

#teenmindsmatter
#yalsa17

No Teen Left Behind: A Teen Driven Mental Health Initiative

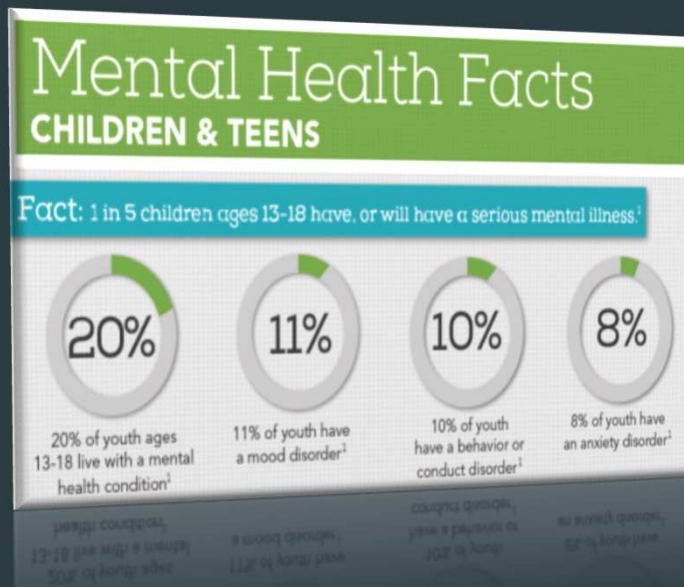


Jane Gov & Deborah Takahashi
Pasadena Public Library
2017 Young Adult Library Services Symposium
Louisville, KY



Teen Mental Health Disorder Statistics

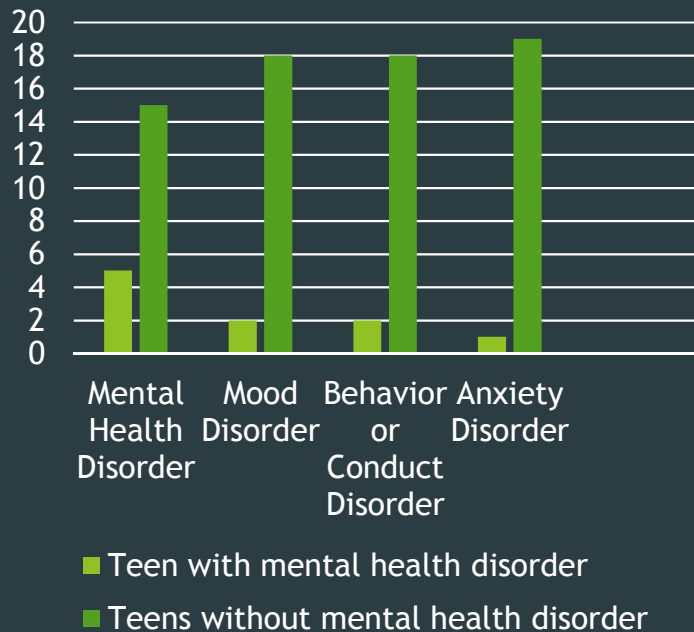
According to the National Alliance on Mental Illness* (NAMI):



- 20 % of youth ages 13-18 live with a mental health disorder
- 11 % of youth have a mood disorder
- 10% of youth have a behavior or conduct disorder
- 8 % of you have an anxiety disorder

* As of 2014

Teen Mental Health Disorder Statistics

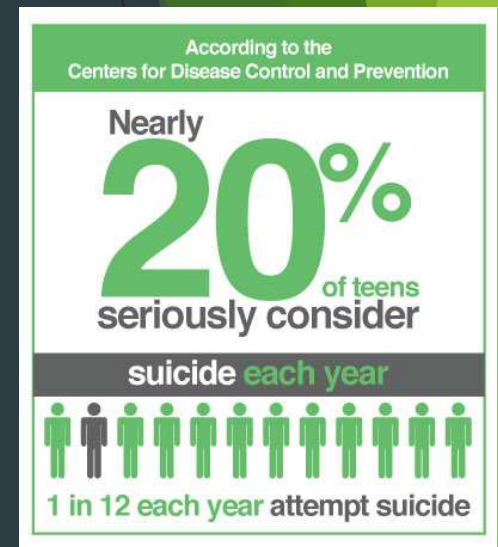


Based on a group of 20 teens,

- 5 out of 20 live with a mental health disorder
- 2 out of 20 have a mood disorder
- 2 out of 20 have a behavior or conduct disorder
- 1 out of 20 have an anxiety disorder

What Do Teen Mental Health Disorders Look Like?

