

November 2025 Resources:

Speaker Contact Info and Organizations

Montage Health - Dr. Casey Grover:

<https://www.montagehealth.org/doctors/profile/casey-grover/>

Addiction Medicine Made Easy by Dr. Casey Grover:

<https://www.addictionmedicinemadeeasy.com/>

Dr. Lorna Breen Heroes' Foundation: <https://drlornabreen.org/>

Contact Dr. Simmons: stefanie@drbreenheroes.org

WorkIt Health: <https://www.workithealth.com/>

Dr. Grover's Story - Emergency Medicine and PTSD

Emergency Medicine News – Viewpoint by Dr. Grover:

https://journals.lww.com/em-news/fulltext/2025/03000/goodbye_emergency_medicine_i_wish_i_could_say.14.aspx

Dr. Simmons' Section - Dr. Lorna Breen's Legacy and the Foundation

Dr. Lorna Breen Heroes' Foundation - About Lorna: <https://drlornabreen.org/about-lorna/>

Fighting Burnout with Stefanie Simmons:

<https://www.medicaleconomics.com/view/fighting-burnout-with-stefanie-simmons-m-d-facep-cm-o-of-the-dr-lorna-breen-heroes-foundation>

NY Times - Dr. Lorna Breen's Suicide:

<https://www.nytimes.com/2020/04/27/nyregion/new-york-city-doctor-suicide-coronavirus.html>

Dr. Lorna Breen Ambassador Program: <https://drlornabreen.org/become-an-ambassador/>

Join the Wellbeing First Champion Challenge: <https://drlornabreen.org/removebarriers/>

Identify the Champions: <https://drlornabreen.org/identifying-the-champions/>

CDC - Impact Wellbeing Campaign:

<https://www.cdc.gov/niosh/healthcare/impactwellbeing/index.html>

Dr. Lorna Breen Health Care Provider Protection Act:

<https://drlornabreen.org/about-the-legislation/>

Support the Reauthorization of the Lorna Breen Act: <https://drlornabreen.org/reauthorizelba/>

Dr. Barrett's Section - Licensure and Mental Health Disclosures

Institute for Healthcare Improvement (IHI) - Leadership Alliance Help Health Care Heal Coalition:

<https://www.ihl.org/connect/communities/leadership-alliance/help-health-care-heal-coalition>

IHI - Draft Talking Points When Advocating to Remove Mental Health Questions on Credentialing and Licensing Applications:

https://www.ihl.org/sites/default/files/2023-10/IHI-Leadership-Alliance_Help-Health-Care-Heal-Coalition_Talking-Points-to-Support-Physicians.pdf

IHI - Overcoming Hesitancy to Revise Medical Applications to Stop Asking About Mental Health:

https://www.ihl.org/sites/default/files/2023-10/IHI-Leadership-Alliance_Help-Health-Care-Heal-Coalition_Responses-to-Common-Questions-Applications-Dont-Stigmatize-Mental-Health.pdf

IHI - Reducing Barriers to Mental Health Care for Students and Physicians:

https://www.ihl.org/sites/default/files/2023-10/IHI-Leadership-Alliance_Help-Health-Care-Heal-Coalition_Presentation-Reducing-Barriers-to-Mental-Health-Care-for-Students-and-Physicians.pptx

JGME - Impact of Opt-Out Therapy Appointments on Resident Physicians' Mental Health, Well-Being, Stigma, and Willingness to Engage:

<https://jgme.kglmeridian.com/view/journals/jgme/15/6/article-p734.xml>

JGME - Integrating Primary Care Appointments Into Resident Orientation:

<https://jgme.kglmeridian.com/view/journals/jgme/12/6/article-p759.xml>

SAVE - Free cable gun locks:

<https://www.save.org/programs/lethal-means-safety/request-gun-locks-and-lock-boxes/>

General Sources on HCW Burnout and Vicarious Trauma

Burnout in Healthcare Workers: Prevalence, Impact, and Preventative Strategies:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7604257/>

NEJM - Confronting Health Worker Burnout and Well-Being:

<https://www.nejm.org/doi/full/10.1056/NEJMp2207252>

AAFP - Identifying and Addressing Vicarious Trauma:

<https://www.aafp.org/pubs/afp/issues/2021/0501/p570.html>

Understanding Vicarious Trauma and Its Path to Resilience:

<https://www.jons-online.com/issues/2021/may-2021-vol-12-no-5/understanding-vicarious-trauma-and-its-path-to-resilience>

CDC - Health Workers Face a Mental Health Crisis:

<https://www.cdc.gov/vitalsigns/health-worker-mental-health/index.html>

Other Groups and Individuals Offering Support and Advocacy

The Emotional PPE Project: <https://emotionalppe.org/>

The Battle Within: <https://www.thebattlewithin.org/>

Fix Moral Injury: <https://www.fixmoralinjury.org/>

The Physicians Foundation: <https://physiciansfoundation.org/>

PsyRes Well-being and Resilience Coaching: <https://www.psyrescoaching.com/>