

Adult & Teen Wellness Kits

Providing mental health resources for the communities we serve.



Lauren Silva
Ada Community Library



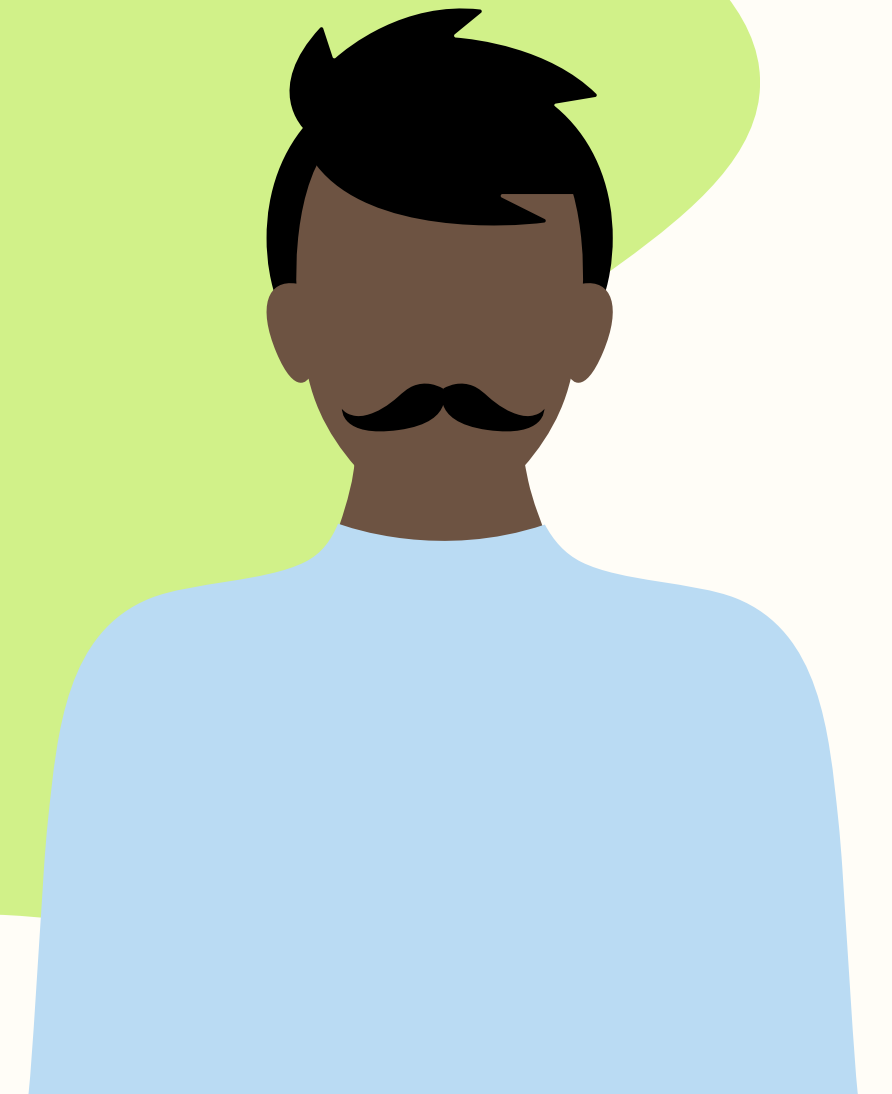
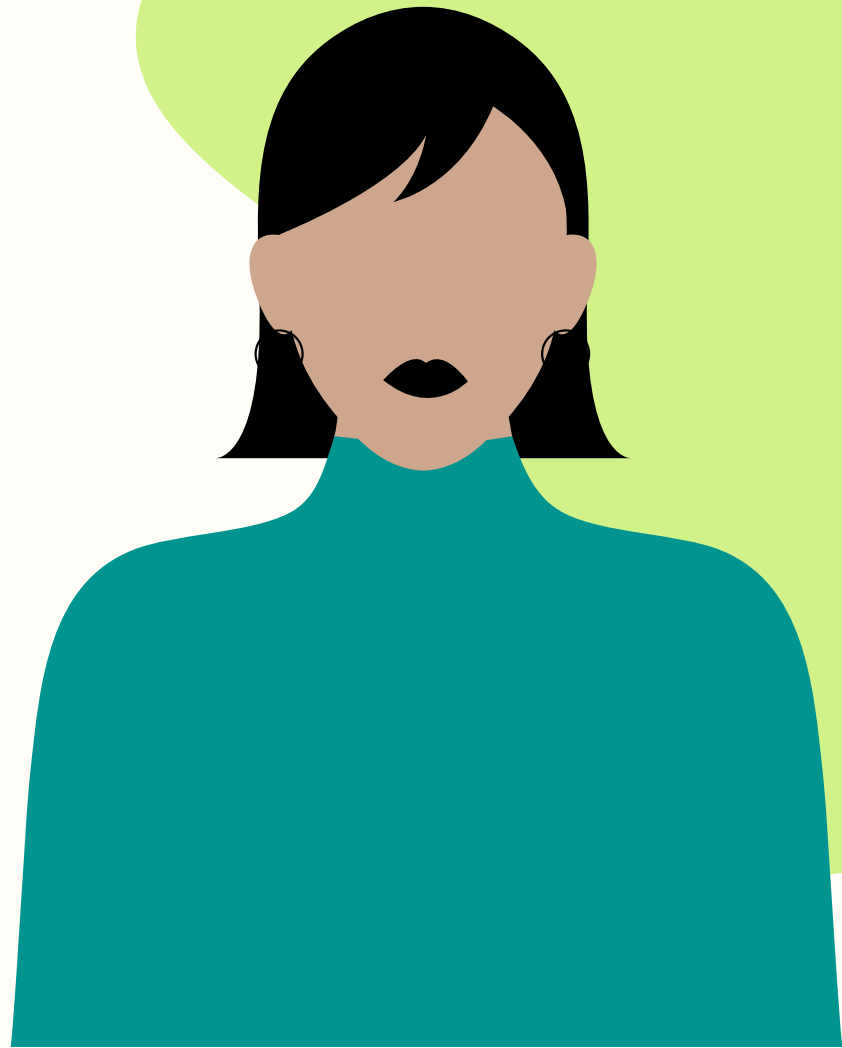
Discussion Topics