- According to the Diagnostic Statistical Manual of Mental Disorders (DSM-5), there are currently 200 classified types of mental health disorder
- Mental health disorders can take on a variety of forms that not only affects a teen's ability to carry out daily tasks, but their physical health as well.
- Teens start exhibiting symptoms of mental health disorders during adolescence
- If left untreated, mental health disorders typically manifest during the young adult years (ages 20 +)



Anxiety Disorders

- Anxiety disorders involve more than temporary worry or fear that we all experience. If the anxiety does not go away, and gets worse over time, there's a chance a teens has an anxiety disorder that can interfere with daily activities such as job performance, school work, and relationships.
 - Generalized Anxiety Disorder (GAD)
 - Panic Disorder
 - Post Traumatic Stress Disorder (PTSD)
 - Obsessive Compulsive Disorder (OCD)

*Definition from National Institute of Mental Health

Mood Disorders

- Mood Disorders “are a category of mental health disorders that describe a serious change in mood*”
 - Depression or Major Depressive Disorder (MDD)
 - Bipolar I & II Disorder

* Definition from Mental Health America

Eating Disorders

- Eating Disorders occur when a person develops an “obsession with food, body weight, and shape.*”
 - Anorexia Nervosa
 - Bulimia Nervosa
 - Binge Eating Disorder

*Definition from the National Institute of Mental Health

Substance Use Disorders

- Substance Use Disorders “occur when the recurrent use of alcohol and/or drugs causes significant impairment such as health problems, disability, and failure to meet major responsibilities at work, school, or home*.”
 - Alcohol
 - Opioids
 - Cannabis

*Definition from Substance Abuse Mental Health Services Administration

Neurodevelopmental Disorders

- Neurodevelopmental Disorders “typically manifest early in development, often before the child enters grade school, and are characterized by developmental deficits that produce impairments of personal, social, academic, or occupational functioning.*”
 - Autism
 - Learning Disorders
 - Tourette’s Syndrome

*Definition from the Diagnostic Statistical Manual of Mental Disorders



The Future of Library Services for and with Teens

Serve as the Connector between Teens and Other Community Agencies

“Research shows that the teenage years are one of the most vulnerable times for mental illness or disorders. We can provide a place in between work, school, and home and access to resources. We can serve as a buffer zone.”

—participant, Virtual Town Hall meeting



Intended impact

- ...serve ALL teens in the community no matter what their backgrounds, interests, needs, or abilities...
- ...library “space” is at once both physical and virtual...[and invites] them into the full scope of the library’s assets and offerings.
- Teens co-create, co-evaluate, and co-evolve library programs and activities...

Strategic Planning

Teen Advisory Board

The Teen Advisory Board (TAB) is the leadership team of the Pasadena Public Library Teen Services. TAB implements change in our community, promotes library services, and advocates for teen and youth services.



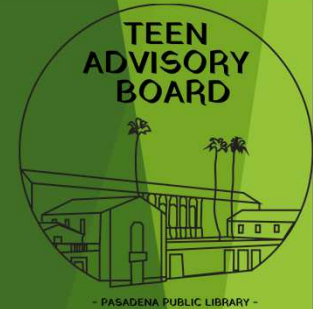
PASADENA
PUBLIC
LIBRARY

TEEN
ADVISORY
BOARD



- PASADENA PUBLIC LIBRARY -

Teen Advisory Board - Mission

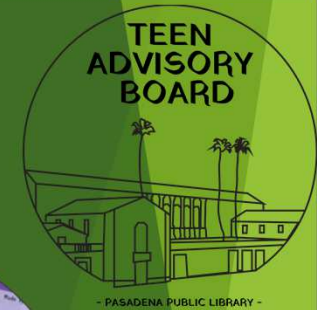


The Teen Advisory Board's mission is to provide teens in the community with support through educational and entertaining events, opportunities, and resources, while closing the achievement gap and preparing teens for a successful and fulfilling life.

