

# 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 self-care.

**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

# Combating 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!




**West Michigan Community Mental Health**  
For information on services, call 1 (800) 992-2016 or scan the QR code.



**National Suicide Prevention Hotline**  
Offers free confidential support. Call 988.

**United Way**  
Provides information about local resources. Call 211.





# 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.



# Questions

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