No Teen Left Behind: A Teen Driven Mental Health Initiative

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Pasadena Public Library
2017 Young Adult Library Services Symposium
Louisville, KY
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 youth 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 teen 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*
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...
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.
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
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.
“What vulnerable teen populations are we not serving?”
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
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
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?
Creating a Safe Space

- LGBTQI2-S Cultural Competency Training
- Safe Space signage

- LGBTQ individuals 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), withdrawn behavior, social problems and delinquency.
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](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
Teen Mental Health Services - Book Recommendations

- **Book Lists:** [http://cityofpasadena.libguides.com/teenbooks/mentalhealth](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 Reichtardt
    - 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

100%

Would you recommend this program to friends or family? 16 responses

100%

How would you rate this program on a scale of 1 to 5? 16 responses

10 (82.5%)
6 (37.5%)
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
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
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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
Questions?
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