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)

Over the past 5 years, Vermont's suicide death rate has averaged about 30% higher than the US rate.

Source: CDC WISQARS
Trends
Why Host a Mental Health Program?

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

<table>
<thead>
<tr>
<th></th>
<th>Find information that is trustworthy and reliable</th>
<th>Learn new things</th>
<th>Get information that helps them with decisions they have to make</th>
</tr>
</thead>
<tbody>
<tr>
<td>All U.S. adults</td>
<td>78%</td>
<td>76%</td>
<td>56%</td>
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<tr>
<td>Millennials (18-35)</td>
<td>87%</td>
<td>85%</td>
<td>63%</td>
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<td>Gen X (36-51)</td>
<td>77%</td>
<td>76%</td>
<td>54%</td>
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<tr>
<td>Boomers (52-70)</td>
<td>74%</td>
<td>72%</td>
<td>55%</td>
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<tr>
<td>Silent (71-88)</td>
<td>68%</td>
<td>65%</td>
<td>48%</td>
</tr>
</tbody>
</table>

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

PEW RESEARCH CENTER
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:
Programming Ideas
Book Discussions & Book Group Discussion Kits

Eleanor Oliphant is completely fine
Gail Honeyman

Everything Here Is Beautiful
Mira T. Lee

Educated
Tara Westover

Lori Gottlieb

Maybe You Should Talk to Someone
A Therapist, Her Therapist, and Our Lives Revealed
Private Access to Information–Website

- 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

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