






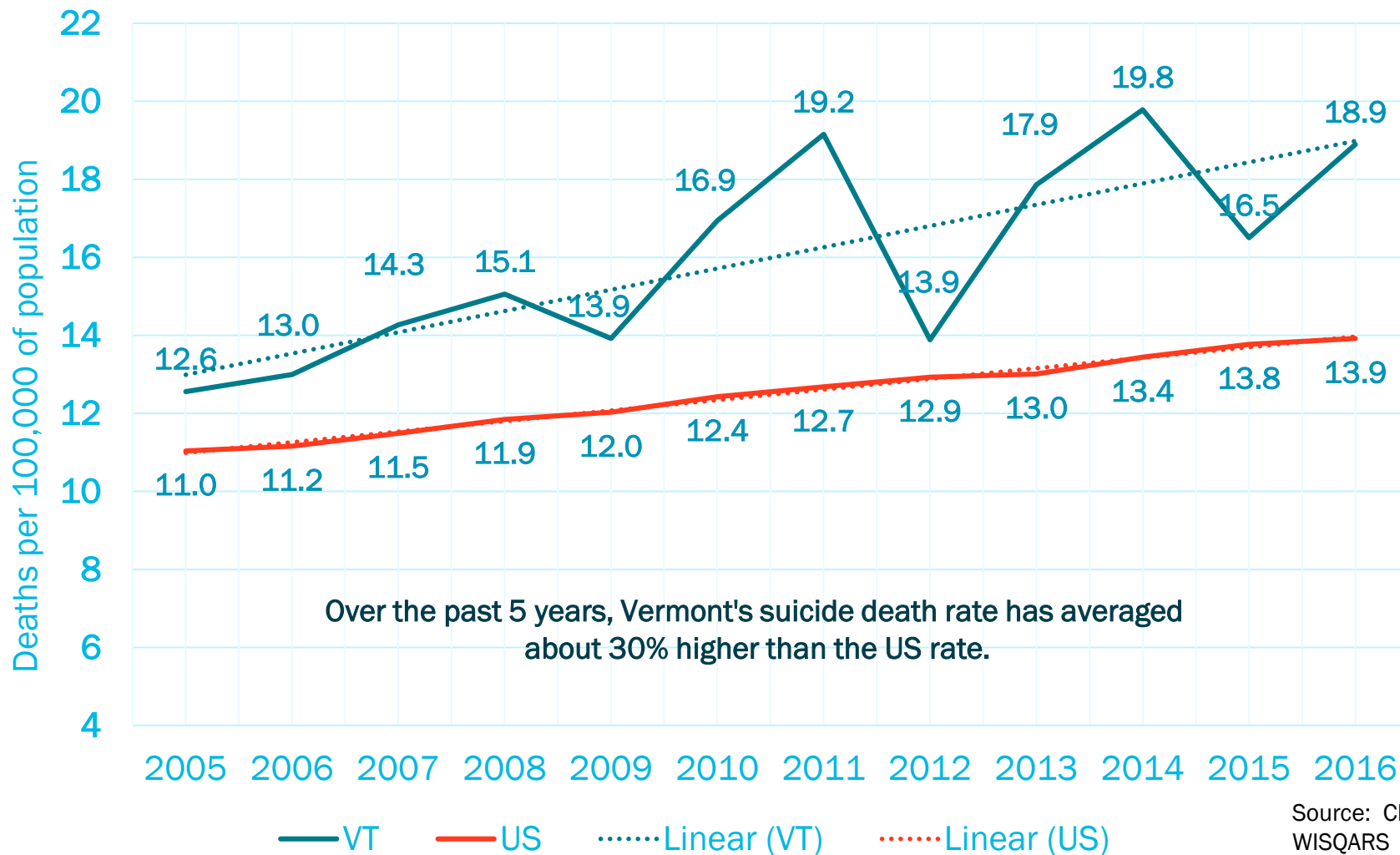
Start a Mental Health Conversation at Your Library

Susanna Kahn, Charlotte Library
Charlotte McCorkel, Howard Center

Overview of Vermont Data

-  Youth Risk Behavior Survey
-  Opiate Epidemic
-  Community Health Needs Assessment
-  Healthy Vermont 2020
-  Suicide Rates

