

December 17, 2019

# Community Health Challenges: Training, Language and Programming for Libraries





## **Tramaine El-Amin**

Assistant Vice President, Mental Health First Aid  
USA at National Council for Behavioral Health

---



## **Sheila Prevost**

Public Services Administrative Assistant,  
New Orleans Public Library

---



# Jessica Styons

Interim Executive Director/City Librarian,  
New Orleans Public Library

---



# Kendra Morgan

Senior Program Manager,  
WebJunction

---



**SMART Recovery®**

**Adult Event**

SMART Recovery groups empower people to achieve independence from addiction problems. This monthly meeting follows the SMART Recovery principles to help those in the Twinsburg and surrounding areas who would like help. No registration is needed.

Note: Family and friends are welcome to attend and observe, but support and participation are mainly for those suffering from addictions.

**Tuesday, Dec. 11th • 6 - 7 pm**  
**Bissell Local History Room**

10000 New Line | Twinsburg, OH 44097 | 330.222.0068 | recovery@smartrecovery.org



Photos courtesy: Blount County Public Library, Salt Lake County Library, Twinsburg Public Library, Everett Public Library, Kalamazoo Public Library

# Libraries and health

“Libraries and librarians contribute two particular strengths to advance a culture of health: accessibility and trustworthiness.”



Photo courtesy: Kalamazoo Public Library

Morgan, Anna, et al., Beyond Books: Public Libraries As Partners For Population Health. Health Affairs 25, No. 11 (2016) <https://www.healthaffairs.org/doi/10.1377/hlthaff.2016.0724>

# Public Libraries Respond to the Opioid Crisis with Their Communities



*IMLS National Leadership Grant LG-00-18-0298-18*

# Opportunities and challenges

Stigma

# Opportunities and challenges

Stigma

Funding

---

# LANGUAGE MATTERS

---

# Language Matters

<b>Do's</b>	<b>Don'ts</b>
<b>Substance use</b>	Substance abuse
<b>Individual with a Substance Use Disorder</b>	Addict, Junkie, Drug abuser, Druggie
<b>In recovery; In remission</b>	Clean, Staying clean
<b>Has a Substance Use Disorder</b>	Drug habit
<b>Positive drug test; Currently using substances</b>	Dirty drug test

# Addiction-ary

Made available by the Recovery Research Institute. One example entry with a (stigma alert):

## SUBSTANCE MISUSE

**(stigma alert)** The use of a substance for unintended or intended purposes in improper amounts or doses. Term has a stigma alert, as some people believe it implies negative judgement and blame. Instead, many recommend using the terms "substance use" or "non-medical use."

<https://www.recoveryanswers.org/addiction-ary/>

---

# PROGRAMMING

---

# Health programming/services at your library?

None, yet!

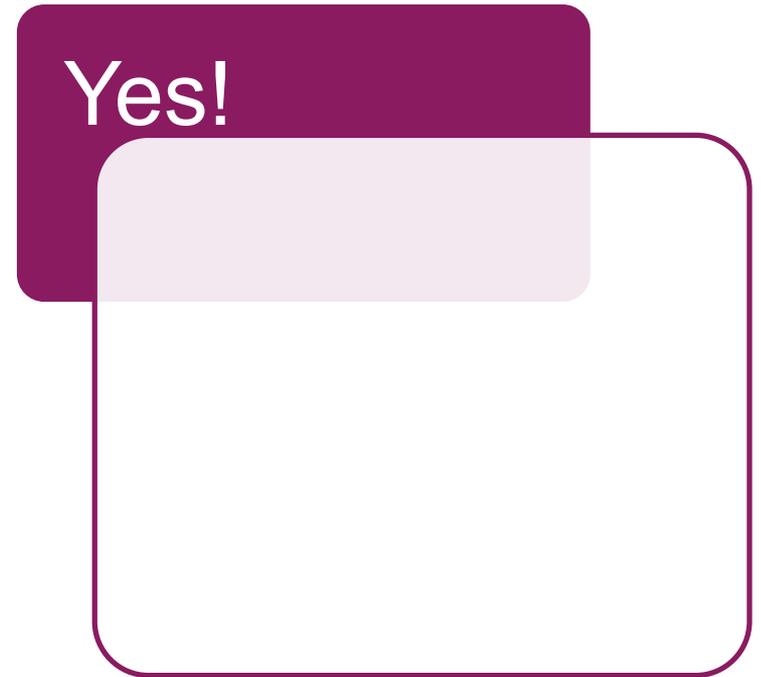
Yes!

