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
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.
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
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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