Discussion Topics:

- Why we decided to create these kits
- How we developed these kits
- How we chose the topics of each kits
- The contents of our kits
- How we promoted these kits
- A list of our kits

Why Wellness Kits?

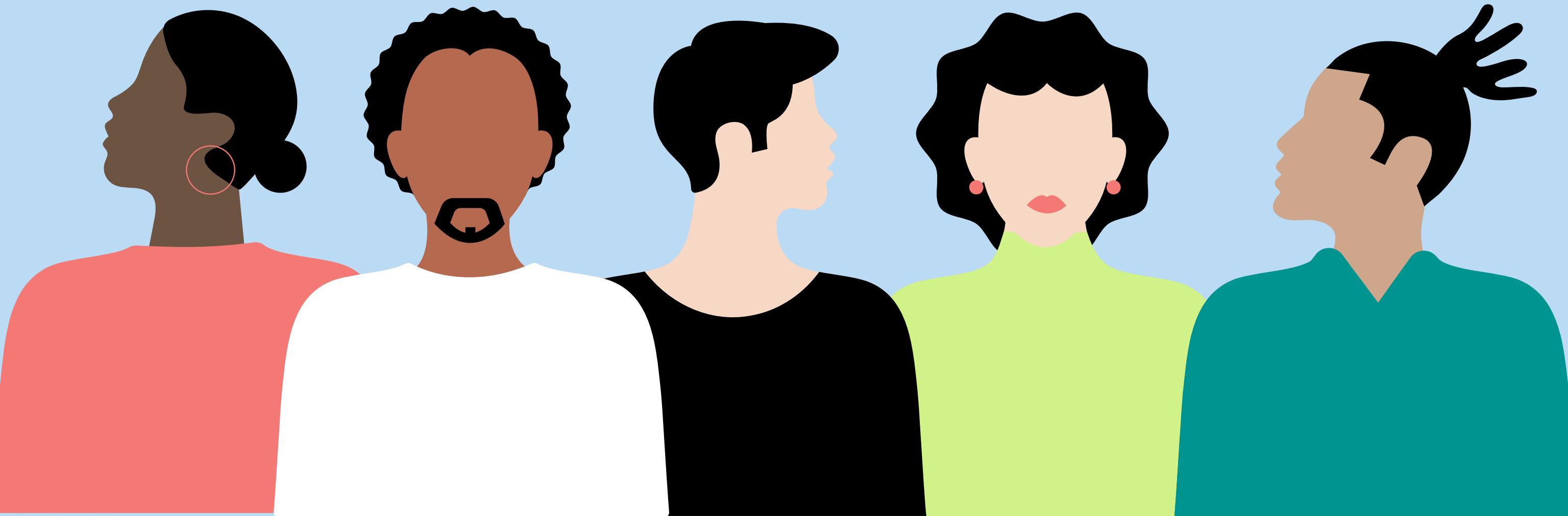


Mental Health Issues are More Common Than You Think

1 in 5 adults

has a mental health
condition.

12.8 million adults live with a severe
mental illness.



262,000 ADULTS

in Idaho

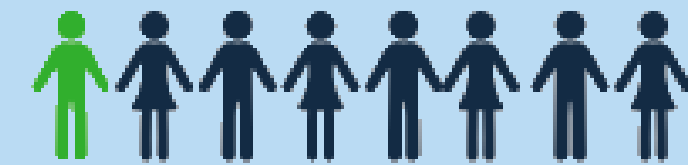
**HAVE A MENTAL
HEALTH CONDITION***

That's more than **3 TIMES**
THE POPULATION of Meridian

50%
75%

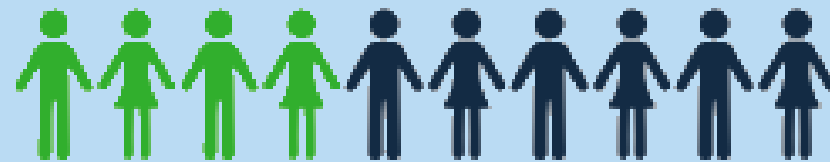
of mental
illness begins
by age 14

by age 24*



1 out of every 8
emergency department visits
involves a mental health or
substance use condition*

ONLY ABOUT
4 in 10 people