- Launched Feb. 2014
- Ages 13-20
- 25% male; 75% female
- 20 members; not including 5 ex-officio
- Includes readers and non-readers
- Part of the Teen Volunteer program - 150 volunteers across 10 branches
- Represents 10 area middle & high schools; public, private, and homeschool
- Diverse: socio-economic, gender expression, abilities, ethnicities, religion



Teen Advisory Board - Projects



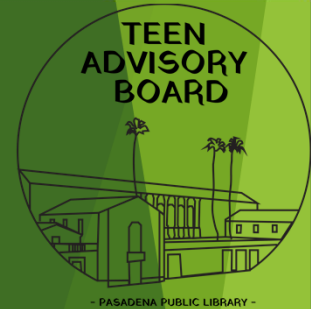
- Facilitate monthly YA Book Club
- Facilitate monthly Teen Writers Meetup
- Facilitate quarterly game nights
- Design & implement annual Murder Mystery
- Design & implement annual Summer Reading programs
- Design & implement annual winter series programs
- Manage and contribute to the library [Teens Blog](#)
- Launched [Teen Zine](#)
- Help startup kids Homework Help program
- Maintain teen library web guide
- Maintain online teen book recommendations list
- Represent library at city-wide Youth Master Plan



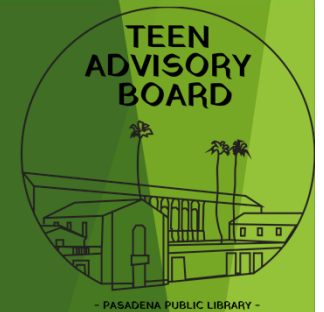
April 2016 (TAB is 3 years old): We were ready for another challenge.

Teen Advisory Board

“ What vulnerable teen populations are we not serving? ”

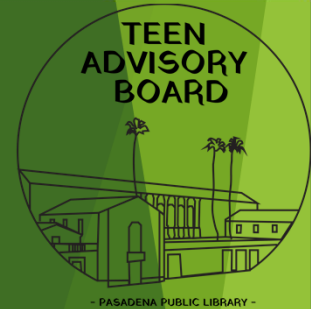


Teen Advisory Board - May 2016



- Vulnerable teen populations in need of support:
 - Teens experiencing homelessness
 - Teen parents
 - Teens with special needs
 - Teen with mental illness
- Let the teens talk amongst themselves without any influence from us
- Teens unanimously selected to support teens with mental illness as this was an important topic for them
 - Upon their decision, we discovered that some of them didn't understand the difference between Autism and Mental Illness

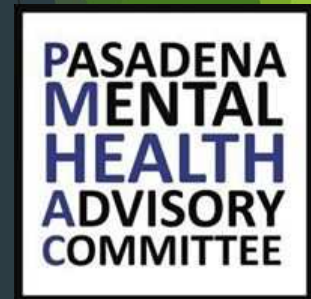
Teen Advisory Board - Mental Health Initiative



The Pasadena Public Library Teen Mental Health Initiative aims to increase awareness and discussions around topics of mental health, provide specialized services and programs for teens, family and friends, provide training for staff, and maintain a well-stocked, vetted, mental health resource center.

Partnerships

- ▶ The Pasadena Public Health Department
- ▶ San Gabriel Valley Chapter of NAMI
- ▶ Pasadena Mental Health Advisory Committee
- ▶ California State Library Mental Health Initiative
- ▶ Teen Line
- ▶ Pasadena Youth Network



teen line

Our Training

Jane

- ▶ Trauma-Informed Care (30 hours)
- ▶ LGBTQI2-S Cultural Competency (8 hours)
- ▶ Youth Mental Health First Aid (8 hours)
- ▶ Services for Patrons Experiencing Homelessness Course (4 weeks)
- ▶ Webinars
- ▶ Workshops at ALA & CLA

