

PLEASE STAND BY FOR REAL TIME CAPTIONS.

>>> Good afternoon everyone. My name is Joe and I am with my colleague and we have a great webinar for you today. It is titled stay mentally alert government resources for good mental health. It is presented by Jane, she has presented many webinars for us. Let me read a little bit about Jane. She is the coordinator for federal government information and documents. She has 40 years experience in the library field. She started her career as a public library and and moved into school libraries caught on for six years at the Inter-American graduate school of Library information sciences. Worked as the director of the library of post secondary vocational schools and arrived at her current job in 2007. She fell in love with the world of government documents and has taken on the special task of promoting government dockets that exist in other languages especially Spanish. Before we get started I have to go through the usual housekeeping reminders. If you have questions or comments on the presentation please feel free to chat them in the chat box located in the bottom right-hand corner of your screen. I will keep track of the questions that come in. At the end of the presentation I will read them back and she will respond to each of them. We are also recording today's session and will email a link to everyone who registered. Will also be sending a certificate of participation using the email you used to register. If anyone needs additional certificates because multiple people watch the webinar with you please email us and include the title of today's webinar. If you need to zoom in on the slides been shown by the presenter you can click on the full-screen button in the bottom left side of your screen. To exit the full-screen at the top of the screen so it expands and click on the button to get back to the default view and at the end of the session we will be sharing a webinar satisfaction survey with you. We will let you know when the survey is available and the URL will appear on the chat box. We very much appreciate your feedback. Please keep in mind the presentation style for the survey. You see webinar chat box for questions you would like to ask the presenter. If Jane screen shares any part of her presentation, once she does that you will not be able to see the chat box in the lower right side of the screen. In that case if you want to ask a question and watch the chat traffic, mouse over the blue bar at the top and when the menu just down click on chat to enable it. I will hand the virtual microphone over to Jane and she will take it from here.

>> Good afternoon, if there is anyone who cannot hear me please put it in the chat box. That way Joe can work with you on your sound. Let's get started. Today we'll talk about staying mentally alert, what government resources exist for good mental health. All of us already know about our physical health, but maintaining a healthy weight, eating right but it's just as important that we stay mentally healthy and are aware of possible things that can affect our mental health. Let's get going. Let's talk about what is mental health. That includes our emotional well-being, psychological well-being and social well-being. Increasingly particularly as we age researchers are finding out that having friends and family and social activities in our lives are exceedingly important to our mental well-being. Our mental health has to do with how we think and how we feel and how we act as we cope with living our lives. It also helps determine how we handle stress and relate to others. Our mental health is important at every stage of our life. From childhood and adolescence through adulthood. This is a quiz on mental health. These are two of the questions from eight mental health quiz at the Center for disease control. The first one is what is the rank of the leading cause of death ages 15 to 34. The answers underneath. Suicide is the second leading cause of death among people ages 15 to 34. Half of all mental illness occurs before a person turns, this answer surprised me 14 years old. Our mental health can be affected and turned into mental illness very early in our lives. Those statistics surprised me that by age 24 and three quarters of the people will have mental illness and mental health problems. This is the link to the mental health quiz from the center for disease control. I would urge you to go to it, take the full quiz, you may be surprised. Let's talk a little bit about what our some of the disorders and problems that can occur with our mental health. I will put a caveat here that as a librarian we are qualified to help someone find information on any of these mental disorders but we are in no way qualified to give an opinion or advice other than to