in Idaho with a mental health
condition received any treatment
in the past year*

Schizophrenia usually
develops early in life
and costs the U.S.
economy an estimated

\$155.7 BILLION
a year*



About **2 MILLION PEOPLE**
with mental illness are
BOOKED INTO JAILS
every year*—many because they
didn't get the treatment they needed

1,276,767 PEOPLE

in Idaho live in a
**mental health professional
shortage area***

Depression is the
**#1 LEADING CAUSE OF
DISABILITY**

in the world and mental illness costs
Americans **\$193.2 BILLION**
in lost earnings per year*

**1 AMERICAN DIES BY SUICIDE
EVERY 12 MINUTES***

In Idaho, the 2016 rate of
suicide for the general public
was **28 DEATHS** per
100,000*

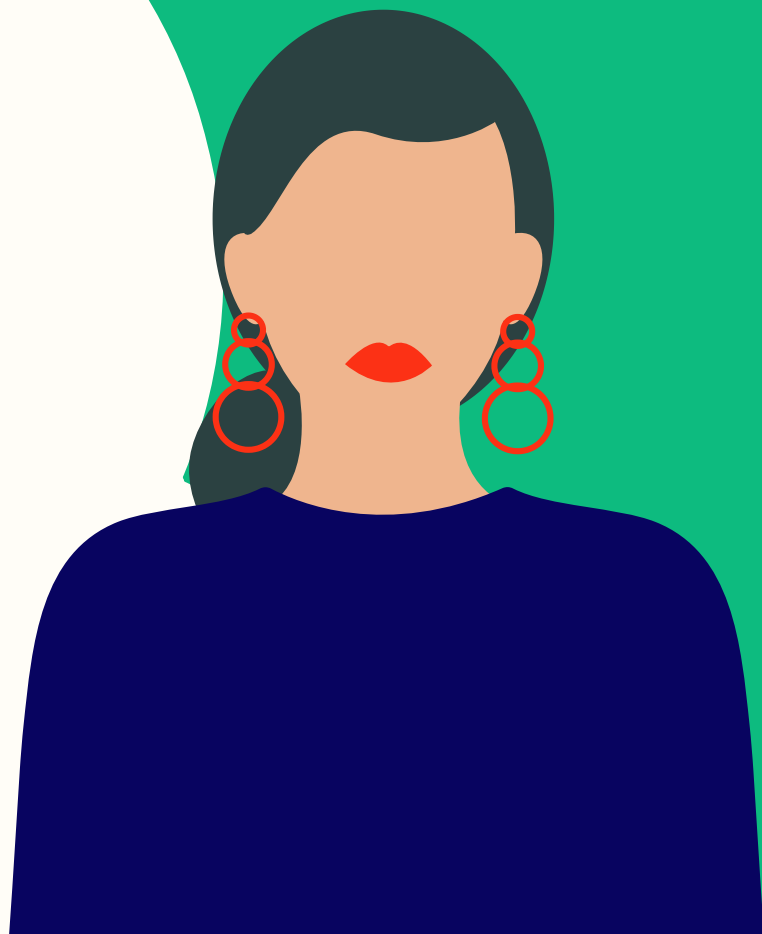
For veterans, the rate was
46.7 DEATHS by suicide
per 100,000*



NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Join our movement at nami.org/policy.

*References can be found at www.nami.org/policystats.

Why Teen Wellness Kits?



Suicide is the
2nd leading
cause of death
among people
aged 10-34



Teen Stats

17% of youth (6-17 years)
experience a mental
health disorder.

1 in 6 U.S. youth aged 6-17 experience
a mental health disorder each year
(NAMI).

89% of LGBTQ youth reported that seeing LGBTQ representation in the media (books, tv, movies, etc.) made them feel good about being LGBTQ.

LGBTQ Teen Stats

45% of LGBTQ youth seriously considered attempting suicide in the past year.

Nearly 1 in 5 transgender and nonbinary youth attempted suicide and LGBTQ youth of color reported higher rates than their white peers. (Trevor Project - 2022 National Survey on LGBTQ Youth Mental Health)



How Did We Develop These Kits?



How We Built Our Kits

1. Reached out to libraries all across the country who had similar items in their collections. Spruce Grove Public Library in Canada sent us their selection list first. Compiled about 15 lists total.
2. Pared down our list into themes based on community input, surveys, focus groups, and research.
3. Checked for publication date and content.
4. Strived for a good balance of mediums.
5. Asked colleagues and mental health professionals for input.



How We Chose the Topics of Each Kit

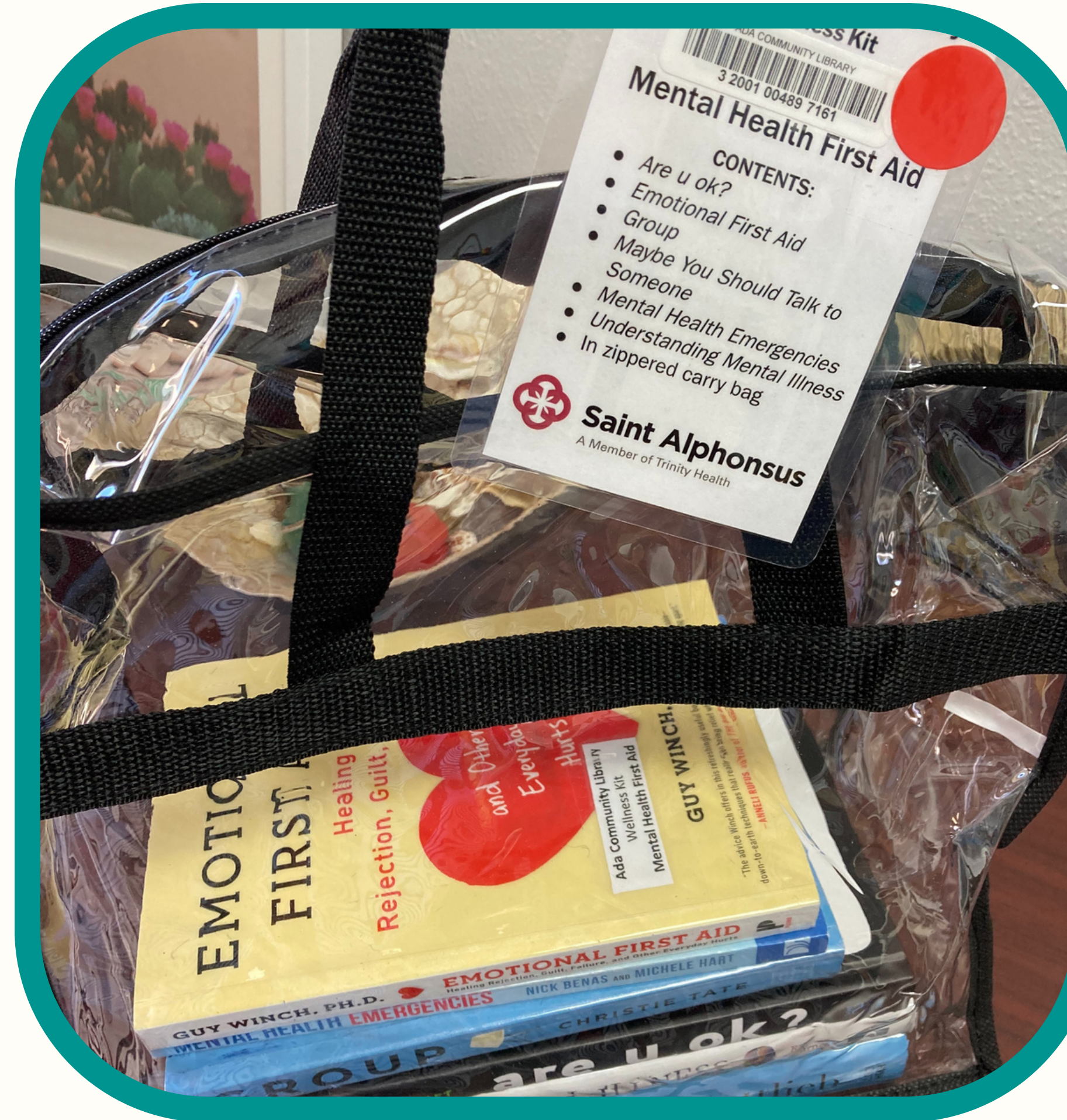


Creating Themes

1. Researched mental health trends in light of the pandemic.