# Opioid response programming/services at your library?

None, yet!



Yes!



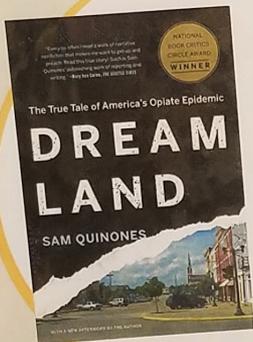
# IT'S TIME WE TALK

Connecting the community through a series of discussions and events promoting emotional well-being

For up-to-date information and locations visit [barringtonpubliclibrary.com](http://barringtonpubliclibrary.com)

## Book Discussion

All events are free!



Thursday, May 23 - 6:30 pm

### Community-wide book discussion

Dreamland is a book that chronicles the history of the opioid epidemic and how we ended up where we are now—RI has the 11th highest number of drug overdose deaths. Pre-registration is needed to meet the minimum required to Skype with author Sam Quinones.

Free copies available at the library.  
[www.samquinones.com/books/dreamland](http://www.samquinones.com/books/dreamland)

know the five signs.



#ChangeMentalHealth  
visit  
[www.changedirection.org](http://www.changedirection.org)

Made possible by a Rhode Island Foundation Community Grant, Friends of Barrington Public Library, Barrington Public Library, and The BAY Team

*It's Time We Talk* series

Included community book discussions, movie screenings, study nights.



Salt Lake County Library System  
*Use Only As Directed*, public  
awareness campaign.

“Opioids like these can cause physical  
dependency in just 7 days.”

# Access to naloxone

A large-scale national study showed that opioid overdose deaths decreased by 14% in states after they enacted naloxone access laws.

McClellan, C., et al., Opioid-overdose laws association with opioid use and overdose mortality. *Addictive Behaviors*, 2018. 86: p. 90-95. <https://www.ncbi.nlm.nih.gov/pubmed/29610001>

OPIOID  
OVERDOSES,  
NARCAN, &  
THE LIBRARY



**Why was  
Narcan  
training held  
at NOPL?**

- **We noticed on library-related Listservs that other libraries were participating in training to administer Narcan (naloxone).**
- **We realized how serious the opioid crisis is in New Orleans.**
- **We wanted another tool to save lives in a public space, just like CPR or AED training.**

# Approval Process

The NOPL Administration met with the Medical Director of NOHD.

Met with the City of New Orleans Legal Department to solicit their opinion.

Invited the Medical Director to our Board meeting to discuss the opioid epidemic.

The Medical Director issued a standing order to NOPL allowing for the staff to use or properly store the drug for one year.

NOHD offered trainings to the NOPL staff on a voluntary basis.

# City of New Orleans Attorney's Legal Opinion

Short answer: If the following requirements are met, the person administering the drug can be free of liability, as long as they were acting in good faith:

- Training of the library staff by a licensed medical professional who prescribes the drug
- A standing order given by that doctor allowing for the staff to use or properly store the drug for one year; and
- No fee or charge issued by the library for the drug



[Photo](#), licensed under [CC-BY-2.0](#)

# Who attended the training?

- The New Orleans Health Department and New Orleans Emergency Medical Services (NOEMS) have held 15 voluntary Narcan training sessions for the library staff.
- 119 staff members, from all 15 library locations, have attended the sessions and are now trained in administering Narcan.
- The New Orleans Health Department and Medical Reserve Corps offer Bystander Response training for the public once a month at the library.

