**Mental Health First Aid and Trauma-Informed Approaches for Libraries** <https://www.webjunction.org/events/webjunction/mhfa-and-trauma-informed-approaches.html>

The mental health impacts of the pandemic are taking a toll on our communities, often compounding the physical and emotional effects of trauma experienced by many, including library patrons and staff. With increased understanding of mental health and trauma-informed care, library staff can be better prepared to provide unbiased service to those struggling to find help, information, and support. Join this webinar to learn how libraries can be better prepared to respond using the principles of trauma-informed care, and how [Mental Health First Aid](https://www.mentalhealthfirstaid.org/) can equip staff with the knowledge and confidence to communicate with compassion, even in difficult situations. Learn ways to apply a trauma-informed approach to library services, internal and external policies and practices, and how to build connections with other community providers.

Presented by: **Tiffany Russell** and **Anne Chapman**

|  |  |
| --- | --- |
| **What are your goals for viewing this webinar?** | |
| **Personal Goals** |  |
| **Team Goals** |  |
| **Understanding Trauma** | |
| Consider the Substance Abuse & Mental Health Services Administration (SAMHSA) definition of trauma: “Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.”  And in looking at the facets of the [3 Realms of ACEs](https://www.acesconnection.com/g/resource-center/blog/3-realms-of-aces-handout) from PACEs Connection, consider or discuss how your understanding of trauma (including your own trauma, or that of your colleagues and community members), both causes and effects, might impact your approach to library services. | |
| **The 4 R's of Trauma Informed Service** | |
| Consider the 4 R’s below and reflect on steps you or your team might take to apply them to library scenarios and services:  **Realize** - the impact of the trauma, and understand how it affects with families, groups, communities and the individual.    **Recognize** - the signs and symptoms of trauma in the individual, family members, staff and others involved with the system.  **Respond** - by integrating the principles and knowledge of trauma in policies, procedures and practices.  **Resist** - re-traumatizing the individual. | |
| **Applying the Trauma Informed Lens to Policies and Practices** | |
| Working to address staff and community trauma, how might your library help build resilience through more compassionate and inclusive policies and practices? Recognizing that trauma manifests in a multitude of ways, it might be helpful to begin by reflecting on a handful of “personas”. How are you currently applying a trauma informed lens in serving these populations?   * People with low socioeconomic status * Older adults or others who lack substantive familial/social support * Anyone with ongoing physical or mental health challenges * People experiencing homelessness * Members of marginalized or oppressed populations including black, indigenous and people of color (BIPOC), LGBTQ+ community, and victims of domestic violence/sexual assault   Review three your current policies (internal and external) and consider/discuss whether or not they are informed by trauma informed understanding, and how they might be updated. Who do your policies target? Are your policies enforced with equity?  Policy 1:  Policy 2:  Policy 3: | |
| **Mental Health First Aid Training** | |
| There are Mental Health First Aid training options available throughout the U.S. Explore the training calendar for resources in your area. And remember to check back for new opportunities that are scheduled! <https://www.mentalhealthfirstaid.org/take-a-course/>  Larger library systems/consortia can also consider having a staff member become an instructor through a train-the-trainer program. <https://www.mentalhealthfirstaid.org/become-an-instructor/> | |
| **Action Plan: (include next steps, who, when, etc.)** | |
|  | |