



The Virtual Library St. John's Rehab

Ekaterina Petkova, Librarian
Sunnybrook Library Services
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Library before the merger with Sunnybrook Hospital

- Was set up like a small office
- No sitting area for users
- No public computers
- Staffed two days/week





Cont'd ...

- Limited budget to operate
- Renovation was planned some years ago but was not implemented





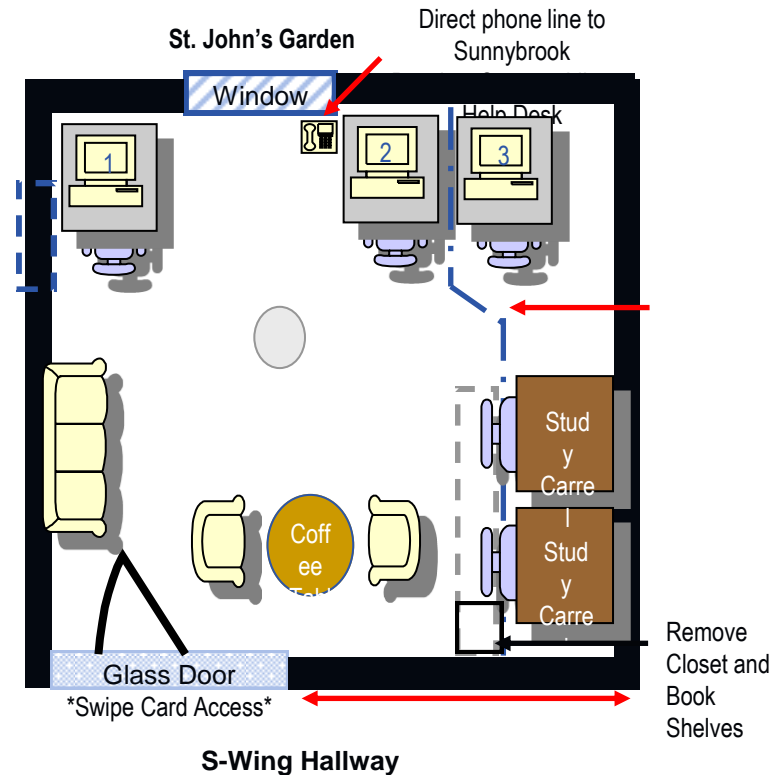
2014 - Merger of SJR and Sunnybrook Hospital

- Access to all SB Library Services and existing print resources provided
- Staffed for several hours two days a week
- To assure the full range of services the decision was made to create a virtual library



Virtual library Project

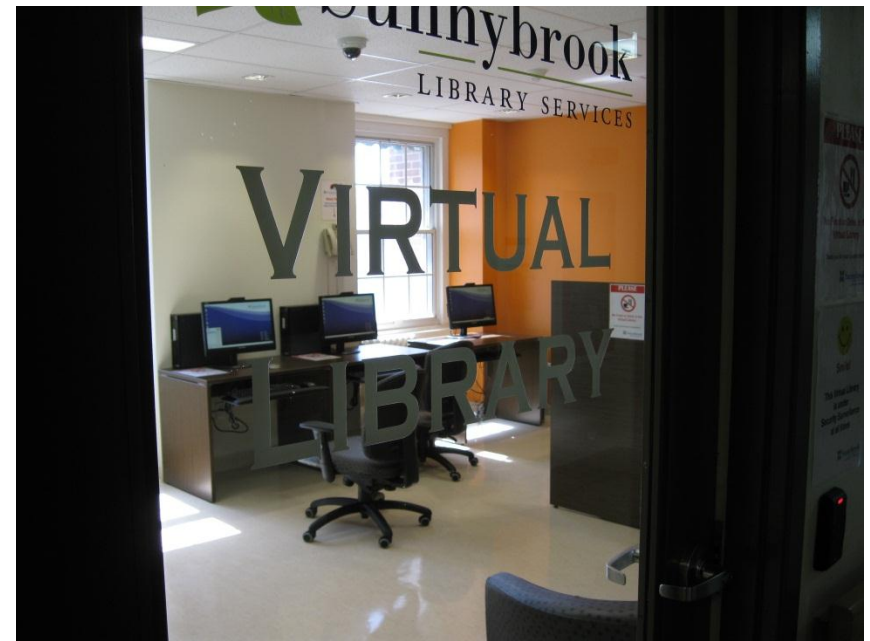
- Usage data collected
- Project plan and proposal submitted
- Design consultations for the layout with architect, interior designer, and Corporate Planning completed
- Renovation done February to April, 2015





First Virtual Medical Library in Toronto

- Re-opened on Tuesday, April 7, 2015
- Several user sessions/orientations conducted





New VL - a space to meet, read, research and work!