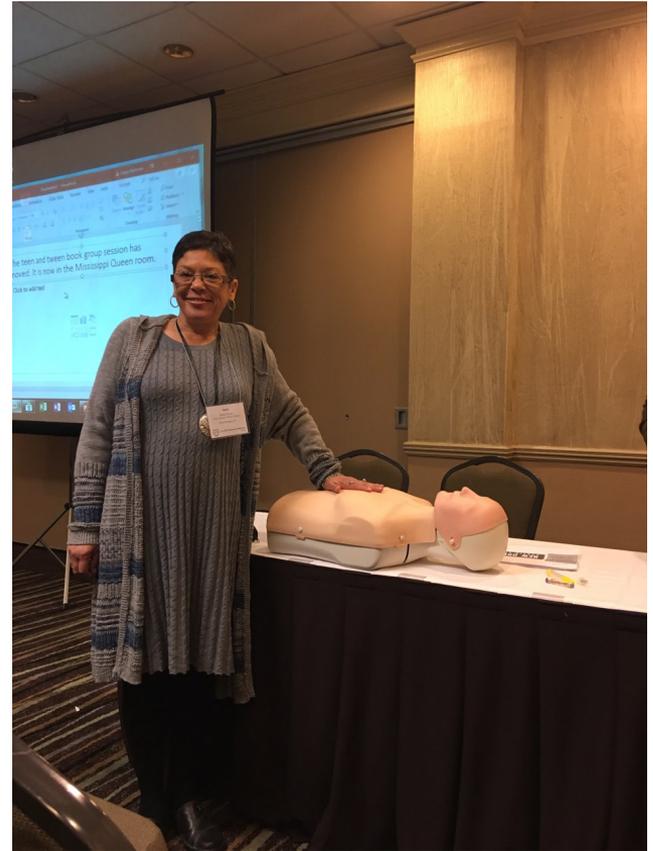


Photo courtesy New Orleans Public Library

How much  
does it cost to  
purchase  
Narcan?

- The needleless syringe and nasal atomizer cost approximately \$69 per dose (2 ml).
- NOPL's initial one-time investment in October 2017 was approximately \$2,300 for 35 doses.
- 8 doses at the Main, 2 on the outreach vehicles, and 4 doses at each of the other 14 library locations.
- NOEMS will replace any dosages that we administer.
- NOEMS will swap out our supply 6 months before it expires.
- The shelf life of Narcan is approximately 2 years.

Thank you for  
your time!



# **NARCAN**<sup>®</sup> (naloxone HCl) **NASAL SPRAY 4mg**

## **COMMUNITY PROGRAMS**

Numerous resources are available to aid in expanding public awareness and education.



*Public libraries in the United States are eligible to receive 1 carton of NARCAN<sup>®</sup> Nasal Spray (2 doses) along with educational materials to facilitate Opioid Awareness Training for the community.*

Image and content: <https://www.narcan.com/>

# Access to naloxone

“Laws designed to increase layperson engagement in opioid-overdose reversal were associated with reduced opioid-overdose mortality. We found no evidence that these measures were associated with increased non-medical opioid use.”



Photo courtesy: Peoria Public Library

McClellan, C., et al., Opioid-overdose laws association with opioid use and overdose mortality. Addictive Behaviors, 2018. 86: p. 90-95. <https://www.ncbi.nlm.nih.gov/pubmed/29610001>

