategies"

Mental Health Professional Directory

Living with diabetes can be challenging, but you don't have to navigate it alone. The right mental health provider can make all the difference, and the American Diabetes Association is here to help.



PSYCHOLOGIST LOCATOR
An official product of the American Psychological Association

APA Licensed Psychologists: Build Your Profile **BETA**
[Edit Profile](#) [Create Profile](#)

The Mental Health Professional Directory makes it easy to find therapists who specialize in supporting individuals with diabetes. You can even connect with therapists offering telehealth in your state. Enter your zip code below to get started!

Search for a Mental Health Professional Near You
Locate a therapist in your area who has expertise in diabetes care.

Search Radius: 5 Miles
From ZIP Code: Enter ZIP
Special Interest(s): Any Special Interest
Age(s) Seen: Any
Language(s): Any
[Show Results](#)

Psychology Today
Therapists in Colorado
View cities and counties in Colorado
Filters: Female, Male, Non-Sexual Abuse
Specialities: Addiction, ADHD, Anger Management, Anxiety, Bipolar Disorder, etc.
Insurance: Aetna, Cigna and Evernorth, UnitedHealthcare UHC | UBH, BlueCross BlueShield, Anthem, etc.
Carrie Johansson, Karen Leigh Eichel

Let's
"take a drive"
around a therapist
directory!

Therapist for Black girls in your area.
Professional help designed just for you
In-Office Virtual
Enter Your Address
[Search](#)
Not quite ready to find a provider yet? Take your first step with our [Guide to Getting Started with Therapy!](#)

Practice Area
[Search](#)

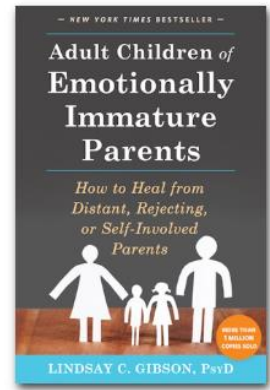
Find a Latinx Therapist or Speaker
Providing an online business directory featuring mental health professionals in the Latinx community under Latinx Therapy®
[Therapists](#) [Speakers](#)
[Search all Therapist Filters Here](#)
[Terapia en Español](#)

SOUTH ASIAN Therapy.org
Find a South Asian Therapist Near You
[Search the directory](#)

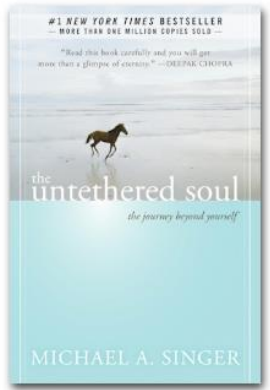
NON-THERAPY DIRECTORY RESOURCES

- Instant Help Books from New Harbinger Publications
- mHealth: “American Psychological Association; Let’s Get Technical”, “One Mind Psyber Guide”

Bestsellers



Adult Children of Emotionally Immature Parents
Lindsay C. Gibson
June 1st, 2015

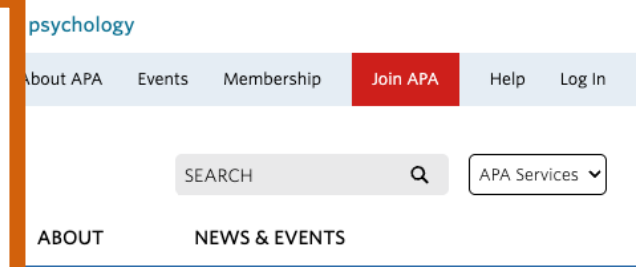


The Untethered Soul
Michael A. Singer
October 3rd, 2007



The Untethered Soul
Michael A. Singer
September

Let's
“take a drive”
around self-help
resources!



A review of the latest apps and tools for practicing psychologists

In this quarterly column, a panel of experts provides ratings and reviews of software and apps to be used either by practicing psychologists or their clients in conjunction with psychological services. Topics cover a variety of technology resources including mental and behavioral health mobile apps, telehealth platforms, and practice management software packages.

Let's Get Technical



A review of the latest apps and tools for practicing psychologists
Nicole Owings-Fonner,

MA

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DIABETES
IS A TEAM
SPORT
ACROSS
THE
LIFESPAN

Timeline of Dependence and Independence

Start My Wellness



infancy

Complete Dependency



Childhood

Highly dependent, emerging independence with age



Adolescence

Highly independent, beginning to learn interdependence



Adulthood

Highly interdependent, emerging dependence



Old Age

Highly dependent, dependence correlates with age

”BUT THEY KNOW HOW TO DO IT!”

Content...

- Nutrition
- Math/numeracy
- Insulin x food
- Insulin x activity
- How to finger stick
- How to change a site

...but also Process!

- Set goals / make plans
- Follow multi-step
- Monitor trends
- Problem-solve
- Manage emotions
- Ask for help

**TIPS FOR ANY
CAREGIVING
OR
SUPPORTING
PERSON**

- **Validate uncomfortable emotions**

Versus re-directing to health or threatening future acute complications (i.e., “but you have to do this...”)

- **Schedule & maintain a consistent, frequent communication plan (e.g., daily check-in)**

Versus only when something “comes up” or when it is on your mind or you have a free moment

- **Use specific, labeled praise to “catch them being good” with positive change**

Versus giving attention when correcting or disciplining

- **Set clear expectations, limits, and positive consequences for behavior you want to increase**

Versus punishing for unwanted behavior or for the absence of a behavior

TIPS FOR ANY CAREGIVING OR SUPPORTING PERSON

- **Focus on behavior. Handle results as helpful data or information to guide problem-solving.**
Versus labeling results as “good” or “bad”
- **Use Collaborative Problem Solving (DIRT)**
 - Define the Problem
 - Identify Possible Solutions
 - Review Pro’s and Con’s of each Solution
 - Try It Out!
- **Facilitate small changes that the person is both motivated to try and that are reasonable**
Versus expecting a change because they “should know” or “are old enough to do it by now” or “have had diabetes long enough to know by now”
- **Interdependence is not a linear process**
Versus expecting current performance based on previous performance

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QUESTIONS,
COMMENTS,
COLLAB?

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