- Welcoming space
- Open week days between 7am and 6pm
- Secured access with Sunnybrook ID badge
- Naturally bright, open concept place
- Comfortable studying and sitting area





Cont'd ...

- Computer workstations with access to Library resources and Internet





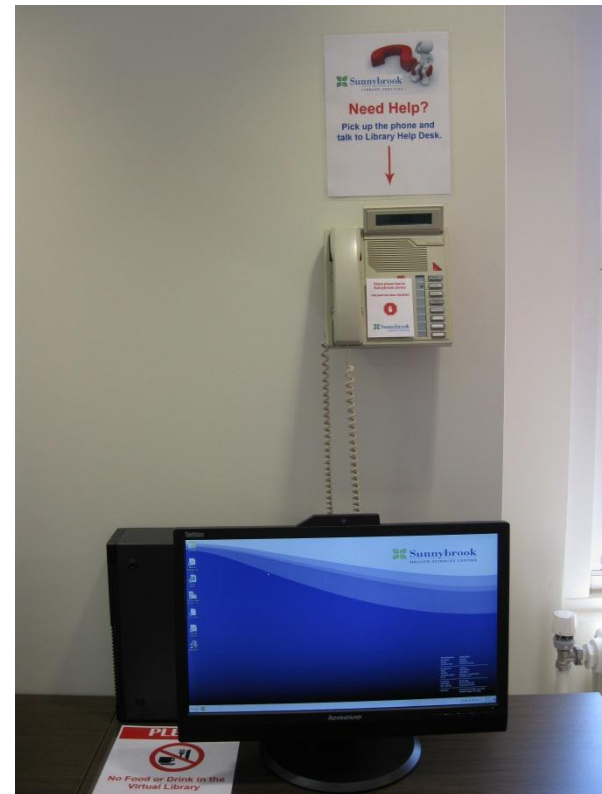
Cont'd ...

- Semi-private study carrels with power-outlets for laptops



Multiple ways to reach Library Staff for reference help

- Email / online help
- Direct telephone line to main library at Bayview Campus
- Video conferencing available
- In-person meetings as needed





Monitoring of the VL

- Visitor statistics collected
- User survey for further needs assessment
- Plan for further improvements as needed





Questions?

Thank you!

Bibliotherapy-based Programs in Hospital Libraries:

Bibliotherapy for Staff (Rouge Valley Hospital)

Book Break (St. Michael's Hospital & Rouge Valley Hospital)

Presented by:

Natalia Tukhareli, MLIS, PhD

Librarian, Health Sciences Library

Rouge Valley Health System





Creative (Social, “Affective”) Bibliotherapy -

a reading intervention used by non-medical professionals (librarians, educators, social workers) as a means of

- ❖ improving the quality of life of individuals facing various life challenges;
- ❖ promoting health and well-being;
- ❖ combating social isolation.

✳ Creative Bibliotherapy applications vary from one-on-one consultations to shared reading groups in a wide variety of settings.

