

The Secret of NIMH

Using Government Information to Promote Emotional Well-Being

Depository Library Council 2014
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New Orleans, Louisiana

In 2005, the city was ravaged by Hurricane Katrina. Understandably, that had an effect on the behavioral health of our citizens.

A lot of data was collected in the years immediately following the storm, but current data is a bit lacking.

The Data

In 2013, the New Orleans Health Department published the New Orleans Community Health Improvement Report.

The following is Table 15 found on page 28, entitled Behavioral Health Indicator Data in Orleans Parish (2009-2010).

New Orleans Health Department. *The New Orleans Community Health Improvement Report: Community Health Profile & Community Health Improvement Plan*. January 2013:
<http://www.naccho.org/topics/infrastructure/CHAIP/upload/UPDATED-NOLA-Community-Health-Improvement-Final-Report.pdf>

| Table 15. Behavioral Health Indicator Data in Orleans Parish (2009-2010) | | |
|--|--|--------------------------|
| Indicator | Data | Source |
| Substance Abuse Treatment Admissions in 2009 | 4,309 Individuals | SAMHSA |
| Treatment Admissions by Substance in 2009 | Alcohol (26%) Marijuana (21%) Smoked Cocaine (16%) Heroin (15%) Prescription Pain Killers (9%) Methamphetamine (1%) | SAMHSA |
| Source of Referrals to Treatment in 2009 | Criminal Justice (43%) Individual/Self (32%) Substance Abuse Providers (15%) Community Organizations (5%) Health Care Providers (3%) Other (2%) | SAMHSA |
| Lifetime Substance Use by 10 th Graders in 2010 (% of 10 th Graders who responded to the survey that they have ever used a substance) | Alcohol (60%) Cigarettes (24%) Marijuana (15%) Inhalants (9%) Sedatives (5%) Opiates (3%) | CCYS |
| Percent who say a doctor has ever told them they have a serious mental illness | 16% in 2010 15% in 2008 5% in 2006 | Kaiser Family Foundation |
| Percent who say in the past 6 months they have taken medicine for their problems with emotions, nerves or mental health | 16% in 2010 17% in 2008 8% in 2006 | Kaiser Family Foundation |
| Reported mental health status in 2010 | 36% Excellent 30% Very Good 20% Good 11% Fair 3% Poor | Kaiser Family Foundation |
| Identified "Making it easier to get mental health services" as a priority for rebuilding New Orleans' Health system | 21% Most Important Priority 62% Very Important Priority | Kaiser Family Foundation |

How Can a Gov Docs Librarian Help?

By familiarizing him/herself with the various mental health resources out there!

- »National Institute of Mental Health
- »Substance Abuse and Mental Health Services Administration
- »MentalHealth.gov
- »National Suicide Prevention Lifeline

National Institute of Mental Health

<http://www.nimh.nih.gov>

National Institute of Mental Health

For the regular Joe/Jane:

The Health Education section includes info on several different disorders, as well as for specific audiences. The Outreach section can also be useful.

For the researcher:

Research Priorities, Funding, and Labs at NIMH can all be useful for your researchers.

National Institute of Mental Health

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Mental Health Topics

Please choose a category:

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- Attention Deficit Hyperactivity Disorder
- Autism Spectrum Disorders
- Bipolar Disorder
- Borderline Personality Disorder
- Depression
- Eating Disorders
- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Panic Disorder
- Post-Traumatic Stress Disorder
- Schizophrenia
- Social Phobia

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<https://infocenter.nimh.nih.gov>

**Substance Abuse and Mental
Health Services Administration**

<http://www.samhsa.gov/>

Substance Abuse and Mental Health Services Administration

For the regular Joe/Jane:

There are useful links all over the site, but my favorite is the Publications section.

For the researcher:

DOQ or Data, Outcomes, and Quality has a lot of information for researchers, including Public-Use Data Files and an option to request data.

Substance Abuse and Mental Health Services Administration

SAMHSA Publications Ordering
Substance Abuse and Mental Health Services Administration

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Let the SAMHSA Disaster App Be Your Assistant in the Field
Now available on iPhone®, Android™, and BlackBerry®, the SAMHSA Disaster App prepares behavioral health responders for any type of traumatic event by providing access to disaster-related resources right on a smartphone.
[Learn More](#)

DISASTER KIT
SAMHSA'S EMERGENCY MENTAL HEALTH AND TRAUMATIC STRESS SERVICES
[Download Publication](#)

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Most Popular

No Longer Alone (A Story About Alcohol, Drugs, Depression, and Trauma): Addressing the Specific Needs of Women
10/2013

ANGER
Anger Management for Substance Abuse and Mental Health Clients: Participant Workbook
1/2002