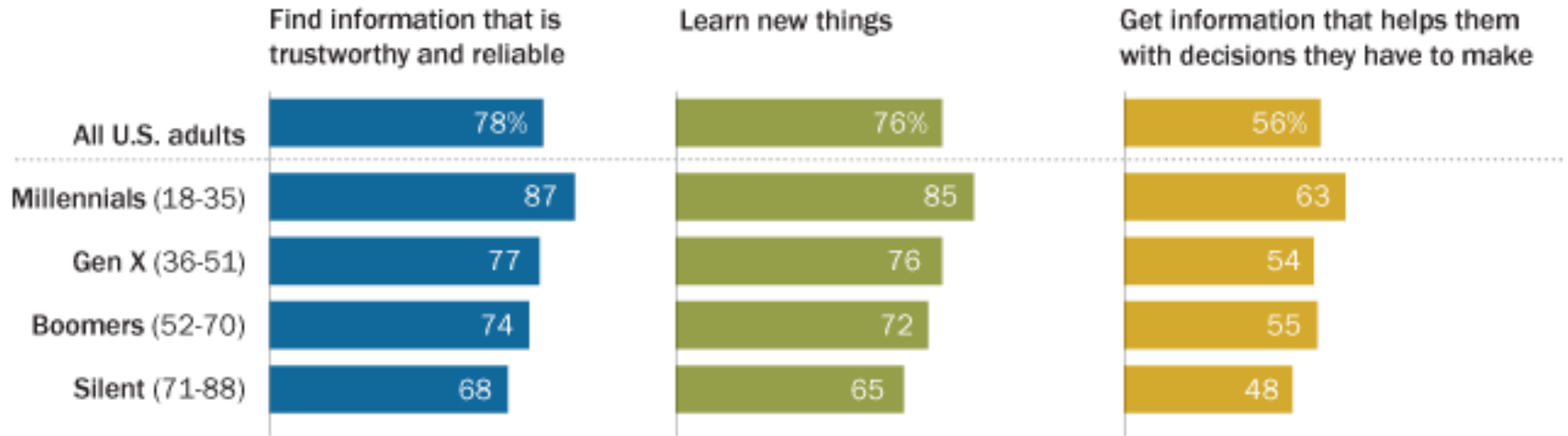
Vermont and US Suicide Death Rates 2005-2016 (per 100,000 people)



Trends

Why Host a Mental Health Program?

% of adults who say they think the public library helps them ...



Source: Survey conducted Sept. 29-Nov. 6, 2016.

PEW RESEARCH CENTER

Privacy is Our Policy

F. Privacy of Patron Records

Note that state law adopted in 2008 makes a library patron's registration records and patron transaction records confidential. 22 V.S.A. § 172. In addition, for municipal public libraries, these records are exempt from disclosure under Vermont's public records law. 1 V.S.A. § 317(c)(19).

The new statute provides that, unless authorized by other provisions of law, the library's officers, employees, and volunteers may not disclose information provided by a patron to sign up for a library card or information about what they have viewed or borrowed. The only exceptions to this rule is if the library obtains the written permission of the particular library patron or if the disclosure is in response to a judge's order or a warrant directing disclosure, or upon request of a parent or guardian of a minor who is under the age of 16. In addition, school libraries must disclose records to parents or guardians of the students in accordance with the federal Family Education Rights and Privacy Act. Individuals whose records have been improperly disclosed have the right to sue the library in superior court. 22 V.S.A. § 173.

The law makes it clear that the officers, employees, volunteers, and agents of the library may have access to patron records to the extent it is necessary for the administration of the library. In addition libraries may still collect and publish statistical information related to the patronage, circulation activities, and use of library services, so long as it does not contain the names of patrons or any other personally identifying information.

Programming Ideas – Partnerships



Programming Ideas – Books on Display



Book list:
<https://bit.ly/2IJsvA6>

Programming Ideas – Community Conversations



Mental Health Conversations

Risk & Resilience Panel Discussion

TUESDAY, FEBRUARY 5 @ 7PM



Join us for a panel discussion with experts in anxiety treatment, suicide prevention, and resilience building. Learn about what to look for (signs and symptoms) and how to start a conversation with a loved one. There will be time for questions.