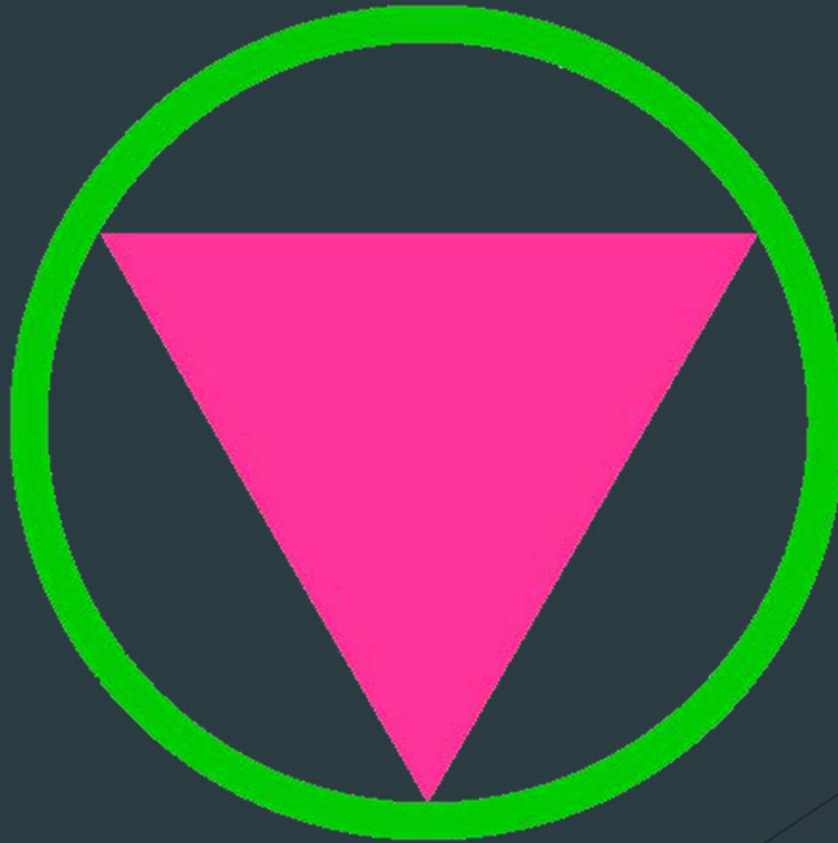
Deborah

- ▶ LGBTQI2-S Cultural Competency (8 hours)
- ▶ Youth Experiencing Homeless Workshop (4 Hours)
- ▶ Youth Mental Health First Aid (8 hours)
- ▶ Working with Youth with Special Needs course (2 hours)
- ▶ Webinars
- ▶ Workshops at CLA

Training for Teen Advisory Board

- ▶ Social Worker from Pasadena Public Health Department came to a TAB meeting
- ▶ Setup a training with Teen Line
- ▶ Webinars and resources

What is this Symbol?



PPL Safe Space

- ▶ Creating a Safe Space
 - ▶ LGBTQI2-S Cultural Competency Training
 - ▶ Safe Space signage
 - ▶ LGBTQ individual are 3 times more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder
 - ▶ 40 % of teens experiencing homelessness identify as LGBTQI2-S and are at higher risk for developing mental health disorders (i.e., depression, loneliness and psychosomatic illness,6 withdrawn behavior, social problems and delinquency.

SAFE ZONE



This space
RESPECTS
all aspects of people
including race, ethnicity,
gender expression, sexual orientation,
socio-economic background,
age, religion, body shape, size, and ability.

This SAFE ZONE poster is brought to you by your friends at SMYRC, the Sexual and Gender Minority Youth Resource Center.
To request more posters, please call 503-872-9664

Teen Advisory Board Ideas for Mental Health Services

As written by TAB during the May 2016 meeting:

- Provide a drop in counseling session (weekly or monthly)
- Create a research & resource center on the 4th floor about mental health
- Book & buddy club... like a one-on-one book club; for teens/young adults who can be paired up with an older person who has similar experiences
- Workshops for people who have teen friends or family who may have mental illness
- Raising awareness events
- Books that have themes of mental illness to help teens who don't have as much exposure
- Movie nights with films about mental illness to encourage conversation

