

Presenters



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Mental Health First Aid

Anne Chapman, MPH - Director, Strategic Partnerships

National Council for Behavioral Health

We are the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services.

The National Council is committed to all Americans having access to comprehensive, high-quality care that affords every opportunity for recovery.

The National Council introduced **Mental Health First Aid USA** in 2008.



NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

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?

Mental health problems are
COMMON.

Learn how to **NOTICE** when
someone needs help

STIGMA is associated with mental
health problems.

Promote **UNDERSTANDING.**

PROFESSIONAL HELP is not always
on hand.

Encourage community members to
SUPPORT ONE ANOTHER.

Individuals with mental health
problems often **DO NOT SEEK HELP**

Help more people **GET THE HELP
THEY NEED.**

Many people are not well informed
and don't know **HOW TO RESPOND.**

Learn how to **INTERVENE.** You
might **SAVE A LIFE.**



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	84
Illinois	69
Texas	73

- 🇺🇸 **1,450+** libraries have held a MHFA training
- 🇺🇸 **36,000+** participants have been trained in libraries
- 🇺🇸 **California: ~170** libraries trained in MHFA
- 🇺🇸 **New York: ~100** libraries trained in MHFA



Utilizing MHFA in Rural Communities





Rural Mental Health in US

Rural/urban rates
of Mental Health
Disorders are the
same

Stigma and lack of
anonymity

80-90% of BH
providers work in
urban areas

Major challenges to
landscape of family
farming

Suicide rate 3.5
times that of
general population

Farming
communities are
changing

2.5 Million

Mental Health First Aiders

Trained!



Curricula Overview



- **Risk factors and warning signs** of mental health and substance use problems.
- **Information** on anxiety, depression, trauma, substance use (including opioids), non-suicidal self injury, disorders in which psychosis may occur, disruptive behavior disorders and eating disorders.
- **A 5-step Action Plan** to help someone who is developing a mental health problem or is in crisis.
- Available evidence-based professional, peer and self-help **resources**.

Curricula Options

CURRICULA

- **Adult** Mental Health First Aid 18+ ENGLISH and SPANISH
- **Youth** Mental Health First Aid Adults → K-12 ENGLISH and SPANISH
- **Teen** Mental Health First Aid Teens → Grades 10-12

MHFA DELIVERY PATHWAYS

- **In-Person*** 6.5-8 hours ADULT/ YOUTH/ TEEN
- **Virtual** 2 hours self-paced + 6 hours video conference ADULT/ YOUTH/ TEEN
- **Blended** 2 hours self-paced + 4 hours in person ADULT/ YOUTH

**Please note that all Instructor trainings are currently conducted in a virtual format.*

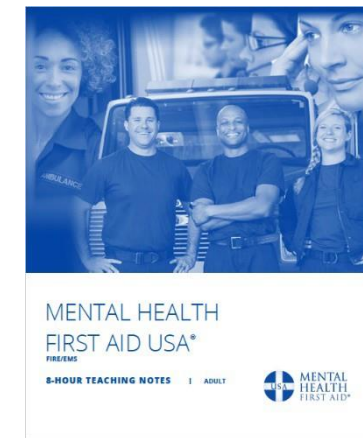
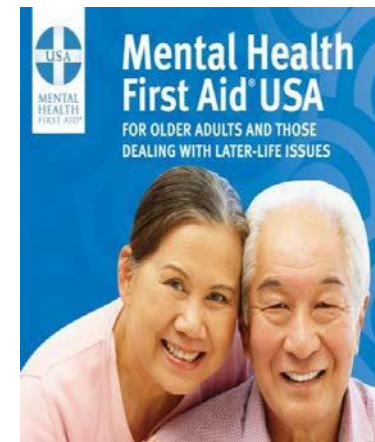
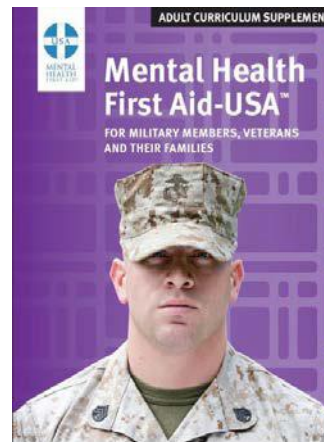
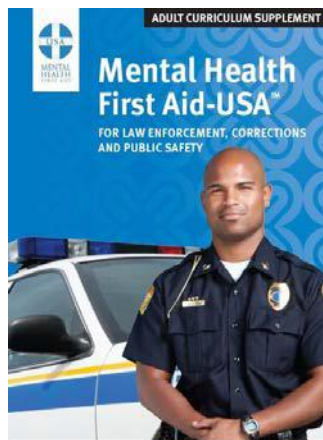
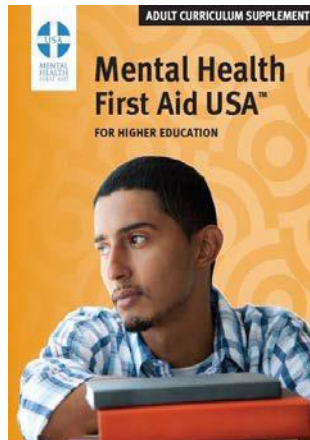
Curricula Enhancements (2020)

- Manual Updates
- Participant Processing Guides
- Centralized Crisis Sections
- Cultural Considerations
- Impact of Trauma
- Recovery
- Self-Care



Adult Curriculum Supplements

- Customized outreach to specific audiences
- Tailored content including scenarios
- Population-specific resources and statistics