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New Products

Strategies for Behavioral Health Organizations to Promote New Health Insurance Opportunities in American Indian and Alaska Native Communities

Back in Stock

LGBT Populations: A Dialogue on Advancing Opportunities for Recovery from Addictions and Mental Health Problems

SAMHSA Disaster App
SAMHSA BEHAVIORAL HEALTH DISASTER RESPONSE APP
SAMHSA Disaster App

National Suicide Prevention Lifeline
SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

SAMHSA News Service 2014
SAMHSA News

<http://store.samhsa.gov>

MentalHealth.gov

<http://mentalhealth.gov>

MentalHealth.gov

For the regular Joe/Jane:

The whole site really is for actual use, not research.

For the researcher:

Not much. The Mental Health Myths and Facts section could be useful, but mostly to a beginning researcher.

MentalHealth.gov

Doesn't really have materials that you can order.

But the site itself is a great resource!

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

National Suicide Prevention Lifeline

For the regular Joe/Jane:

The whole site is really for those who need help.

For the researcher:

Again, not much. Researchers may find the Suicide Prevention section under Learn More useful...but probably for beginning researchers.

National Suicide Prevention Lifeline

The screenshot shows the 'Materials' page on the National Suicide Prevention Lifeline website. At the top, there is a navigation bar with links for Home, Get Help, Get Involved (highlighted), Learn More, Crisis Centers, and About. Below the navigation bar, the breadcrumb trail reads 'Get Involved > Promote > Materials'. A large blue header contains the word 'Materials'. The main content area includes the text: 'The Lifeline encourages you to print or order any of our free materials to give to those in need.' followed by 'Download a Lifeline wallet card to keep with you or share'. Below this, it states 'These cards include tips on how to help or get help, and summaries of warning signs.' and 'Click the image to download the cards in PDF format'. There are three columns of material thumbnails: 'English' (with a 'Learn the Warning Signs' card), 'Spanish' (with a 'Conozca los signos de peligro' card), and 'Risk Assessment' (with a 'Warning Signs' card). At the bottom left of the main content area is a link 'Order Materials'. On the right side of the page, there is a sidebar with a phone number 'Call 24/7 1-800-273-8255', a logo for the National Suicide Prevention Lifeline, social media icons for Facebook, Twitter, YouTube, and Tumblr, and three buttons for 'More help for Veterans', 'Young Adults', and 'Ayuda en Español'.

Order Free Materials through SAMHSA!

What To Do If You Think a Person Is Having Suicidal Thoughts

You cannot predict death by suicide, but you can identify people who are at increased risk for suicidal behavior, take precautions, and refer them for effective treatment.

- Ask the person directly if he or she (1) is having suicidal thoughts/ideas, (2) has a plan to do so, and (3) has access to lethal means:
 - "Are you thinking about killing yourself?"
 - "Have you ever tried to hurt yourself before?"
 - "Do you think you might try to hurt yourself today?"
 - "Have you thought of ways that you might hurt yourself?"
 - "Do you have pills/weapons in the house?"
- This won't increase the person's suicidal thoughts. It will give you information that indicates how strongly the person has thought about killing him- or herself.

Take seriously all suicide threats and all suicide attempts. A past history of suicide attempts is one of the strongest risk factors for death by suicide.

There is no evidence that "no-suicide contracts" prevent suicide. In fact, they may give counselors a false sense of reassurance.

Listen and look for red flags for suicidal behavior, indicated by the mnemonic:

IS PATH WARM?

Ideation—Threatened or communicated
Path—Substance abuse—Excessive or increased
Anxiety—No reasons for living
Trapped—Feeling there is no way out
Withdrawing—From friends, family, society
Anger (uncontrollable)—Rage, seeking revenge
Recklessness—Risky acts, unthinking
Mood changes (dramatic)

Assessing Suicide Risk: Initial Tips for Counselors

- Act:
 - If you think the person might harm him- or herself, do not leave the person alone.
 - Say, "I'm going to get you some help."
 - Call the National Suicide Prevention Lifeline, 1-800-273-TALK. You will be connected to the nearest available crisis center. Or...
 - Go to SAMHSA's Mental Health Services Locator (www.mhars.gov), www.samhsa.gov, or Substance Abuse Treatment Facility Locator (<http://findit.samhsa.gov>).

NATIONAL SUICIDE PREVENTION LIFELINE
 1-800-273-TALK (8255)
suicidepreventionlifeline.org

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
 Substance Abuse and Mental Health Services Administration
 Printed 2006 • Reprinted 2011
 OHS-01P-0118

The Lifeline is FREE, confidential, and always available.

HELP a loved one, a friend, or yourself.