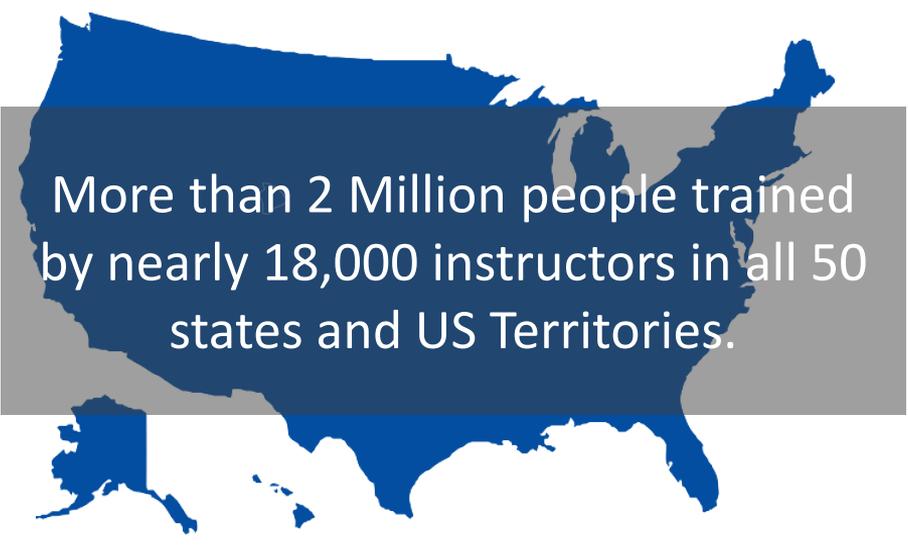
BE THE **1** TO MAKE A  
DIFFERENCE



USA  
MENTAL  
HEALTH  
FIRST AID\*

NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH  
MENTAL HEALTH FIRST AID  
*Healthy Minds. Strong Communities.*

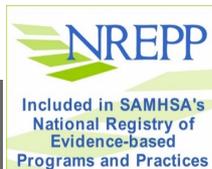
Tramaine EL-Amin, Assistant Vice President of Strategic Partnerships



More than 2 Million people trained  
by nearly 18,000 instructors in all 50  
states and US Territories.

**NATIONAL COUNCIL**  
FOR BEHAVIORAL HEALTH  
MENTAL HEALTH FIRST AID

*Healthy Minds. Strong Communities.*



60.7%  
General  
Populatio



17.4%  
Education



9.3%  
Public Safety



3%  
Faith  
Communities



2.6%  
Primary Care



7%  
Behavioral  
Health

# What is the level of MHFA activity in your area?

- A. MHFA instructors in our library or community
- B. No instructors in our library system, but courses are available
- C. No MHFA currently in our library system
- D. I'm unsure



**Mental Health First Aid®** is the help offered to a person experiencing a mental health challenge, mental disorder or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves.

*Mental Health First Aid® does not teach people to diagnose or to provide treatment.*





# Why Mental Health First Aid for *public libraries*?

---

- ✚ Serve as a **gathering place for the community**
- ✚ **Information hub and resource center** for people of all ages regardless of socioeconomic status
- ✚ Can provide an **essential link** to health care services by **identifying** individuals experiencing emotional problems, **improving coordination** with existing mental health resources, and **informing** individuals and their families of local supports available in their community

# MHFA in Public Libraries

Top 5 States	Number of Libraries
California	170
New York	99
Ohio	71
Illinois	62
Texas	60

-  **1,300+** libraries have held a MHFA training
-  **30,000+** participants have been trained in libraries
-  **California: ~170** libraries trained in MHFA
-  **New York: ~100** libraries trained in MHFA



# Case Examples: New York



## Pioneer Library System

- Have trained around 80 librarians in Youth MHFA
- New York Library Association was interested in holding MHFA at their annual conference in Rochester

## New York Library Association (NYLA)

- Offered Adult MHFA training as a pre-conference and CE workshop
- Trained 30 participants at their annual conference with an option to receive CE credits



NEW YORK LIBRARY ASSOCIATION  
*The Voice of the Library Community*

# Case Examples (cont.)

National Network of Libraries of Medicine (NNLM) awarded funding to New Jersey and Pennsylvania to offer MHFA trainings to libraries and library staff

## Pennsylvania

- ➊ Pennsylvania Behavioral Health and Aging Coalition (PBHAC) implemented four MHFA trainings at four rural libraries
- ➋ Trained up to 120 librarians

