

**Colorado Loneliness Project**  
**Identifying and Applying Interventions**

*as of 7/2022*

Type of Loneliness	Relational (Social)		Relational / Collective	Intimate (Emotional)
Definition	<p><b>Intimate</b> – perceived presence/absence of a significant someone who can be relied on for emotional support during a crisis; provides mutual assistance; affirms one’s value as a person (5 people).  <b>Relational</b> – perceived presence/absence of quality friendships or family connections (15-50 people)  <b>Collective</b> – a person’s social identity wherein an individual can connect to similar others at a distance in the collective space (150 - 1500 people).</p>			
Conversation Questions after screening + using DeJong	<p><b>What do you mean by that [being lonely]?</b>  <b>What do you think is your problem? (People tend to know and give you the answer.)</b>  <b>What would it look like not to be lonely?</b>  <b>Is it that you don’t have the skills to do x, or a confidence-issue?</b>  <b>Be curious about the patient’s life, circumstances, and their barriers.</b></p>			
Intervention Category/Focus	Social Skills	Social Support* ( <i>Paper in 2022 though indicates not an effector.</i> )	Social Interactions/Social Contact*	Maladaptive Cognitive Processes* Attachment*
Definition	Personal qualities and characteristics that facilitate interaction and communication with others in verbal and non-verbal ways including understanding of social rules and norms.	Perception and actuality that one is cared for, has assistance available from other people to help them cope with a variety of problems.  Environmental, stable/”secure base”*	Any relationship or social exchange between two or more individuals who modify their actions and reactions due to actions by their interaction partner(s).  Environmental, community	Thinking and beliefs central to one’s identity that are negatively biased, inaccurate, irrational or rigid.
Patient Quotes from Card Study	<ul style="list-style-type: none"> <li>• “others reaching out to me”</li> <li>• “...if I wasn’t so shy”</li> <li>• “being able to have a real</li> </ul>	<ul style="list-style-type: none"> <li>• “go to lunch with friends”</li> <li>• “have better relationships, more friends”</li> <li>• “being connected to a church”</li> </ul>	<ul style="list-style-type: none"> <li>• “being connected to a church”</li> <li>• “a strong sense of community in my neighborhood”</li> </ul>	<ul style="list-style-type: none"> <li>• “how I feel about myself – allowing myself to accept the person I am, and try to stay positive”</li> </ul>

	<p>conversation”</p> <ul style="list-style-type: none"> <li>• “have better relationships, more friends</li> </ul>	<ul style="list-style-type: none"> <li>• “living closer to family”</li> <li>• “owning a puppy dog”</li> <li>• “true love”</li> <li>• “trust”</li> <li>• “companionship”</li> </ul>	<ul style="list-style-type: none"> <li>• “finding others with shares interests”</li> </ul>	<ul style="list-style-type: none"> <li>• “get out of my head and accept myself first”</li> <li>• “true love”</li> <li>• “trust”</li> <li>• “companionship”</li> </ul>
<p>Next Questions to ask Patient to Identify Interventions (VNL)</p>	<p><b>What people or places do you like to learn new things from?</b></p>	<p><b>Who do you socialize with? Who supports you? Where do you play outdoors?</b></p>	<p><b>What preferences do you have when interacting with others? Where do you volunteer? What groups or organizations do you belong to?</b></p>	<p><b>PHQ9 GAD7 ACEs: Was growing up mostly ok or pretty difficult?</b></p> <p><b>Attachment</b>  <a href="https://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/Attachment-OriginalAttachmentThreeCategoryMeasure.pdf">https://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/Attachment-OriginalAttachmentThreeCategoryMeasure.pdf</a></p> <p><b>This questions is specific to your experiences in relationships.</b></p> <ol style="list-style-type: none"> <li>1. Do you find it relatively easy or difficult to be close to others?</li> <li>2. Do you find it difficult to trust others completely?</li> <li>3. Do you find that others are reluctant to get as close to you as you would like?</li> </ol>
<p>Example Interventions by Intervention Category/Focus</p>	<p>Learning activities* or improve social skills (social-emotional curriculum)</p> <p>Psychotherapy (speaking on the phone, giving and receiving compliments, coping and stress management, enhancing nonverbal communication)</p>	<p>Outdoor activities* Visitors Buddy-care program Outreach calls* Home care community resources</p>	<p>Volunteering* Outdoor activities* Groups, clubs, and/or organizations of common interest</p> <p>Social media screening and plans</p>	<p>Cognitive Behavioral Therapy** (increase sense of belonging, decrease thought distortion, identify negative thoughts, dysfunctional and irrational beliefs, false attributions and self-defeating thought)</p> <p>Play Therapy*</p> <p>Mindfulness* (not specific to EL in</p>

	<b>Play Therapy</b>			literature)
<b>WMC Interventions</b>	<a href="https://www.improveyoursocialskills.com/">https://www.improveyoursocialskills.com/</a> <a href="https://www.activeminds.com/">https://www.activeminds.com/</a> JCMH/The Bridge Center for Play Therapy* Parks and Rec Library Book Club	PAC outreach calls* Health coaching 211 - <a href="https://www.211colorado.org/">https://www.211colorado.org/</a> Parks and Rec Library Book Club Walk2Connect	Volunteer on PAC Wildlands Restoration Volunteer in lobby (postponed) DRMAC (transportation) Walk2Connect WMC Weekend Wellness events <a href="https://www.activeminds.com/">https://www.activeminds.com/</a> Book Club	CBT/JCMH* HeartMath (Heart rate variability)* Mindfulness The Bridge Center for Play Therapy Chaplain counseling Animal Therapy
<b>Hypotheses of Barriers/Enablers</b>	Behavioral health issues (e.g. TBI, PTSD, social anxiety, ADHD, substance abuse) Disability (hearing*, vision) Cultural Language Over-excitabilities* (sensory, emotional, psychomotor, intellectual, imagination)	Finances Domestic violence Language COVID Social norms	Hearing* Transportation* Dental issues Disability Chronic illness Finances Retirement Time Social norms Social media (fewer in-person interactions) COVID (fewer in-person interactions) Technology-based*	Depression* Peer attachments* Finances Time Behavioral health issues COVID Social skills “Sense of Coherence” – Levels of: Optimism Confidence Comprehensiveness Meaningfulness

\*intervention studies with statistical significance - Resource: Cacioppo 2015

\* found in literature with some features of helpfulness

\* Card study results