urge someone who feels like they have a problem to seek professional help from a mental health professional. What are some of the possible mental disorders that can happen? These came from the national Institute for mental health. We are going to go visit that site and some others later. What are those anxiety disorders?, ADHD, I did not realize until our younger son was diagnosed with this that I apparently have spent most of my life being, lacking in attention and being hyperactive. I just call it multitasking and I can remember as a child being told can't you sit still and you have to be doing five things at the same time. There are a lot of things that didn't used to get diagnosed that because now we are more aware do get diagnosed and ADHD is one of those. Autism spectrum disorder, bipolar disorder, borderline personality disorder, depression and disruptive mood regulation disorder among others. Here are more things on the list, I will not read all of this to you. Post traumatic stress disorder. I think we think about it as being related frequently to our returning war veterans. Posttraumatic stress disorder can be room related to any traumatic event in your life. I know that after hurricane Maria came to Puerto Rico. We all spent many months without lights that in 2017, last euros hurricane season I am pretty sure all of my family had some version of posttraumatic stress disorder and anxiety waiting for the next hurricane. What are some definitions of mental illness. This information comes from the national Institute of mental health. I wasn't aware until I started reading for this that there are two broad categories that mental health professionals use in talking about mental illness. One of those any mental illness AMI as opposed to serious mental illness, SMI. AMI takes in all recognized mental illnesses. From mild versions to the most severe. SMI is the definition that would be used for people who have more severe mental health conditions. Mental illness is common in the United States. It is common worldwide. Nearly one in five adults lives with some form of mental illness, that is 44.7 million people as of 2016. Mental illnesses may include different conditions that range in degree of severity from mild to moderate to extremely severe. Any mental illness is defined as a mental behavioral or emotional disorder. It can vary in impact from no impairment in all in your life to mild or moderate or severe impairment. Serious mental illness is defined as a mental, behavioral or emotional disorder that results in serious sexual impairment. Something that would substantially interfere with or limit you being able to live your life. The burden of mental illness is very concerning and is concentrated among those who have severe mental illness. Some statistics and these came from this government report from GPO. Mental health related visits by physician specialty. 693 visits per 10,000 adults to psychiatrist per year. 397 visits per year per 10,000 adults to primary care physicians which indicates many people talk with and use their primary care physician not necessarily a psychiatrist or psychologist or mental health professional. At least as a starting point to deal with a mental problem. The hundred and 62 visits per 10,000 adults for other medical specialties. This was interesting to me. I think it has to do with availability of mental health professionals because in many rural areas of the country it is much more difficult to have access to adequate mental health care but in larger metropolitan areas mental health visits to psychiatrist were much higher in comparison to visits to primary physicians. Here are a few more statistics by type of disorder and I think it's very indicative of the need for maintaining our mental health and the need for providing good information about mental health. Autism spectrum disorder according to the CDC which collects statistics on this. An average of one and 59 or 1.7% of all 8-year-old children were identified as having some version of autism spectrum disorder. This is also a disorder that is four times more common in boys than girls. Bipolar disorder, an estimated 2.8% of U.S. adults have bipolar disorder and there is not much difference statistically between males and females. At sometime in their lives an estimated 4.5% of the U.S. adult population has experienced bipolar disorder. Here is a shot of the catalog of U.S. publications when I went to look for the topic of mental health in the CGP. I thought usually you don't get this many result is for any particular topic. There were 8000 plus results. There is a wealth of information that you can find and help your users to find on mental health resources. Here is another source of information, MEDLINEplus. We will go to some site at the end of the presentation. MEDLINEplus is a really excellent source for providing information to users who are