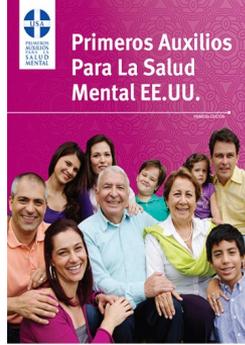
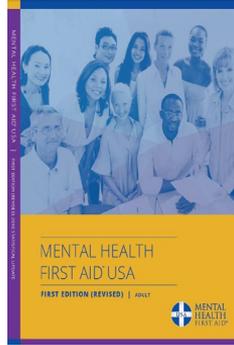
## New Jersey

- ➊ New Jersey State Library partnered with the Mental Health Association of New Jersey to offer MHFA to librarians
- ➋ Trained over 1,200 first aiders in libraries across the state

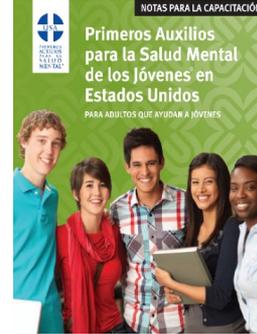
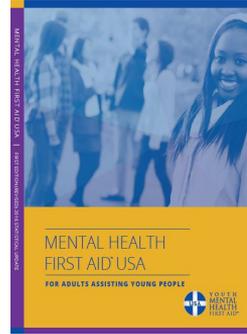


# Curricula and Curriculum Supplements

ADULT CURRICULA



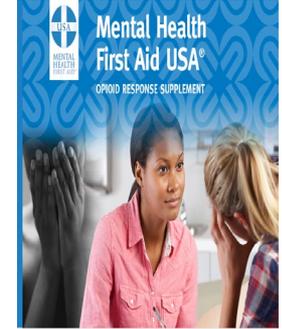
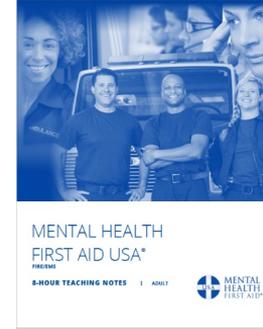
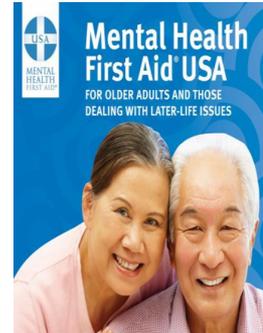
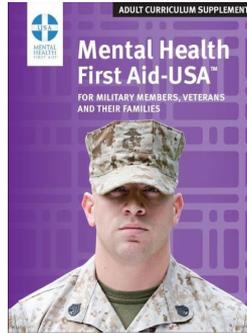
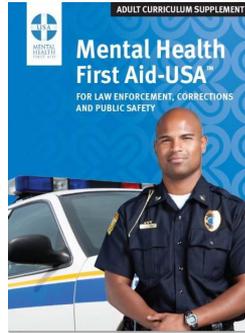
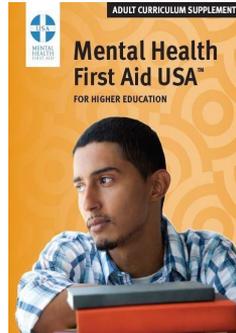
YOUTH CURRICULA