How to Find Area Courses or Instructors

1. Go to 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

The screenshot shows the 'Find a Course' page on the Mental Health First Aid website. The URL is <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>. The page features a navigation bar with links: TAKE A COURSE, BE AN INSTRUCTOR, BE THE DIFFERENCE, ABOUT, NEWS, PARTNERS. Below the navigation bar, there are search filters for City, State, and Zip code, with a dropdown menu for 'Distance from Me' set to 25 miles. A 'FIND COURSES' button is prominently displayed. To the left of the main content area, there are tabs for 'Courses' and 'Instructors'. Below these tabs, there is a 'View results on map' button. To the right of the 'FIND COURSES' button, there is a 'Download Search Results' button. Below the 'Download Search Results' button, there is a 'Click to filter by curriculum type (optional)' section with buttons for 'All Course Certifications', 'Adult', 'Youth', 'SpanishAdult', and 'SpanishYouth'. Below this section, there is a 'Click any column heading to sort' section with a table of search results. The table has columns: INSTRUCTOR, CERTIFICATIONS, ORGANIZATION, TITLE, CITY, STATE, and DISTANCE. The table lists several instructors and their details. Annotations with orange arrows point to the 'Courses' and 'Instructors' tabs, the 'Download Search Results' button, the 'Click to filter by curriculum type (optional)' section, and the 'Click to filter by module type (optional)' section.

Click tabs to see either Courses or Instructors

Download Search Results

Click to filter by curriculum type (optional)

Click to filter by module type (optional)

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

3,2,1- Mental Health Call to Action!

3

self care activities that you
can do in the next 7 days

2

supports you can call
you can check in with if
you need to

1

goal about mental health
awareness to work toward
during the next 12 months
in your club



Thank You!

Contact: Hello@MentalHealthFirstAid.org



Trauma-Informed Approach in Libraries

TIFFANY RUSSELL, LMSW

Before we begin...

- ▶ Introduction

- ▶ Exercise

Let's take a moment to...

JUST
breathe



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.

- From the Substance Abuse & Mental Health Services Administration
(SAMHSA)

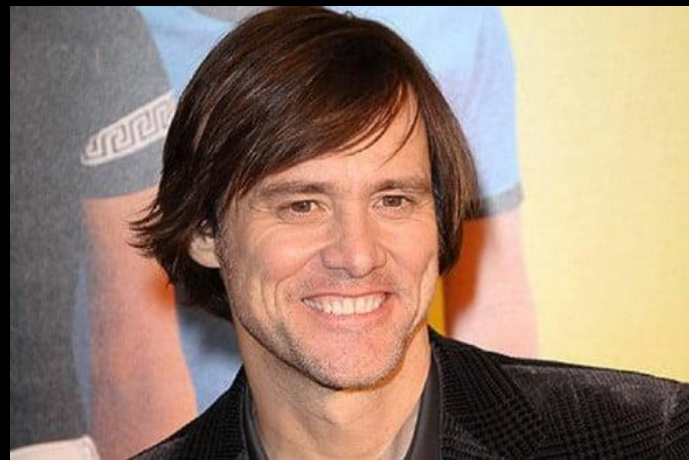


Did You Know?
The word "**trauma**" comes from the **Greek** word for "**wound**."
It has evolved over the years to encompass both physical and emotional wounds.



□ Who is affected by trauma?

□ What does trauma look like?



Trauma does not discriminate

- Most people will experience some form of trauma during their life
- 3 types of trauma – Acute, Chronic, Complex
- ACES – Adverse Childhood Experience Study

Other sources of trauma

- Generational poverty
- Structural and systemic racism
- Discrimination based on gender identity
- Homophobia
- Xenophobia
- Racism
- Ableism
- Sexism
- Child abuse
- Intimate partner violence
- Immigration
- Global pandemics

3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.



Effects of trauma

- Disrupts healthy development
- Affects relationships and family stability
- Mental health issues – depression, anxiety, agoraphobia, etc.
- Substance abuse issues
- Divorce
- Child abuse
- Increase in crime
- Poverty
- Unemployment
- Produce multi-generations of people with untreated trauma

Why is it important to understand trauma?

“Since **trauma** can have serious effects on health, behaviors, relationships, work, school, and other aspects of life, it is **important** for behavioral health, health care, and other providers to gain the knowledge and skills needed to promote healing, recovery, and wellness.”
(SAMHSA)

Why is it important to understand trauma?

Shape our interactions with people we serve

Helps to eliminate judgement, stereotypes and biases

Helps us understand why people respond the way they do

Prevents retraumatizing individuals

Helps build trust with patrons



Where
do we
begin?

The 4 R's of Trauma Informed Service

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 Trauma Informed Approaches...

BEGIN WITH A PERSON-CENTERED APPROACH

“Person-centered care...means consumers have control over their services, including the amount, duration, and scope of services, as well as choice of providers. Person-centered care also is respectful and responsive to the cultural, linguistic, and other social and environmental needs of the individual.” –

SAMHSA

A person is placed at the center of a service

Treated as a person first – not their circumstance or label

How do we respond to patrons experiencing trauma?



Applying trauma informed lens to policies and practices...

Have discussions about policies and who they target.

Are your policies enforced with equity?

**“What’s
wrong with
you?”**

to

**“What
happened
to you?”**

The same approach can not be used for everyone.

Each individual has their own unique story.

The more we learn about individuals and trauma –
the more equipped we are to serve them.



Key Takeaways

- Definition of trauma
- Who experiences trauma?
- Trauma can cause of other physical, mental disorders
- Importance of understanding trauma
- Changing the way we respond to and think about trauma – What's happened? vs. What's wrong?
- Commitment to continuing the work – it is a process.



Thank you!

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