beginning their research but it will also take you to statistics, clinical trials, help in finding an expert in your area, MEDLINEplus is an extremely useful site beginning with very basic information to very professional information. The Congressional research service to which we now have access and GPO is cataloguing all of the Congressional research service reports. This is when I found from 2018 having to do with the mental health workforce. Information on what is involved with people who work as mental health professionals. USA.gov is another good source for mental health information. USA.gov has the advantage for the users that speak Spanish. The national Institute of mental health. This is the main federal agency for information on and research on mental disorders and we are going to the site life in a couple of minutes. Samsara, substance abuse and mental health services administration is the entity of the U.S. government that handles information on substance abuse and as it relates to mental health. And includes topics on health and treatment down to local areas. You can find raw data that researchers can use. You can find programs that exist. You can find information on topics relating to any form of substance abuse and how that relates to mental health. Within that there is information about mental health and substance use disorders that affect people from all walks of life. Your economic status, educational status, age do not necessarily have anything to do with substance abuse or mental health. Frequently people with mental disorders actually begin to abuse various substances in an effort to treat themselves. I think that is something we should be very aware of. This is the agency that provides that. All of these mental disorders relate to how we know other people, make choices. One of the interesting things I found out was you may actually be mentally ill for quite a while before reaching a level of illness that is enough to be formally diagnosed. Is analogous to being prediabetic and not necessarily knowing that for instance before you become diagnosed as diabetic the same thing can happen with mental illness. You might have a mild version or a minor problem and as it progresses it can be diagnosed. The Centers for Disease Control also have information on mental health and illness including resources, quizzes, data for researchers. This also is an excellent source for professional level information. It would be the source if you are in an academic library that your researchers and mental health professionals in psychology department would want to use in looking for information on mental health. I was throw in a few things on information in other languages particularly Spanish. Each of these lists here, MEDLINEplus, mental health.gov, woman's health.gov and the National Institutes of Health all have resources in Spanish and in some other languages on mental health. Again I think this is important because even if you have a user who speaks in the language who is very competent in English as I am competent in Spanish when you are ill, physically or mentally and are extremely upset about something it is very natural to revert to your native language and have difficulty communicating in your second language. These resources exist for speakers of other languages and is very useful for physical and mental illness. Here is a shot of USA.gov in Spanish and in this case you would search for the term. You're looking at mental health. Mental health resources in Spanish. I always throw in links to local and state information because local and state information and you can find it in USA.gov, it is frequently very useful information that a local city region or state has produced. In this case I picked up on a few links. One is New York state education, there mental health curriculum. One is from Missouri and mental health and information services of Puerto Rico. Mental health and services from the state of Texas. That is just a sampling of what's out there and available at the local and state level. This is a screenshot. This is the Puerto Rican governments mental health services. They are extremely useful, in this particular case the screenshot captured information that the Puerto Rican government is putting out on addiction and the opioid epidemic which unfortunately and sadly also affects us on the island of Porter in. School life. I will share my screen and we will look at some of the websites and agencies that provide mental health information within the government. You should be seeing my screen I will start with the Center for disease control and there mental health resources site. They have an introduction on what mental health includes and then they have learn about mental health, data and publications that are available, other tools and resources, and a mental health quiz. The quiz is fun. I urge you to go take the mental