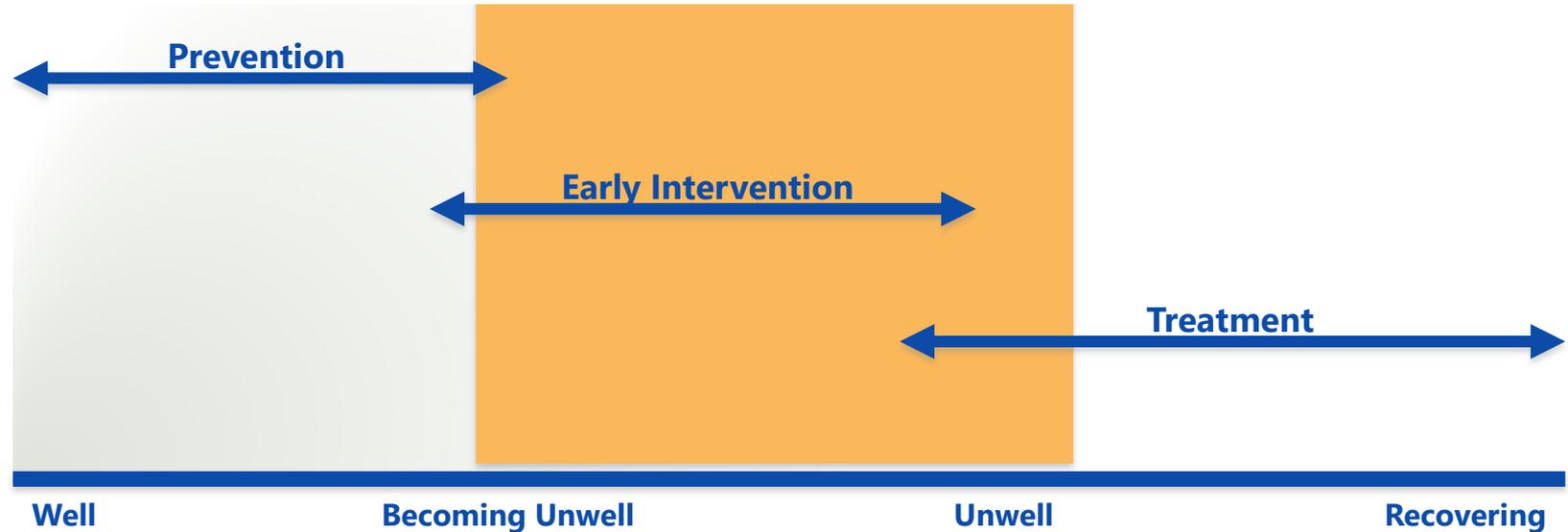
TEEN CURRICULA



ADULT CURRICULUM  
SUPPLEMENTS



# Where Mental Health First Aid Can Help



Where Mental Health First Aid can help on the spectrum of mental health interventions

# Curricula Overview

- ⊕ **Risk factors and warning signs** of mental health and substance use problems (including typical adolescent development in YMHFA),
- ⊕ **Information** on anxiety, depression, trauma, substance use (including opioids), non-suicidal self injury, disorders in which psychosis may occur, disruptive behavior disorders, (including ADHD for Youth MHFA), and eating disorders
- ⊕ **A 5-step action plan** to help someone who is developing a mental health problem or in crisis(e.g. suicide, panic attack or overdose)
- ⊕ Available evidence-based professional, peer and self-help **resources**

## Poll: Age of Onset #1

What do you think the median age of onset is for the following disorder?



### **Anxiety Disorders**

- A. Ages 8-12
- B. Ages 13-17
- C. Ages 18-24
- D. Ages 25-35

## Poll: Age of Onset #2

What do you think the median age of onset is for the following disorder?



### **Depression**

- A. Ages 8-12
- B. Ages 13-17
- C. Ages 18-24
- D. Ages 25-35

# Median Age of Onset

---

1/2 of all lifetime cases of mental illness begin by age 14; 3/4 by age 24.

- Anxiety Disorders – **Age 11**
  - Eating Disorders – Age 15
  - Substance Use Disorders – Age 20
  - Schizophrenia – Age 23
  - Bipolar – Age 25
  - Depression – **Age 32**
-

# Mental Health First Aid Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information



Encourage appropriate professional help



Encourage self-help and other support strategies



# What to look for...

## Signs

*What we may see*

**Weight change**

**Withdrawal from others**

**Irritability**

**Changes in self-care/appearance**

**Personality change**

**Tearfulness**

**Indecisiveness/confusion**

**Increased alcohol or drug use**

**Having a dramatic change in mood**

**Self-criticism**

## Symptoms

*What someone may feel*

**Sadness/anxiety**

**Low energy**

**Sleep disturbance**

**Appetite change**

**Headaches**

**Need for more of the substance over time**

**Physical Withdrawal**

**Unexplained aches and pains**

**Hopelessness**

**Helplessness**

**Thoughts of death and suicide**



## Curricula Overview *continued*: Opioid Response Insert

---

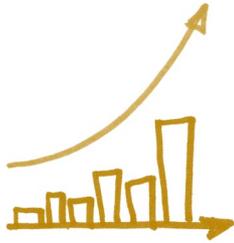
The Opioid Response Supplement teaches people how to **recognize** and **respond to risk factors** and the **signs and symptoms of an opioid overdose**.

