Libraries as Mental Health Hubs in Rural Michigan

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Objectives

- Describe the library's role as a community resource center.
- Recognize substance use disorder and naloxone stigma and learn strategies to combat it.
- Understand the role of community partnerships and technology in improving mental health access and substance use disorder services.



Word Cloud

- In one-word answers, tell us what makes your library a vital community space.
- Scan the QR code to add your answers to the Word Cloud.







Project Description



Libraries as Mental Health Hubs

Michigan Health Endowment Fund Behavioral Health Initiative grant focused on creating mental health hubs in rural libraries by:

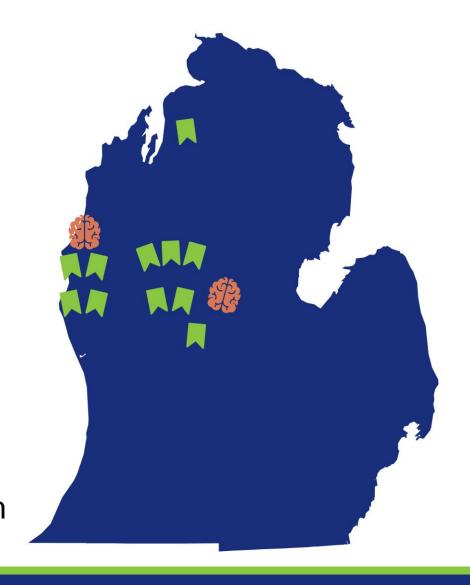
- Training library staff in mental health first aid and naloxone administration.
- Connecting library patrons to social work services.
- Equipping libraries with naloxone boxes to address overdoses, tablets and hotspots for connection to mental health services.
- Hosting community awareness events centered around mental health education for children and older adults.





Library and Partner Locations

- Libraries
- Community Mental Health Service Providers
- Area Agency on Aging of Western Michigan
- Corewell Health
- Families Against Narcotics
- Michigan 2-1-1
- Mid-Michigan Library League
- Northern Michigan Opioid Response Consortium





Training

- Mental Health First Aid (MHFA):
 - Three libraries hosted MHFA
 - Three libraries have MHFA planned
 - 22 staff members from nine libraries took MHFA
 - Staff from two libraries planning to take MHFA
- Naloxone administration:
 - Staff from nine libraries completed
 - One library declined
 - One library pending
- Caring for the Mind
- Partner meeting presentations: 2-1-1, MiHope Portal, and Stay Well program



WHAT:

This eight-hour training course covers the following information:

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Content about trauma, substance use, and selfcare.

This course is eligible for six contact hours of continuing education credit. Certificates of Completion awarded by the National Council for Mental Wellbeing.

WHERE: Big Rapids Community Library 426 S. Michigan Ave., Big Rapids, MI 49307 Contact the library to register at 1 (231) 796-1055.

WHEN: Thursday, April 20 8:00 a.m. to 4:30 p.m.

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults.

WHO NEEDS MENTAL HEALTH FIRST AID?

- · Employers
- · Police Officers
- · Hospital Staff
- · First Responders
- · Caring individuals





Events

All Libraries have hosted or will host community events:

- Mental Health Awareness Month 2022 and 2023
- Substance Use Disorder Education
- Suicide Awareness and Prevention
- Families Against Narcotics/Hope Not Handcuffs
- 2-1-1 services
- Stress Management During the Holidays
- Future: Area Agency on Aging of Western Michigan; more MHFA, Stay Well



Access to Care

- Stipends for tablets and hotspots were requested by six libraries.
- Posters were placed in local Corewell Health physician offices.
- Posters were placed in the libraries describing how to access Community Mental Health (CMH).
 - Featured links to free mental health apps: MoodFit and myStrength
- Still a need for in-person services at the libraries.



Visit the library for your telehealth appointment!

These libraries can help you get connected:

Evart Public Library
Big Rapids Community Library
LeRoy Community Library
Marion Public Library
Morton Township Library

A telehealth visit at the library is a great option, if:

- You don't need to see a healthcare provider in person.
- You want a safe, private and comfortable place for your visit.
- You need internet access or technology for your visit.
- You have transportation to the library.

Talk to your care team about scheduling a telehealth visit, today!



Your library is ready to help!





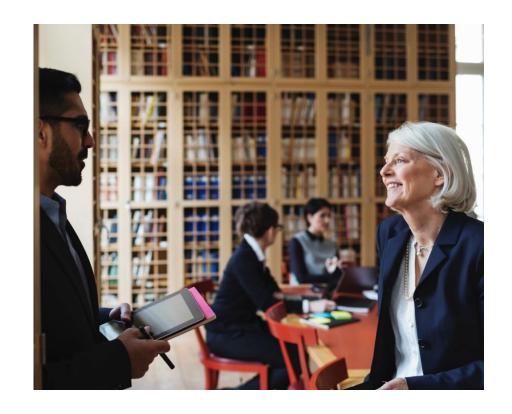


Library's Role



Why Libraries?

- Staff is trusted among community members
- Free space for anyone to go
- Host community events
- "Go-to" for information and connections to community resources in rural areas
 - Serve as an untapped resource for behavioral health needs
- Centrally located





Unexpected Needs

- Encountering patrons with food and housing insecurity
- Addressing social needs outside of their scope
- Experiencing more aggressive/agitated behaviors
- Being a mental and behavioral health resource for the community
- Fearing violence toward staff





Combatting Stigma



Stigma

- Conversations with library directors revealed concerns about the following:
 - Learning how to administer naloxone meant "giving shots";
 - Attracting people with substance use disorder or break-ins to get naloxone; and
 - Assuming the project is just about naloxone.
- Breaking down barriers with messaging, such as:
 - Naloxone boxes are similar to AEDs.
 - Naloxone has no street value.
 - Governor Whitmer signed a bill that allows public libraries to purchase, possess, and distribute opioid antagonists and allows properly trained individuals to administer opioid antagonists.
 - No risk with administering naloxone, even if the recipient is not overdosing.
- We learned that opioid use had touched several project partners.





Community Partnerships



From Hubs to Networks

- Connections between community resources, libraries, and CMH strengthened.
- Connections between local libraries led to resource sharing.
- Hosting events creates long-lasting relationships for future events.
- Libraries are more aware of what is available to their community, e.g., 2-1-1, StayWell, and MiHope Portal.
- Collaborating with a large group of organizations helps push the project forward – "Coalition Building."
- Word spread and other libraries asked to join the project!







Sustainability and Expansion

- Identify free resources in your community
- Advertise events and services
- Connect the library with the CMH
- Work with local physician offices
- Advocate at the state level for services





Word Cloud

 What other types of services do you think would be helpful to have at your local library?

 Scan the QR code to add your answers to the Word Cloud.







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