**ANXIETY
REDUCTION**

Joanne Wolfe
MA, M.Ed, Licensed Psychologist



**SUICIDE
PREVENTION**

Charlotte McCorkel
LICSW, Project Director of
Integration, Howard Center



**RESILIENCE
BUILDING**

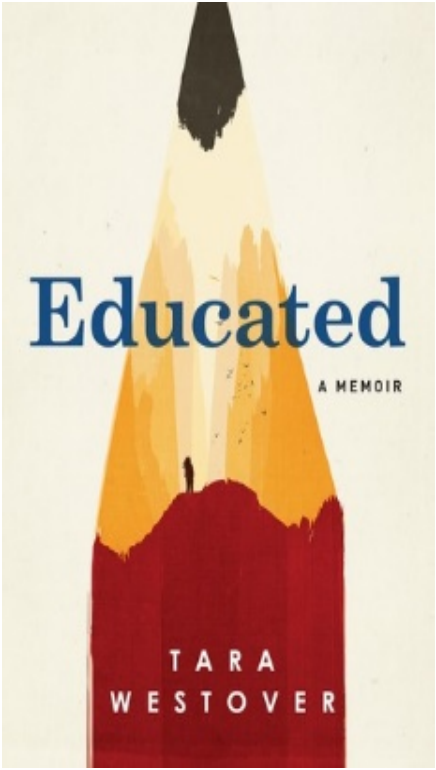
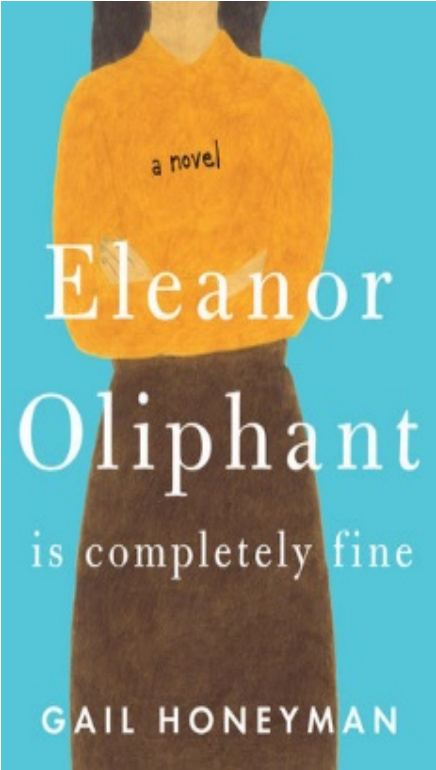
Eliza Pillard
LICSW, Family Wellness Coach,
Vermont Center for Children, Youth
& Families at UVM Medical Center

Refreshments Served & Childcare Provided



This project is funded in part by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Cooperative Agreement Number UG4LM012347 with the University of Massachusetts Medical School, Worcester.