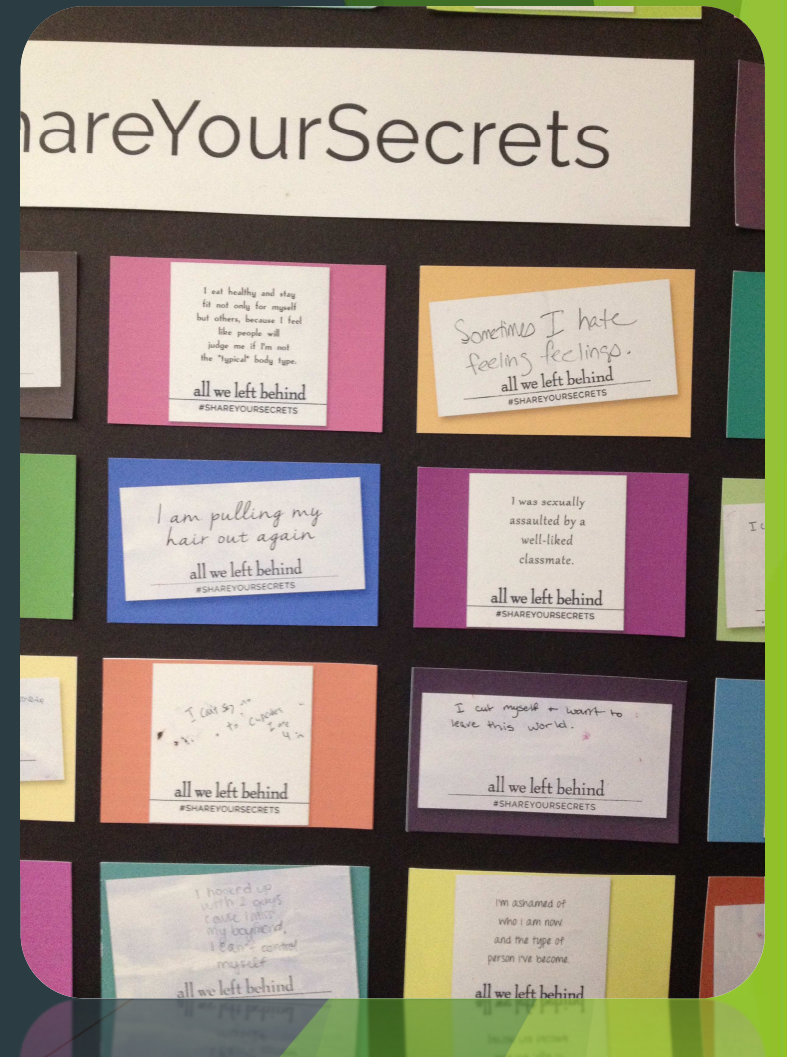
Teen Mental Health Resource Center

- Includes books, pamphlets, and handouts teens can take or check out



<http://lauraperenic.blogspot.com/2016/03/tough-topics-bookmarks-and-poster.html>

Teen Mental Health Resource Center



Teen Mental Health services - Online Resource Center

- ▶ Virtual Mental Health Resource Center
 - ▶ <http://cityofpasadena.libguides.com/webteen/mentalhealth>
- ▶ Resources available 24/7
- ▶ Focuses on Pasadena services for quick and easy access
- ▶ Covers a variety of mental health topics:
 - ▶ Mental Health
 - ▶ Emergency Services
 - ▶ Services for LGBTQI2-S teens