2. Talked to local mental health experts and professionals.
3. Utilized community surveys, both formal and informal.
4. Kept informed about the latest trends in Bibliotherapy.
5. Communicated early and often about what kits we felt were working thematically and cohesively. Made a plan on how to restructure if a kit wasn't coming together.



The Contents of Our Adult Kits



Addiction Kit

Books:

- Before I Leave You: A Memoir on Suicide, Addiction and Healing by Robert Imbeault
- In the Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Maté
- Never Enough: the Neuroscience and Experience of Addiction by Judith Grisel

Other Items:

- The Anonymous People Documentary DVD



Depression Kit

Books:

- Cognitive Behavioral Therapy for Depression by Monique Thompson
- Conquer the Day: A Book of Affirmations by Josh Mecouch
- A Cure for Darkness: The Story of Depression and How We Treat It by Alex Riley
- Helping Others with Depression by Susan J Noonan
- The Long Night: Readings and Stories to Help You through Depression by Jessica Kantrowitz
- Reasons to Stay Alive by Matt Haig



Mindfulness Kit

Books:

- A Beginner's Guide to Meditation by Rod Meade Sperry
- The Blooming of a Lotus by Thich Nhat Hanh
- Breathwork by Nathalia Westmacott-Brown
- Wherever You Go, There You Are by Jon Kabat-Zinn

Other Items:

- Guided Mindfulness Meditation Series 2 CD by Jon Kabat-Zinn
- Meditation Beads
- Marrywindix Natural Thumb Worry Stone Set
- A Mindfulness-Based Stress Reduction Card Deck