Programming Ideas- Book Discussions & Book Group Discussion Kits



Private Access to Information– Website

HOME MY ACCOUNT ▾ AT THE LIBRARY ▾ ONLINE RESOURCES ▾ KIDS ▾ TEENS ▾ SUPPORT THE

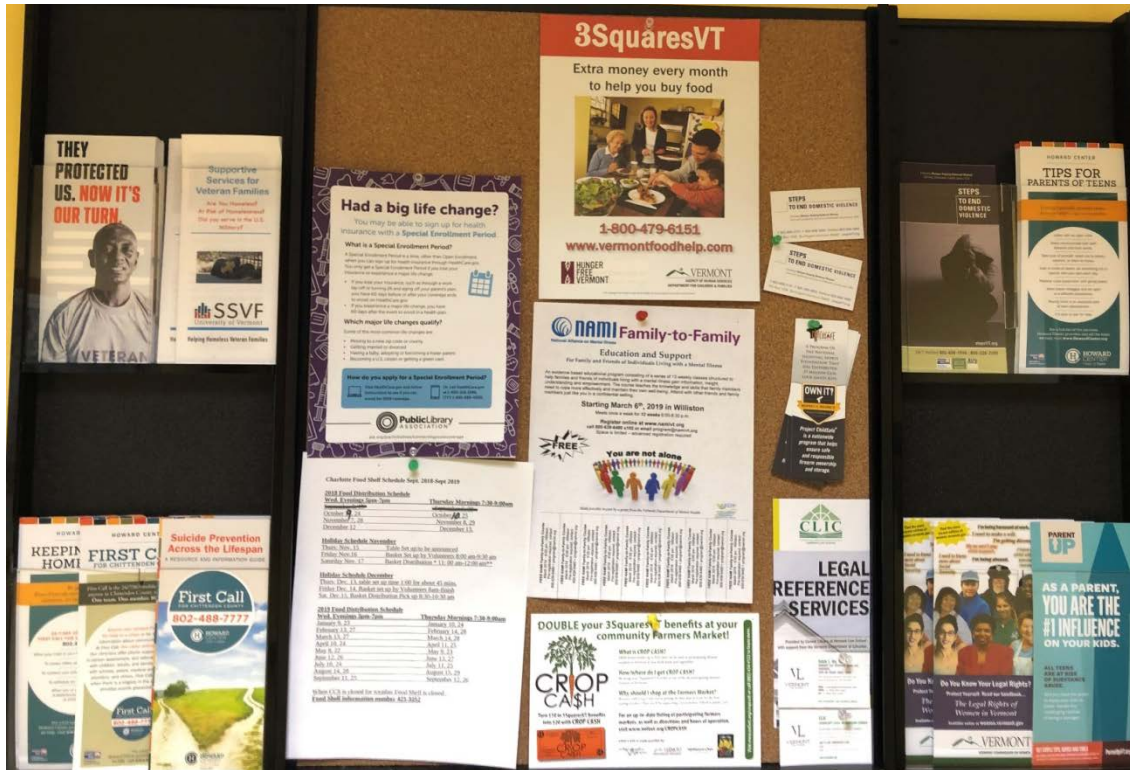
- 5 Action Steps for Helping Someone in Emotional Pain
- It's Time to Talk About It: A Family Guide for Youth Suicide Prevention
- Lifeline
- Mental Health & Teens: Watch for Danger Signs
- NIMH (National Institute of Mental Health) Answers Questions About Suicide
- Project HOePpnEr
- Suicide Prevention Across the Lifespan (PDF)
- Suicide Prevention Resources for Survivors of Suicide Loss(PDF)
- The Trevor Project
- Veterans Crisis Line



The image displays three logos for mental health resources. On the left is the 'First Call for Chittenden County' logo, which is circular and green with white text, including the phone number 802-488-7777 and the Howard Center logo. In the center is the 'National Suicide Prevention Lifeline' logo, featuring the word 'SUICIDE' in large black letters with a green outline, 'PREVENTION' in smaller black letters, and 'LIFELINE' in large green letters, with the phone number 1-800-273-TALK (8255) and the website suicidepreventionlifeline.org below. On the right is the 'Veterans Crisis Line' logo, which includes a blue speech bubble with a white star, a grid of red dots, the phone number 1-800-273-8255, and the word 'PRESS' followed by a red circle with a white exclamation mark.

<https://www.charlottepubliclibrary.org/mental-health-resources/>

Private Access to Information

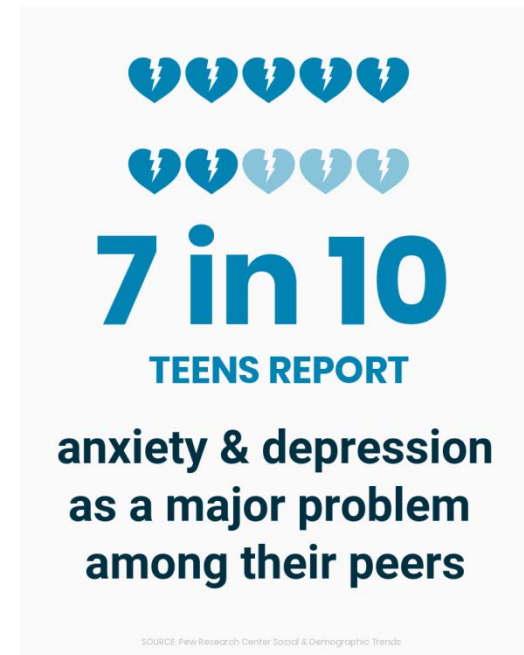


Bulletin board in library bathroom



Publicity Strategies






- Wellness page on website
- Name recognition of community members
- Partnerships
- Social media
- Displays



Impact



Important Numbers

-  Local Crisis Team 24/7 Hotline
-  Vermont Crisis Text Line: 741741
-  National Suicide Prevention Lifeline: 800-273-TALK (8255)
-  Vermont 2-1-1
-  Designated Agency Intake Number

Action Steps

- Share important numbers
- Make gun locks available
- Promote prevention messaging AND resilience
- Develop new partnership relationships
- Fight stigma – we all need help at some point

Questions & Discussion