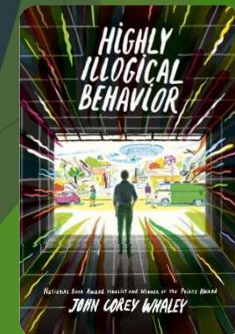
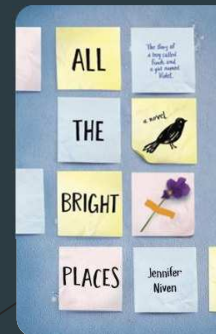
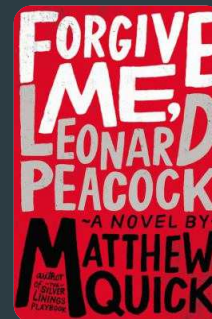
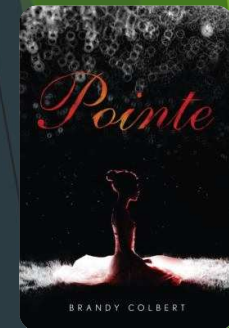
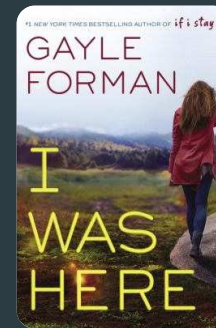
The screenshot displays the Teen Line website interface. On the left, there is a section titled "Teen Line" with a logo featuring a red rotary phone and the text "TEEN LINE" and "TEENS HELPING TEENS". Below the logo, it says "Do you need help working something out? Do you want to talk to someone who understands, like another teen? We're here to help!" and provides contact information: "CALL (310) 855-HOPE (310) 855-4673" and "OR (800) TLC-TEEN (800) 852-8336 TOLL-FREE IN THE UNITED STATES AND CANADA". It also states "OPEN FROM 6PM TO 10PM PACIFIC TIME EVERY NIGHT".

On the right, there is a "Navigate this guide" section with a tabbed interface. The tabs are "Abuse & Domestic Violence", "Bullying", "Counseling", "Eating Disorders", and "Mental Health". Below the tabs, there is a list of resources:

- **Center for Pacific Asian Family, Inc.**
Addresses domestic violence and sexual assault in the Asian and Pacific Islander communities.
1102 Crenshaw Blvd,
Los Angeles, CA 90019
M-F 9am-5pm
800-339-3940
323-653-4042
- **Child and Family Guidance Center in North Hills**
Extensive services, counseling and treatment provided where child abuse, sexual abuse, neglect or domestic violence has occurred or there is risk of occurring.
9650 Zelzah Ave,
Los Angeles, CA 91325
M-Th 8:30am-7pm & F 8:30am-5:30pm
818-993-9311
818-993-8206
info@childguidance.org
- **Childhelp National Child Abuse Hotline**
The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential.
- **Child Protection Hotline of L.A. County**
Los Angeles, CA
800-540-4000
- **Children's Institute International**
Treatment, foster care, parent education, and childcare for sufferers of child abuse, neglect, and domestic violence.
2121 W Temple St,
Los Angeles, CA 90026
M-F 8am-9pm & Sat 8am-4:30pm
213-385-5100
213-260-7600
- **East L.A. Rape Hotline**
24-hour Hotline for Rape and Battery.

Teen Mental Health Services - Book Recommendations

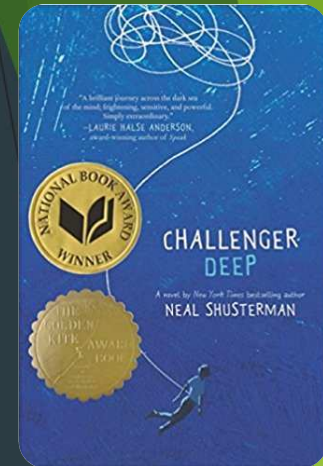
- ▶ Book Lists: <http://cityofpasadena.libguides.com/teenbooks/mentalhealth>
- ▶ Fiction and Nonfiction
- ▶ Topics covered:
 - ▶ Abuse/Assault
 - ▶ Addiction
 - ▶ Anxiety Disorders
 - ▶ Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder
 - ▶ Bipolar Disorder
 - ▶ Depression
 - ▶ Suicide
 - ▶ Dissociate Disorder
 - ▶ Eating Disorders
 - ▶ PTSD
 - ▶ Obsessive Compulsive Disorder
 - ▶ Schizophrenia



Teen Mental Health Programs

- Discussions

- ▶ Book Discussions
 - ▶ Breaking Beautiful by Jennifer Shaw Wolf (dating violence)
 - ▶ Peace Over Violence
 - ▶ Underwater by Marisa Reichardt (agoraphobia, panic attacks)
 - ▶ Challenger Deep by Neal Shusterman (schizophrenia)
- ▶ Book to Film Discussions
 - ▶ It's Kind of a Funny Story
 - ▶ The Perks of Being a Wallflower
 - ▶ A Monster Calls
 - ▶ Everything Everything



