Community Health Challenges: Training, Language and Programming for Libraries
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New Orleans Public Library

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Senior Program Manager,
WebJunction
"Libraries and librarians contribute two particular strengths to advance a culture of health: accessibility and trustworthiness."

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

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

Addiction Policy Forum, *Language Matters*
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 series

Included community book discussions, movie screenings, study nights.
“Opioids like these can cause physical dependency in just 7 days.”

Salt Lake County Library System

*Use Only As Directed*, public awareness campaign.

Photo courtesy: Salt County Library System
Access to naloxone

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

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

Image and content: [https://www.narcan.com/](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.”

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.
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

- **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

<table>
<thead>
<tr>
<th>Top 5 States</th>
<th>Number of Libraries</th>
</tr>
</thead>
<tbody>
<tr>
<td>California</td>
<td>170</td>
</tr>
<tr>
<td>New York</td>
<td>99</td>
</tr>
<tr>
<td>Ohio</td>
<td>71</td>
</tr>
<tr>
<td>Illinois</td>
<td>62</td>
</tr>
<tr>
<td>Texas</td>
<td>60</td>
</tr>
</tbody>
</table>
Case Examples: New York

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

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

**New Jersey**
- New Jersey State Library partnered with the Mental Health Association of New Jersey to offer MHFA to librarians
- Trained over 1,200 first aiders in libraries across the state
Curricula and Curriculum Supplements
Where Mental Health First Aid Can Help on the Spectrum of Mental Health Interventions

- Prevention
- Early Intervention
- Treatment

Well → Becoming Unwell → Unwell → Recovering

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

½ of all lifetime cases of mental illness begin by age 14; ¾ 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**
<table>
<thead>
<tr>
<th>Signs</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>What we may see</td>
<td>What someone may feel</td>
</tr>
<tr>
<td>Weight change</td>
<td>Sadness/anxiety</td>
</tr>
<tr>
<td>Withdrawal from others</td>
<td>Low energy</td>
</tr>
<tr>
<td>Irritability</td>
<td>Sleep disturbance</td>
</tr>
<tr>
<td>Changes in self-care/appearance</td>
<td>Appetite change</td>
</tr>
<tr>
<td>Personality change</td>
<td>Headaches</td>
</tr>
<tr>
<td>Tearfulness</td>
<td>Need for more of the substance over time</td>
</tr>
<tr>
<td>Indecisiveness/confusion</td>
<td>Physical Withdrawal</td>
</tr>
<tr>
<td>Increased alcohol or drug use</td>
<td>Unexplained aches and pains</td>
</tr>
<tr>
<td>Having a dramatic change in mood</td>
<td>Hopelessness</td>
</tr>
<tr>
<td>Self-criticism</td>
<td>Helplessness</td>
</tr>
<tr>
<td></td>
<td>Thoughts of death and suicide</td>
</tr>
</tbody>
</table>
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

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

- 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)

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
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.

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