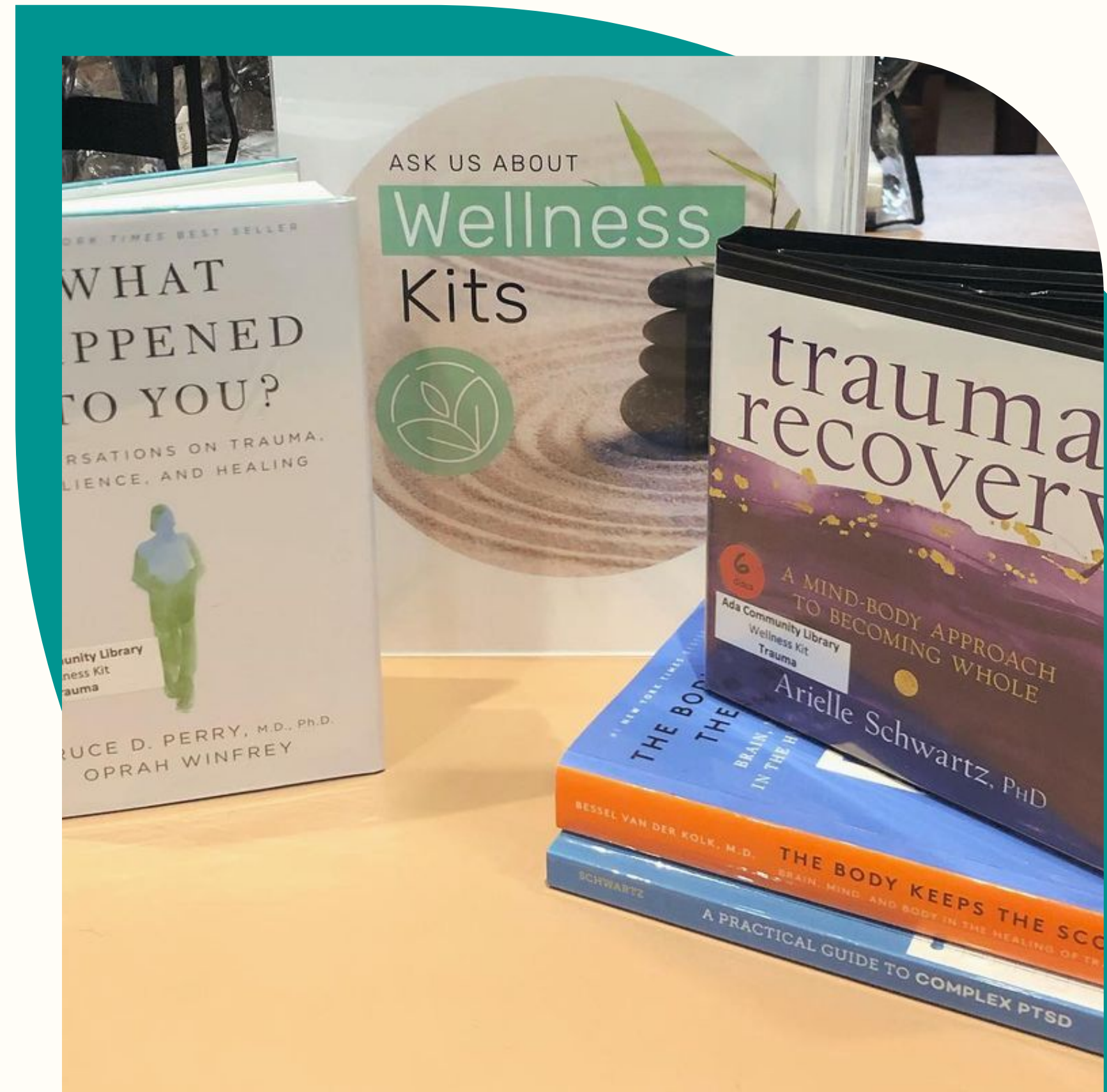
Trauma Kit

Books:

- A Practical Guide to Complex PTSD by Arielle Schwartz Phd
- The Body Keeps the Score by Bessel van der Kolk MD
- What Happened to You? Conversations on Trauma, Resilience, and Healing by Oprah Winfrey

Other Items:

- Trauma Recovery: A Mind-Body Approach to Becoming Whole CD by Arielle Schwartz



The Contents of Our Teen Kits



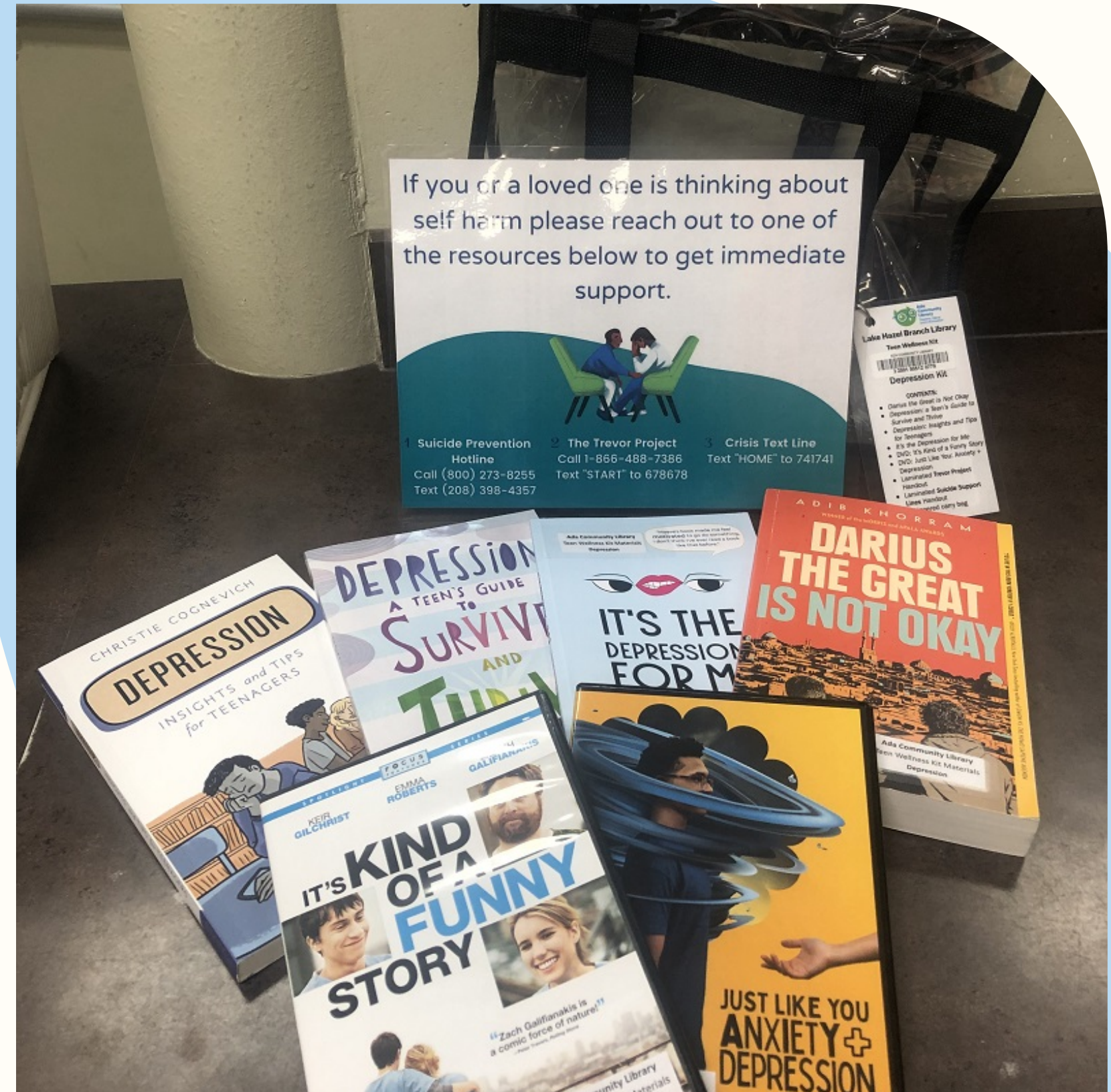
Depression Kit

Books:

- Darius the Great Is Not Okay by Adib Khorram
- Depression: A Teen's Guide to Survive and Thrive by Jacqueline B. Toner
- Depression: Insights and Tips for Teenagers by Christie Cognevich
- It's the Depression for Me: 3 Ways to Make Being a Teenager Suck Less by Maeve Ronan

Other Items:

- It's Kind of a Funny Story DVD
- Just Like You: Anxiety & Depression DVD
- Suicide Support Lines Handout
- Trevor Project Handout



Mental Health Kit

Books:

- Are u ok? A Guide to Caring for Your Mental Health by Kati Morton
- (Don't) Call Me Crazy: 33 Voices Start the Conversation about Mental Health
- Life Inside My Mind: 31 Authors Share Their Personal Struggles
- Mind Your Head by Juno Dawson
- Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches by Rae Earl

Other Items:

- Suicide Support Lines Handout
- Trevor Project Handout



Relationships and Consent Kit

Books:

- #MeToo and You by Halley Bondy
- A Quick & Easy Guide to Consent by Isabella Rotman
- It Doesn't Have To Be Awkward by Drew Pinsky
- Wait, What? A Comic Book Guide to Relationships, Bodies, and Growing Up by Heather Corinna
- What Does Consent Really Mean? by Pete Wallis

Other Items:

- Consent Handout



Self Discovery and Identity Kit

Books:

- A Quick & Easy Guide to Asexuality by Molly Muldoon
- Beyond the Gender Binary by Alok Vaid-Menon
- Just As You Are: A Teen's Guide to Self-Acceptance and Lasting Self-Esteem by Michelle Skeen
- Seeing Gender by Iris Gottlieb
- The New Queer Conscience by Adam Eli

Other Items:

- Love Simon DVD
- Trevor Project Handout



How We Promoted Our Kits



Social Media/In House & Outreach Promotion/Word of Mouth

- Promoted on social media (Facebook, Instagram, etc.).
- Window clings on the front doors of all of our branches (see image).
- Created brochures (see next slides).
- Communicated with our community partners in mental health, medical, as well as the State Prison and Jail to spread the word.
- Featured in highly visible displays the first month (then moved to a discreet location after they launched).
- Talked up at local outreach events.



Each easy-to-carry bag is filled with books, handouts, videos and useful items to assist you with a specific mental health topic.



Wellness Kits



 ADA COMMUNITY
LIBRARY • adalib.org

VICTORY BRANCH
10664 W Victory Rd
Boise, ID 83709 • (208) 362-0181

Wellness Kit
Brochure
(front)



People need access to mental health resources now more than ever.

Increasing access to mental health resources would be an important goal in any year, but after 2020 there is a more pressing need. Ada Community Library recently completed a community survey and found that mental health and wellness was a major area of concern among respondents.



addiction
anxiety
depression
grief
mental health first aid
mindfulness
trauma



Wellness Kits can be put on hold and sent to any LYNX! Consortium Library for checkout. Search the library catalog for "Wellness Kit" at adalib.org or with Ida, our Idaho library mobile app.



THANKS TO:

Saint Alphonus

These kits, made possible by a generous donation from Saint Alphonus, will provide education and resources for our community on a range of mental health topics. We hope that these kits will help to remove the stigma surrounding mental health and allow our community to take steps toward improving their overall mental health and emotional wellbeing.



Wellness Kit Brochure (back)

Wellness Kits

Each easy-to-carry bag is filled with books, videos, and useful items to assist patrons with the following mental health topics.

- Addiction (2 kits)
- Anxiety (2 kits)
- Depression
- Grief (2 kits)
- Mental Health First Aid
- Mindfulness (2 kits)
- Trauma

Our adult kits were made possible through a generous donation from Saint Alphonsus. Our library believes that these kits help remove the stigma around mental health. And allow patrons in the communities we serve to take steps toward improving their overall mental health and emotional wellbeing.

The average cost of each kit was **\$85**.

Teen Wellness Kits

- Anxiety
- Depression
- Mental Health
- Mindfulness
- Relationships and Consent
- Self Care
- Self Discovery and Identity (2 kits)
- Trauma

Our Teen kits were made possible through the Welcoming Libraries grant from ICFL. The average cost of each kit was **\$70**.

You can view these kits in our catalog (including their content lists) by going to adalib.org/gear/wellness-gear and clicking on **Wellness Kits**.



Mental Health is Integral

When we are mentally healthy, we can realize our abilities, cope with stress, work productively, and contribute to society.

All libraries should focus on prioritizing mental health in their communities. As well as prioritizing mental health and wellness among their staff.



Thank you!

Questions about these kits?

Contact: Lauren Silva at

lsilva@adalib.org or

Molly Nota at mnota@adalib.org

References

- **National Alliance on Mental Illness**
www.nami.org
- **National Institute of Mental Health**
www.nimh.nih.gov
- **The Trevor Project**
2022 National Survey on LGBTQ Youth Mental Health
thetrevorproject.org/survey-2022/

Libraries with Similar Kits

- **Daniel Boone Regional Library**
Mental Health to-go Kits
- **Guntersville Public Library**
Graphic Medicine Collection and
Book Group Kits
- **Orange Public Library**
Mental Health Kit Collection
- **Paso Robles Public Library**
Mental Health and Wellness Book
Kits
- **Prince Edward Island Public Library Service**
Mental Health Kits
- **Renfrew Public Library**
Student Mental Health Kits
- **Scotch Plains Public Library**
Health Literacy Kits
- **Spruce Grove Public Library**
Bibliotherapy Kits
- **Wilton Library**
Mental health "To-Go Kits"