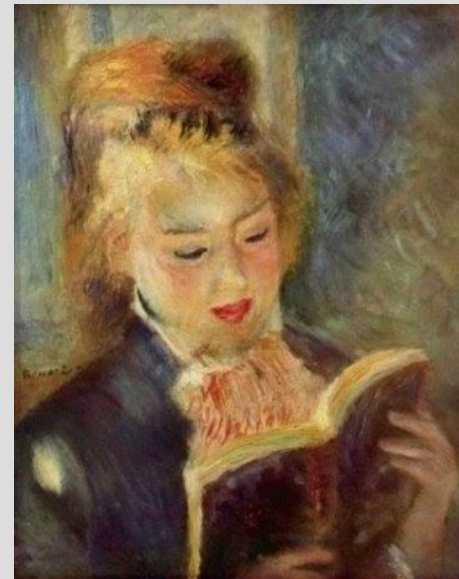
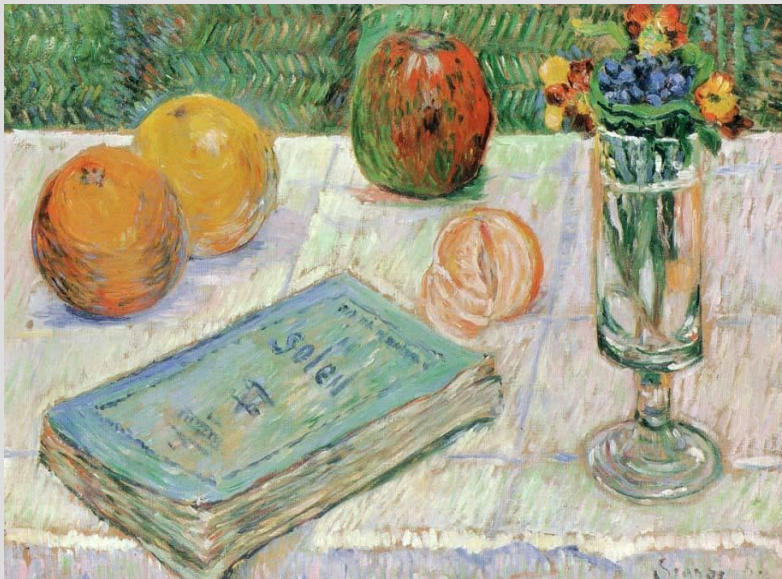
“For the ideal reader, every book reads, to a certain degree, as an autobiography.” *Alberto Manguel*

The readers “find what they need in what they read.”

Gold, J. (1990). *Read for your life: Literature as a life support system*. Markham, ON: Fitzhenry & Whiteside, p. 279.

Can reading make you happier? By Ceridwen Dovey,

The New Yorker, June 9, 2015



Bibliotherapy Service at RVHS

- ❖ **Bibliotherapy for Staff** – an innovative informational and recreational bibliotherapy-based service for the staff of Rouge Valley Health System
- ❖ December 2014 - present
- ❖ Health Sciences Library in partnership with the Occupational Health Department

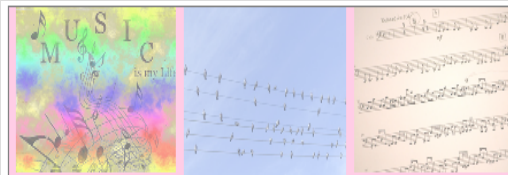


Program Description

- ❖ Monthly compilations of ‘therapeutic readings’ distributed to staff in print and online formats.
- ❖ Include excerpts from literary materials of various genres (both fiction and non-fiction) addressing specific topics to promote a healthy workplace.



Life is a precious gift and we are responsible for living it well – physically, mentally and spiritually. Whether we succeed or not often depends on personal choices that we make at different stages of our lives – from choosing a right career and a right partner to adopting a certain diet and lifestyle. With a start of a new year, we tend to reflect on our lives and make new resolutions aiming at judging or improving our present situations. Most common resolutions include various aspects of healthy living, such as healthy eating, exercise, outdoor activities, and community engagement. Although setting a right goal is already a big step forward, nothing can be achieved without a realistic action plan as well as determination and enthusiasm. Moreover, with a large body of self-help literature published on ‘healthy living’, finding information that matches one’s needs can be challenging and time-consuming. With this in mind, the goal of the January compilation of ‘therapeutic readings’ is to highlight a few key components of healthy living as well as provide a list of self-help resources on the topic. Please read and try to incorporate this information into your daily life!



The discovery of bone flutes at the pre-historic archeological sites in Europe suggests that the playing of music can be traced as far back as 41,000 years ago. In the history of mankind, music has been an integral part of human existence contributing to cultural, intellectual, spiritual and social aspects of our lives. In my perception, music creates a realm, a space where we can connect to the very essence of this world and beyond, as well as to explore ourselves. This is the universal language with a unique capacity for expressing one’s deepest thoughts, feelings, emotions, and inspirations. Music is often the first language learned in the early childhood and the last one understood at the end of life. Throughout our lives, music inspires us, consoles, heals, and simply gives pleasure. Given its power to influence people’s minds and souls, music has been recognized as an effective therapeutic tool to be used in a healthcare setting. Therapists have widely acknowledged a potential of music in improving health and well-being of individuals living with various chronic conditions, disorders, and disabilities. This compilation of readings will highlight recent developments in music therapy, provide personal stories shared by music therapists, as well as introduce writings on music and those inspired by music.