health quiz. You will learn some things you don't know. The CDC also has on the right-hand side mental health.gov which is one of their sites, if you enter your ZIP Code it will help you locate information about local services that exist. They also provide the national suicide prevention lifeline telephone number. Let's look for a minute at what they have in data and publications. This I think is an interesting statistic. At some point 50% of us will be diagnosed with mental illness at some time. That is an extraordinarily large statistic. I think the other statistic is just amazing. Adults living with serious mental illness day on the average 25 years earlier than others. I think this just points at how serious mental health can be and how important it is to provide information and to help our users or advise them to seek professional help. This is information on public health data systems that have health information. Is are all sites based on surveys of data that is collected. Behavioral risk factor survey, the national health and nutrition examination survey includes mental health information. The national health interview survey, national hospital care survey, all of these surveys and information involve and provide data and information on mental health. I'm going to click on this one for ADD and Tourette's and see what information there is. This is a state and local area survey done by the CDC and it is the national survey. This explains what the survey consists of, how it is conducted, gives facts about it and then you can take a look at the survey and actually access the data set of information that comes from the survey. That is useful if you are in an academic library and have people who are doing research on these particular mental disorders. Okay. If there are no questions or comments for the Center for disease control I am going to move on to SAMHSA. Substance abuse and mental health services it provides information on finding treatment including national suicide prevention, national helpline and they will talk in English or Spanish to find treatment options. They have a disaster distress helpline. If you're out there in the hurricane territory you can call the disaster distress helpline and find out how to help yourself get over the trauma and upset that comes with dealing with a natural disaster there are also treatment locators for behavioral treatment for early serious mental illness and there is a director of opioid treatment programs available. These topics have to do with addressing mental health and substance issues in schools, directives for crisis planning, medication assistance treatment for opioid disorder, criminal justice publication, risk of marijuana use, treating opioid use disorder, opioid overdose prevention toolkit and I will click on this one because I know that all of us to some extent no matter where we are located are dealing with the opioid epidemic here SAMHSA is providing an overdose prevention toolkit which opioid use disorder fax, essential steps for first responders. Information for prescribers, safety advice for patients and family members and recovering from opioid overdose. I will click on the opioid use disorder so you can see an example of what one of these publications look like and the information it provides. Here it is. SAMHSA opioid overdose prevention toolkit. Opioid use disorder fax. It is 10 pages long and it provides information on the scope of the problem, strategies to prevent overdose death, resources for communities. It explains what our opioids, how overdose happens, strategies to prevent overdose deaths and a list of resources for communities which can be very useful in providing information to our users within our libraries. I am moving on to the national Institute of mental health which is the main federal agency for doing research on mental disorders. You will see here a list of some major health topics that they cover. Research opportunities, funding if you're interested and if you have researchers that are interested in the communities or finding funding to do research on mental health. News and events that have to do with mental health including you can follow the national institutes of mental health on Twitter, Facebook, YouTube and LinkedIn. Other things on the topic include minority mental health awareness month, exhibits at the national Institute of mental health, events that they have like webinars, committee meetings. Here we go. Funding, finding treatment, join a study. Featured resources, the national Institute of mental health has brochures and fact sheets, learn more about research, connect on social media, I will click on that and take a look at what the national Institute of mental health has on social media. Connect with us. You can connect on Twitter, Facebook and there are videos on YouTube about the national Institute of mental health. I am going to go back. As I want to

take a look at the brochures and information they have available. Brochures and fact sheets. They have information available in English and in Spanish. Information on all of these disorders, they have some e-books, I am going to click on anxiety disorders and let's see what kind of information is available. Publications on anxiety disorders, five things you should know about stress, and generalized anxiety disorder, panic disorder, social anxiety disorder. I am going to click on panic disorder. What you see here is the introduction, information and here you can download a PDF, download an e-book, order a free hard copy or see the publication in Spanish. I will click on Spanish so you can see what it looks like if you are dealing with and have users who speak Spanish. Okay I'm going to move on to my last live site. I'm going to take a quick look at what may be available. For those of you who know the site we know it is the database of the national Library of medicine and it includes scholarly professional research articles from numerous sources so just for an idea, what's their I'm going to put mental health and see what happens. I get a lot of information. The first one is over 300,000 results on mental health. Obviously I cannot possibly use all of those. There are varying ways and those of you know you can limit by types of article, text availability so most of the time my students go I need free full text. I will click on free full text and see how many articles. Now I am down to 95,000 articles that are available. I can further limit by publication dates. I will do five years and now we are going to have what's available in the last five years. We are now down to 53,000 articles. I can limit by species, humans or other animals. Let's to humans. I am down to 31,000. I can also look on the right side for other suggestions, mental health literacy, children, stigma, adolescence, there is a list of a few titles from my search terms. I can also go appear in if I want to know only about mental health in Puerto Rico or Washington DC I can put mental health Puerto Rico in limit my search to geographical area in which case there are 67 articles here. Their free full text. And their limited to humans and within the last five years about mental health and Puerto Rico. Here subtitles over here, the first one pops up, the mental health impact of hurricane Maria on Puerto Rico. And Puerto Ricans in Florida. Not surprising at all. I will click on that one just to get to a specific title and if you don't know the site when you get to a specific title this is the information that you get. The title of the article where it was published, the date of publication which is February 13, the authors, a little bit about methods and results. Keywords used and a link to more resources if you would like to have them. That is just a sampling of what exists here. You're going to find this is where your students are doing research, professors are who like to have very scholarly information. With that I'm going to stop sharing my desktop and say thank you to everyone and we are all awesome and we do great things. With that I'm happy to take questions. Comments from anyone?

