

State of Michigan Advisory Group for NNLM R6 Project

Mental Health Resource Kit for NNLM Member Libraries

Overview

Mental health is a critical public health issue affecting all populations in Michigan, and librarians and library workers across the state are increasingly interacting with visitors with mental health conditions. Our Advisory Group aims to address this issue by developing a mental health resource kit for NNLM member libraries in Michigan to serve as a blueprint for supporting people with mental health and substance use conditions.

The Problem

According to 2021 data compiled by the National Alliance of Mental Illness, over 1,4600 adults in Michigan have a mental health condition and 119,000 of 12-17 year olds in Michigan have depression.¹ Libraries of all types serve a diverse range of community members, including those with mental health conditions, but many librarians lack specific training or knowledge to best serve these community members.^{2,3}

The Solution

Our Advisory Group aims to contribute to the solution by developing a mental health resource kit to support NNLM member libraries in Michigan. The kit will provide guidance for librarians, library workers, and front-line staff on how to identify mental health crisis signs, how to effectively address mental health instances in their libraries, and where to turn for additional help. The kit will be compiled and designed by a contracted professional, with content input from the Advisory Group, NNLM staff, and Michigan behavioral health professionals including clinicians and social workers.

¹ 2021 State-Specific Fact Sheet References. National Alliance on Mental Illness.
<https://nami.quorum.us/mhpolicystats/>. Accessed 8 May 2023.

² Ford, S. Old problem for new reasons: Overcoming the challenge presented by mentally ill library users. 2002. *The Reference Librarian*, 36(75-76), 83-90.

³ Stringer, H. Libraries as mental health hubs. 2020. *Monitor on Psychology*, 51(3), 26.

Specific Project Objectives

1. Develop an online mental health resource kit, hosted on the NNLM Region 6 website, that can be printed as a PDF.
2. Promote the kit to NNLM member libraries across the state through direct email, mailings, social media posts, blog and newsletter posts, and presentations.

Broader Project Goals

1. Increase librarians' understanding of mental health crisis and non-crisis situations.
2. Increase librarians' comfort level in their ability to respond to mental health needs of their visitors.

Project Details

The mental health resource kit will be available online and as a printable PDF.

Content will include:

- Information on how to identify mental health crisis and non-crisis situations
- Case studies of real encounters with community members with mental health challenges and guidance on how to handle similar situations
- Scripts and flowcharts for conversations with library visitors who might be in distress
- Information about the type of organization to contact in different situations for additional help
- Links to mental health related content on MedlinePlus that can be shared with library staff and library visitors

Logic Model

Inputs	Outputs	Outcomes
<p>Funds for contracted professional to develop the kit</p> <p>Input from Michigan mental health experts</p> <p>Funds for printing and distributing kit to libraries</p> <p>Time and work on the part of Advisory Group members and NNLM staff for content development, distribution, promotion, and evaluation of kit</p>	<p>Mental Health Resource Kit</p> <p>Promotion and distribution of kit to NNLM member libraries in Michigan</p> <p>Evaluation of kit</p> <p>Periodic revisions in response to feedback</p>	<p>Greater comfort level responding to mental health needs</p> <p>Greater awareness of resources</p> <p>Future phase: Develop partnerships with external organizations that can act as conduits for sharing the kit with other audiences beyond libraries</p>

Evaluation Plan

1. Track number of kits distributed.
2. Track number of kit downloads from the [NNLM Region 6 website](#).
3. Administer user feedback surveys to library users who receive the kit to gather feedback on the usefulness and impact of the resource
 - a. How the resource is being used (as a component of staff trainings, as a reference sheet kept at the front desk, etc.)
 - b. Whether use of the kit increased library staff's comfort level responding to mental health needs and/or awareness of resources

Timeline

June 2023 – April 2024

June-Sept	Secure contracted professional to develop the resource Identify the information and resources needed for the kit Begin drafting the content and designing the kit
Oct-Dec	Review and revise the content Finalize the kit design and layout Begin creating promotional materials (e.g., email templates, letter to accompany mailings, social media graphics)
Jan	Launch the kit
March	Begin collecting feedback for evaluation
April	Write an executive summary on the rollout and evaluation of kit

Budget

NNLM Region 6 will cover the following project expenses:

\$9,000	Contract experienced writer and designer who understands libraries and library work to develop the kit
\$1,000	Printing, distribution, and promotion of kit

Michigan State Advisory Group Members

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