NATIONAL SUICIDE PREVENTION LIFELINE
 1-800-273-TALK (8255)
suicidepreventionlifeline.org

Community crisis centers answer Lifeline calls.

Learn the Warning Signs.

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Suicide Is Preventable.
Call the Lifeline at 1-800-273-TALK (8255).
 With Help Comes Hope

Special Sites

If you work with a lot of veterans...

www.mentalhealth.va.gov

Or a large LGBTQ community...

<http://www.thetrevorproject.org/>

<http://www.reclaim-lgbtyouth.org/>

Special Sites

Maybe you work with a lot of youths...

<http://ok2talk.org/>

<http://www.stopbullying.gov/>

<http://teenmentalhealth.org/>

<http://www.findyouthinfo.gov/>

Special Sites for Addiction: Alcohol

National Institute on Alcohol Abuse and Alcoholism

<http://www.niaaa.nih.gov/>

Stop Underage Drinking

<https://www.stopalcoholabuse.gov/>

Alcoholics Anonymous

<http://www.aa.org/>

Special Sites for Addiction: Drugs

National Institute on Drug Abuse

<http://www.drugabuse.gov/>

CDC: Persons Who Use Drugs

<http://www.cdc.gov/pwud/Default.html>

Narcotics Anonymous

<http://www.na.org>

Special Sites for Addiction: Tobacco

SmokeFree.gov

<http://smokefree.gov/>

BeTobaccoFree.gov

<http://betobaccofree.gov>

Create a Mental Health Resources Site

Sometimes, keeping all of this information straight can be difficult.

Create a site that focuses on the resources that YOUR community needs/uses the most.

You can even create more than one!

libguides.uno.edu/mentalhealth

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Mental Health Resources

Last Updated: Apr 14, 2014 | URL: <http://libguides.uno.edu/mentalhealth> | [Print Guide](#) | [RSS Updates](#)

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Mental Health Tweets

Mental Health
Tweets from a list by FedDocs@Earl K Long

NIH BD2K @NIH_BD2K 16m
Did you know that @NIH_BD2K is now on LinkedIn? Join us for more #bigdata updates - [tinyurl.com/ocnf6cx]
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Publications, awards, presentations, and more—see recent highlights of the ODS staff. 1 usa.gov/R5SG62
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Child Mind Institute @ChildMindDotOrg 36m
A guide to helping kids go off medication

Caveat

This guide is simply a resource for those looking for information regarding mental health.

This should not be used in the place of professional medical advice.

To find a mental health professional in your area, visit the [SAMHSA Mental Health Treatment Facility Locator](#).

[Comments \(0\)](#)

Coming Soon: libguides.uno.edu/LGBTQ

LGBTQ Resources [no tags specified]

Last Update: Apr 24, 2014 | URL: <http://libguides.uno.edu/LGBTQ> | Status: Unpublished

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University of New Orleans: Safe Space [edit](#)

Safe Space Allies Program

A Safe Space is a welcoming, supportive and safe environment for lesbian, gay, bisexual, transgender, questioning, intersex and queer (LGBTQIQ) students. According to the [Campus Pride 2010 National College Climate Survey](#) (Rankin, S., Weber, G., Blumenfeld, W. & Frazer, S.; 2010), "the overwhelming majority of LGBTQ students, of every race, color and ethnicity, report harassment, isolation and fear on their college campuses" with transmasculine, transfeminine and gender non-conforming students being the "most likely to experience overt and blatant oppression and hostility." The primary goal of UNO's Safe Space/Allies program is to provide a network of students, staff, and faculty committed to providing support to LGBTQIQ individuals and their allies at UNO and beyond.

In order to achieve this goal, the program aims to:

- Identify and mobilize a network of people who are empathetic and knowledgeable about LGBTQIQ issues and concerns. The safe space training will emphasize knowledge about campus and community resources as well as counseling/helping skills, as well as ways to engage in meaningful allyship
- To provide evidence of LGBTQIQ support by displaying a sign as a visible symbol of personal commitment.
- To reduce the fear and discrimination of LGBTQIQ persons within the UNO community as well as support an increase of resources, programs and services for LGBTQIQ persons within this community

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University of New Orleans [edit](#)

UNO Non-Discrimination Policy

The University of New Orleans is a multicultural community composed of diverse students, faculty, and staff. **A fundamental principle of the University of New Orleans is that there be an environment of mutual tolerance and respect, which is free of hostility toward, discrimination against, or harassment of any person based on race, color, religion, sex, disability, national origin, age, sexual orientation, marital or veteran status, or any other status protected by law.** Every member of the university community is held strictly accountable for his or her behavior with regard to this standard.

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Thank you!

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Shameless Self-Promotion

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