They also learn how to administer the lifesaving opioid overdose antidote, Naloxone.

# Signs & Symptoms of an Overdose

Symptoms of a person being REALLY "HIGH"	Symptoms of a potential OVERDOSE
Muscles become relaxed; slow movement and reactions	Slow heart beat/pulse; pale, clammy skin; fingernails or lips turning blue
Speech is slowed/slurred	Deep snoring or gurgling (death rattle); very infrequent or no breathing
Sleepy looking but will respond to stimulation (yelling, sternal rub, pinching, etc.)	Extreme sleepiness, inability to awaken verbally or upon sternal rub (rubbing knuckles on center of chest or ribcage)
Nodding	<b>Heavy</b> nod, not responsive to stimulation

# MHFA Longitudinal Research and Evidence



*3 and 6  
months  
post-training*

- ▲ Increases in **confidence** and **likelihood** to perform the Mental Health First Aid action plan
- ▲ People with minimal or no past mental health training **gained the most knowledge**
- ▲ Increases in **referrals** and **assessing suicidality** and **safety**
- ▲ Positive change in their attitudes and beliefs towards mental illness demonstrating a **reduction in stigma**

# National Strategic Growth



## Federal Grant Programs

- 2014-2019: NITT Project AWARE (SEAs), Local Education Agencies (LEAs)
- 2019: Mental Health Awareness Training Grants (MHAT)



**BOYS & GIRLS CLUBS  
OF AMERICA**



## Regional, Statewide and Municipal

- Philadelphia: 20,000+ Trained
- New York City: 250,000 Pledge



# 2020 Curricula Updates

-  Updated Adult & Youth content  
*(including Elementary-Aged Content)*
-  Opioid Response Supplement
-  Blended Delivery Model
-  teen Mental Health First Aid

