

Mental Health Initiative



California
STATE LIBRARY

F O U N D E D 1 8 5 0

PRESERVING OUR HERITAGE. SHAPING OUR FUTURE

Intent



- Provide a variety of training opportunities that all public library staff and volunteers can access
- Increase mental health collection development
- Provide funding for healthcare workers in libraries
- Respond to public library needs

Training



- **Mental Health First Aid Trainings**
 - Instructor Certification Program
 - Local Mental Health Aid Trainings
- **Essentials at the Library**
- **Webinars**
- **Video Series**

Mental Health First Aid



Mental Health First Aid provides people outside the mental health profession with the skills and knowledge to support someone showing signs of a mental health challenge or mental health crisis.

Mental Health First Aid



The Mental Health First Aid Instructor Certification Program is a 5-day training that certifies each participant to teach the 8-hour Mental Health First Aid course to fellow library colleagues and community members.

Mental Health First Aid



YEAR 1 RESULTS:

- **3 Instructor Programs**
- **73 MHFA Instructors**
- **57 Local MHFA Trainings**
- **851 MHFA Trained Locally**
- **924 (Instructors and MHFA) Trained**

Essentials at the Library



- **Stigma of mental illness and the importance of responding to behaviors, rather than assuming that a patron is mentally ill based on his or her behavior**
- **Common mental disorders and symptoms, followed by a discussion of similar behaviors that might occur as a result of other health conditions that mimic mental disorders**

Essentials at the Library



- **Best practices for utilizing community partnerships to connect patrons with appropriate local resources.**
- **Mental health reference resources, mobile health apps, and social networking sites used by consumers as emotional support systems.**

Essentials at the Library



- **5 Trainings**
 - 1 CLA Pre-conference
 - 1 Oxnard
 - 1 Glendale
 - 2 Redding
- **105 Individuals participated**

Webinars



7 Webinars Provided

325 Individuals Participated

- **Veterans & Mental Health: Suicide Prevention**
- **Veterans & Mental Health: Learning About PTSD**
- **Teen Mental Illness 101**
- **Teen Suicide Prevention: How to Listen, Assess, and Guide Teens in Their Time of Need**

Webinars



- **The Community Resiliency Model: Becoming Trauma-Informed and Resiliency-Focused and Informed**
- **How to Use the Community Resiliency Model to Assist Youth in Need**
- **Understanding and Supporting Patrons with Autism Spectrum Disorder**

Webinars for Year 2



- Adverse Childhood Experiences (ACEs)
- Perinatal mood disorders

Video Training Series



Number of views = 30,155
(As of 4/29/2018)

- Video topics were identified by surveying over 400 public library staff
- Each episode can be used as a stand alone training tool or the entire series can be used to increase staff's understanding of mental illness and how to approach common situations that occur in public libraries

Video Training Series



- Mental health professionals, teen patrons, and library staff were interviewed for the videos to provide real world perspective
- The scenarios and themes in the videos are based off interactions and challenging situations that library staff have faced

Video Training Series



- **Welcome and Introduction**
- **Establishing a Positive Staff Culture Around Mental Health**
- **The Do's and Don'ts of Interacting with Patrons Affected by Mental Illness**
- **How to Establish Positive Relationships with Disruptive Patrons**

Video Training Series



- Exploring Compassion Fatigue
- Successfully Addressing Customer Complaints About Patrons Affected by Mental Illness
- Teen Mental Health
- New Approaches: how libraries are collaborating with their local mental health providers to engage patrons affected by mental illness

Video Training Series: Year 2



- **Video Themes:**
- **Natural and Human Made Disasters**
- **Bullying**
- **Mental Health Challenges LGBTQ Face**
- **New Approaches**
- **Mental Health 101**

Collection Development



2,279 collection items purchased

Funding to add to mental health collections, allowing patrons access to current information on specific mental illness topics, effective coping approaches and strategies, how to increase mental health and wellness, and find resources that counteract mental illness stigmas.

Healthcare Workers



Limited funding for hiring local health care workers/experts part-time to provide services and support directly to library patrons was given to 12 libraries. The healthcare workers provided three types of services to patrons, library staff and community members.

Healthcare Workers



2,289 hours served in public libraries

- **Direct (face to face) support to patrons affected by mental illness**
- **Update mental health resources for patrons affected by mental illness**
- **Strengthen and increase collaboration between the library/library system and community mental health organizations as well as agencies that provided supportive services to individuals affected by mental illness**

Mental Health Initiative Year 2 Overview



- **Training Videos**
- **Webinars**
- **MHFA Local Trainings**
- **Mental Health Activity and Pathfinder**
- **Community Health Fairs**

For More Information



www.library.ca.gov

<http://www.library.ca.gov/grants/lsta/all/>

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