>> Thank you Jane. Another great webinar. A lot of good sites that I will check out myself. Any questions? There is a shout out from Charlotte.

>> Thanks to all of you. As usual if any of you would like my PowerPoint because when it goes to the Academy it is in PDF form and the links are not live. If you would like a copy of the PowerPoint so you have the live links to the sites just send me a separate email and I will happily send you the PowerPoint.

>> That brings up a good comment. Our usual tech person is away this week so there will be a slight delay in getting the archive up. It will be there probably next week I believe. Any more questions for Jane? I will go into my rep at comments. We have plenty of the satisfaction survey in the chat box.. She has a famous series that we will put the chat box. I highly recommend that. He is putting that in there now. We have a new file for the last two years. It is very easily searchable. The links are coming in now. It takes a little bit of time to get them in there. There are six of them. He is putting those in there now. Let me going to the wrap up comments. Plenty of time for questions. Please send them in. First off I would like to thank Jane for another terrific webinar. I think she has already done 30 webinars for us. I don't know the exact number. Probably more than anyone else that has presented.

>> Steve was close before he retired.

>> Steve from the Oakland state library, he had 30 and a talk with him now than. He claims he is coming back. He has not yet. He was hoping to do more webinars. I think Jane you have passed him slightly.

Thanks also to Cory, great tech support work today. Corey also put in the links about the Academy. We do things besides webinars and conferences. We have a toolroom and annual conference coming up. Please register for that. Registration is open on that. Anyone coming to the conference that was to present at the conference, we have information there on the website. You will see a link to it. Please check it out. Corey put a link about the article written by my former colleague Scott, talking about the Academy and all the things we do. Don't forget our upcoming webinars. This is the last one for July. We have three more webinars scheduled so far and there will be another one for the census builder at the end of August. The next webinar we have is next Thursday or on Thursday, August 15. It is titled to encourage productive harmony between man and his environment. Environmental impact statements at Northwestern University. Like I mentioned do not forget to register for a conference in the fall October 21st to the 23rd. It is just outside of Washington DC. It is where Amazon is going. You will receive notice of all of our upcoming webinars when there are announced if you sign up for the email alert service and from that Academy webpage it is linked to an index section at the bottom you can view a calendar of upcoming webinars and access past webinars and volunteered to present an Academy webinar. Don't let Jane do all of the webinars. I know there are people in the audience that can do something. It could be about how you run your depository, anything government information related. If you present locally or statewide and they get would have a good application for your fellow librarians. Let's see if we have any other questions. Just some shout outs. Charlotte says thanks am excited to share resources with our patrons. Charlotte says I love the PowerPoint, what is your email address. That will be on the website if you can wait until next Monday

>> It's also in the chat. Jane put in the chat box.

>> I will put in a plug for the October conference. I don't know how much I am supposed to reveal about the programming from counsel but there is some awesome programming at the October conference, please do not hesitate if you have an idea that you would like to present within the educational programming section. That is how I got started doing all of this. I went to a conference with the presentation and I had no idea if anyone would like it. It is a good place to start, we are a friendly group and we really do welcome new presentations and ideas. Conference programming will be awesome. We will talk about social media and U.S. presidents. Will have this Bureau programming. We will have programming on cyber security, there will be awesome programming.

>> We should have between 2 to 400 of our librarians. We also have some major programs that will be live streamed. They are recorded for later viewing also. Unfortunately we don't record everything. A lot of those education programs by agencies tends not to be recorded. The power points will be later available. If you can attend I would strongly encourage you to attend. Let's see if we have any other comments. I think you had a lot of questions and it's usually because it presenters are so thorough it limits the questions. I think I can reluctantly close things out today. It looks like no more questions or comments. And other great webinar by Jane. I would like to think her one last time. Thank you Corey. Come on back to the Academy and sign up for the conference and check out the next webinar on August 15. Have a great rest of the day. Thank you. [Event concluded]