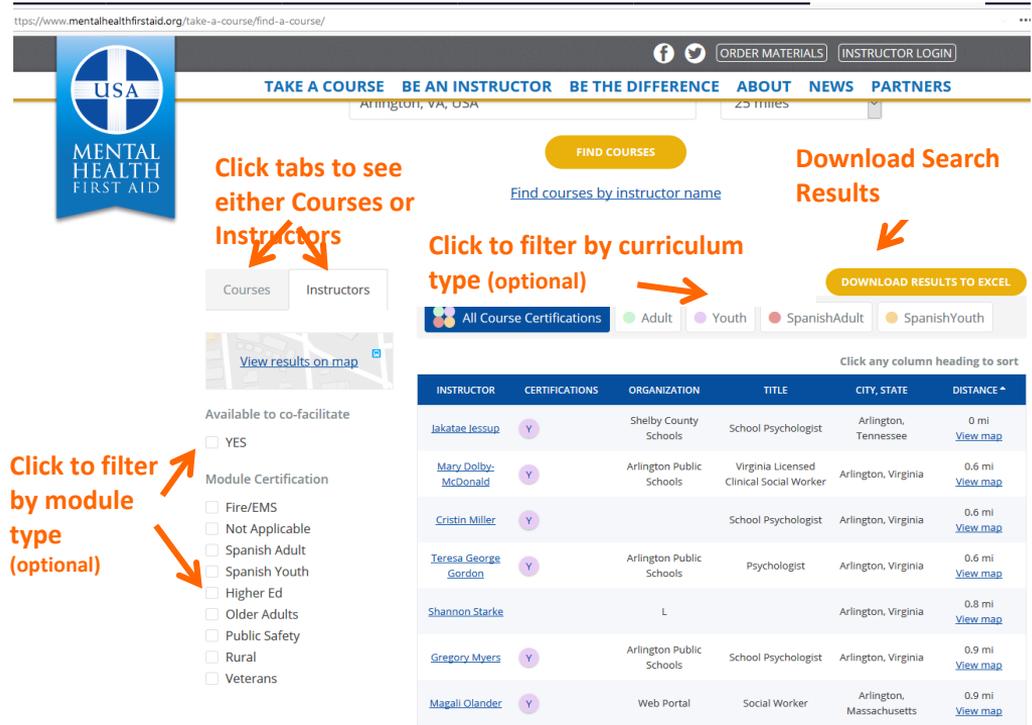


“I want teen Mental Health First Aid in every school in the country.”  
says Lady Gaga

**Lady Gaga’s Born this Way Foundation and the National Council for Behavioral Health** recently announced that they will expand teen Mental Health First Aid (tMHFA) to 20 additional high schools around the country this fall. The innovative new peer-to-peer program empowers young people to support each other in times of need or crisis.

# How to Find Area Courses or Instructors

1. Go to [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) and click “Find a Course”
2. Search by City, State or by Zip code and select the search area (“Distance from Me”)
3. A list of courses will appear. Click “Download to Excel” to download search results
4. To see a list of Instructors, click the **Instructors** tab. If desired, **filter instructors** by Certification. Click “Download to Excel” to download search results



https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/

USA MENTAL HEALTH FIRST AID

TAKE A COURSE BE AN INSTRUCTOR BE THE DIFFERENCE ABOUT NEWS PARTNERS

Arlington, VA, USA 25 miles

FIND COURSES

Download Search Results

Click tabs to see either Courses or Instructors

Click to filter by curriculum type (optional)

Download Results to Excel

View results on map

Available to co-facilitate

Module Certification

Click to filter by module type (optional)

INSTRUCTOR	CERTIFICATIONS	ORGANIZATION	TITLE	CITY, STATE	DISTANCE
<a href="#">Jakatae Jessup</a>	Y	Shelby County Schools	School Psychologist	Arlington, Tennessee	0 mi <a href="#">View map</a>
<a href="#">Mary Dolby-McDonald</a>	Y	Arlington Public Schools	Virginia Licensed Clinical Social Worker	Arlington, Virginia	0.6 mi <a href="#">View map</a>
<a href="#">Cristin Miller</a>	Y		School Psychologist	Arlington, Virginia	0.6 mi <a href="#">View map</a>
<a href="#">Teresa George-Gordon</a>	Y	Arlington Public Schools	Psychologist	Arlington, Virginia	0.6 mi <a href="#">View map</a>
<a href="#">Shannon Starke</a>		L		Arlington, Virginia	0.8 mi <a href="#">View map</a>
<a href="#">Gregory Myers</a>	Y	Arlington Public Schools	School Psychologist	Arlington, Virginia	0.9 mi <a href="#">View map</a>
<a href="#">Magali Olander</a>	Y	Web Portal	Social Worker	Arlington, Massachusetts	0.9 mi <a href="#">View map</a>

# How To Help...

## IN AN EMERGENCY OR CRISIS

**If you or someone you know tried to hurt themselves, get help immediately by calling 911**

If you or someone you know is having suicidal thoughts and needs to talk to a crisis counselor, please take advantage of these **free** resources:

**National Suicide Prevention Lifeline:** 800-273-8255 (TALK)

**Crisis Textline:** Text "MHFA" to 741741



Take a course. Save a life. Strengthen your community.



**#BeTheDifference**

For more information, to find a course  
or a list of certified instructors, visit

**[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)**



@NationalCouncil @MHFirstAidUSA



TramaineE@thenationalcouncil.org

# Thinking ahead

- Check out the Learner Guide!
- Acknowledging and understanding our own biases are important, especially when serving the public.
- Seek training for staff and public: naloxone, Mental Health First Aid, other community issues.
- There will always be another crisis, and being compassionate can always be a part of the response.

**Questions?**