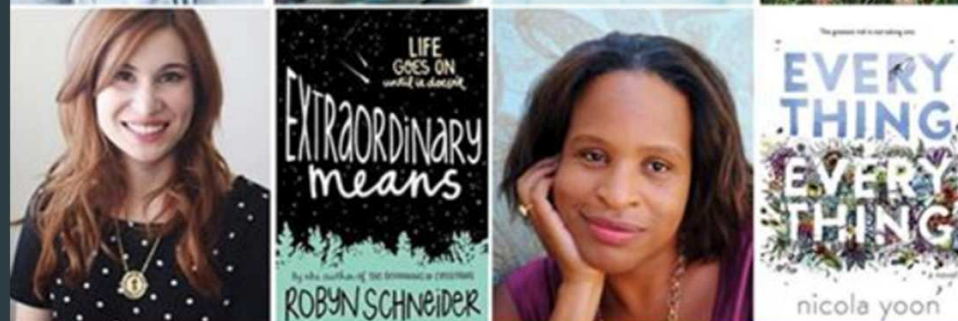
Teen Mental Health - More Programs

- ▶ Art Programs
 - ▶ “Ceiling in the Floor” by Lineage Dance
 - ▶ Sewing for the Soul
- ▶ Life Skills Programs
 - ▶ Teen Self-Defense
 - ▶ Teen Brunch Club



Teen Mental Health Programs - Author visits

- ▶ 2016 Pasadena Loves YA
 - ▶ Keynote Speaker: Aija Mayrock
 - ▶ Aija Mayrock speaks at middle school
 - ▶ Also featured at book festival
 - ▶ Kerry Kletter
 - ▶ Marisa Reichardt
 - ▶ Robin Reul
 - ▶ Robyn Schneider
 - ▶ Ingrid Sundberg
 - ▶ Nicola Yoon



Teen Mental Health Programs - Civic Engagement

- ▶ Breakin' News"
 - ▶ Discussions about news, politics, and the constitution
 - ▶ Addresses the 2016 Election results
- ▶ Youth Master Plan
 - ▶ Youth Network
- ▶ Pasadena Youth Project
 - ▶ Health Dept.'s youth advisory group launched January 2017; meets monthly at the library
 - ▶ Focuses: mental health, lgbtq, homelessness
 - ▶ Working together on a common goal
- ▶ Bullying Prevention Month
 - ▶ Human Services & Recreation Dept. Youth Council
 - ▶ Proclamation

Teen Mental Health Information Sessions

- ▶ Teen Mental Health Info Sessions
 - ▶ Teen Central Resource Center Opening Reception
 - ▶ NAMI Ending the Silence
 - ▶ Teen Line presentation
 - ▶ Teen Mental Health First Aid (Pasadena Public Health Department)
 - ▶ Wolves at Bay
 - ▶ Bystander Intervention workshop
 - ▶ Suicide Prevention workshop

Teen Mental Health Information Sessions (cont.)

- ▶ Pasadena Mental Health Day
 - ▶ Resource Fair
 - ▶ Conversations with community resources
 - ▶ Meeting with Pasadena Police Dept.
 - ▶ HOPE Team
 - ▶ Workshops
 - ▶ Bullying
 - ▶ Mindfulness
 - ▶ Bystander Intervention
 - ▶ NAMI - telling your story
- ▶ National Coming Out Day
 - ▶ Resource Fair

Teen Mental Health Services - Beyond our Library

- ▶ California State Library Mental Health Initiative
 - ▶ Videos
 - ▶ Webinars
- ▶ Presentations
- ▶ Book and articles
- ▶ Teen Zine
 - ▶ In print and available online
<https://ww5.cityofpasadena.net/library/teens-services/#menu5>

Reaction from the Community

- ▶ Emails from educators, teens, and staff
- ▶ Praise from parents
- ▶ Comments from the community
- ▶ Survey results from the Youth Mental Health First Aid training for teens and staff

Did this program make you want to explore more on this topic?

16 responses

Yes
No



Would you recommend this program to friends or family?

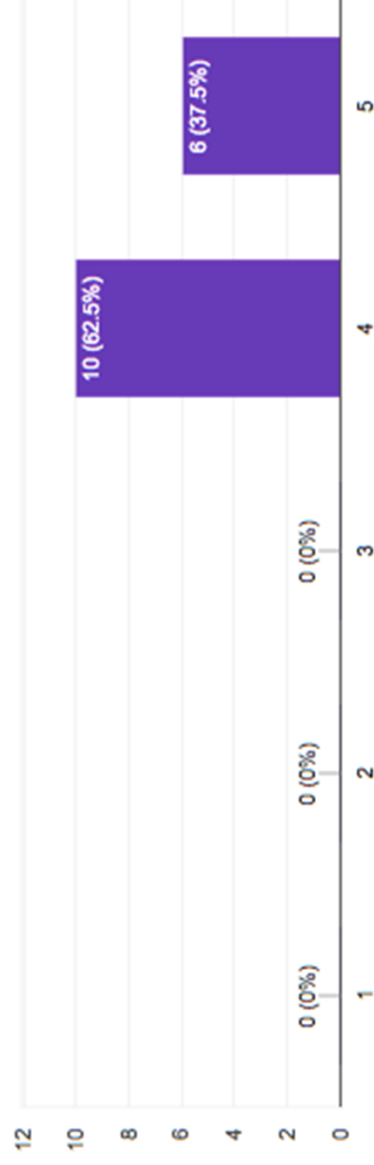
16 responses

Yes
No



How would you rate this program on a scale of 1 to 5?

16 responses




Where to Start?

- ▶ Educate yourself and educate your staff
- ▶ Host a conversation, or focus group, with teen organizations
- ▶ Contact local public health departments and mental health organizations in your community
 - ▶ If none are available, try these organizations:
 - ▶ National Institute on Mental Health (NIMH)
 - ▶ National Alliance on Mental Health (NAMI)
 - ▶ Substance Abuse and Mental Health Services Administration (SAMSA)
 - ▶ Mental Health America (MHA)
 - ▶ American Psychiatric Association (APA)

Where to Start?

- ▶ Find out what your community is already doing and bring those services to the library
- ▶ Provide teens with materials and resources they can borrow or take
- ▶ Make your case with your administration (get as many people involved as possible)
- ▶ Create a plan
 - ▶ Start small and use what you have
 - ▶ Asset mapping
 - ▶ Spread the word
 - ▶ Encourage conversations
 - ▶ Answer questions from staff
 - ▶ Make your intentions known and ask for help from staff
 - ▶ Offer training opportunities for staff

The background features a dark blue, almost black, trapezoidal shape on the left side, which tapers towards the right. To the right of this shape, there are several overlapping, semi-transparent green shapes in various shades, ranging from a light lime green to a darker forest green. These shapes are geometric, resembling triangles and polygons, and they create a layered, abstract effect. The overall composition is modern and minimalist.

What will be your
first step?

Group Exercise

Imagine you are members of a teen advisory board and you have been asked to help implement library programs and services relevant for teens in the community.

Discuss some of the obstacles that teens face pertaining to their wellbeing and what is currently being done to address those issues. If very little is being done, discuss how the library can help and why it should reach out to those teens.

What's Next for Pasadena Public Library

- ▶ Info sessions with Youth Network
- ▶ More training with staff
- ▶ Pasadena Central Library will be hosting Pasadena Mental Health Day including an author panel
 - ▶ Pasadena LitFest
 - ▶ Bringing awareness to Mental Health Day to wider audience
- ▶ Youth Conference

Teen Advisory Board Ideas for Mental Health Services

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- ✓ Movie nights with films about mental illness to encourage conversation

“ You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along

~Eleanor Roosevelt

”

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

~Winston Churchill

The image features a dark blue background on the left and a green geometric pattern on the right. The pattern consists of overlapping, semi-transparent polygons in various shades of green, creating a layered, abstract effect. The word "Questions?" is written in a light green, sans-serif font on the dark blue background.

Questions?

Contact Information



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