We all have experienced a therapeutic effect of an active interaction with nature during various outdoor activities – from a quick walk in a park after a busy day at work to the weekend hiking or gardening. With the official start of the summer season this week, this is a good time to contemplate our connection with nature and talk about simple joys that it generously offers to us every season, and especially in the summer time. The benefits of deepening our connection with Nature for our health and well-being are obvious. Being out in nature helps to regain physical energy and restore emotional balance. Ironically enough, nature that has always been a natural environment for human beings turned into a therapeutic venue, a shelter from the stress of today’s life. Current discussions about “nature based rehabilitation” and “horticultural therapy” have been supported by numerous research studies. Beneficial effects of “plant related activities” have been reported for clinical depression, anxiety, occupational stress, chronic pain, dementia, and loss and grief. For those who believe in evidence-based medicine, this is a strong argument to start spending more time outdoors and to re-connect with Nature. Once again, we are given a chance to improve our work-life balance by engaging ourselves in hiking, gardening or “forest bathing” whether alone or with family and friends.

Bibliotherapy for Staff: Objectives

- ❖ provide an additional venue to address wellness and healthy workplace topics within RVHS;
- ❖ promote healthy lifestyle;
- ❖ educate staff on new approaches in evidence-based medicine (music therapy, horticultural therapy, positive psychology interventions, etc.);
- ❖ expand opportunities for collaborative projects and partnerships for the library;
- ❖ increase visibility of the library within the organization

Topics Addressed

Holiday stress

Healthy living

Positive thinking

Resilience

Music therapy

Garden therapy

Work-Life balance

Power of Gratitude

Materials used: fiction & non-fiction

Excerpts from:

- ❖ Short stories
- ❖ Novels
- ❖ Poetry
- ❖ Psychology and philosophy manuscripts
- ❖ Biographies, autobiographies, memoirs
- ❖ Journal and magazine articles
- ❖ Self-help books and websites
- ❖ Research studies in health sciences, humanities and social sciences

Bibliotherapy for Staff: Delivery

- ❖ e-Echo – an electronic newsletter at RVHS
- ❖ E-mail blasts to specific clinical groups and management
- ❖ Web page on the Library Intranet
- ❖ Displays with print copies in the Library and the Occupational Health Department
- ❖ Print copies added to library training packages


Library Web Page

The screenshot shows a web browser window with the URL <http://info.rougevalley.ca/Resources/Library/Pages/Bibliotherapy-for-Staff.aspx>. The page title is "Bibliotherapy for Staff".

LIBRARY

- Databases and Resources
- Journals@Rouge
- Staff Papers
- e-Books
- Tom Leon Resource Centre
- FAQ
- Contact Us
- Training: Book a Session
- Bibliotherapy for Staff**

Bibliotherapy for Staff



"In reality, every reader is, while he is reading, the reader of his own self" - Marcel Proust

The readers "find what they need in what they read" - Joseph Gold

Bibliotherapy Service at RVHS: monthly compilations of 'therapeutic readings' include excerpts from literary materials of various genres (short stories, novels, poetry, biographies, scholarly publications, self-help books, etc.) addressing specific topics to promote a healthy workplace. Please read and reflect...

Power of Gratitude

In the light of upcoming holidays, I would like to invite you to reflect on the power of Gratitude. I believe that feeling and expressing gratitude for all good things that we have in our lives can help manage holiday-related stress and embrace the fest...

Tukhareli, Natalia | 5 weeks ago

Work-Family Balance

With summer vacations coming to an end and a new school year rolling out, this is a good time to reflect on our work-family situations and get a fresh perspective on how to better balance the two main domains of our lives. As research shows, North Am...

Tukhareli, Natalia | 2 months ago

Healing Garden

We all have experienced a therapeutic effect of an active interaction with nature during various outdoor activities – from a quick walk in a park after a busy day at work to the weekend biking or gardening. With the official start of the summer seaso...

Tukhareli, Natalia | 2 months ago

Healthy Living

Life is a precious gift and we are responsible for living it well – physically, mentally and spiritually. Whether we succeed or not often

4:27 PM
1/21/2016

Evaluation & Further Developments

Evaluation *in progress...*

- ❑ an internal survey to hospital employees
- ❑ semi-formal interviews with random staff members

Further Developments:

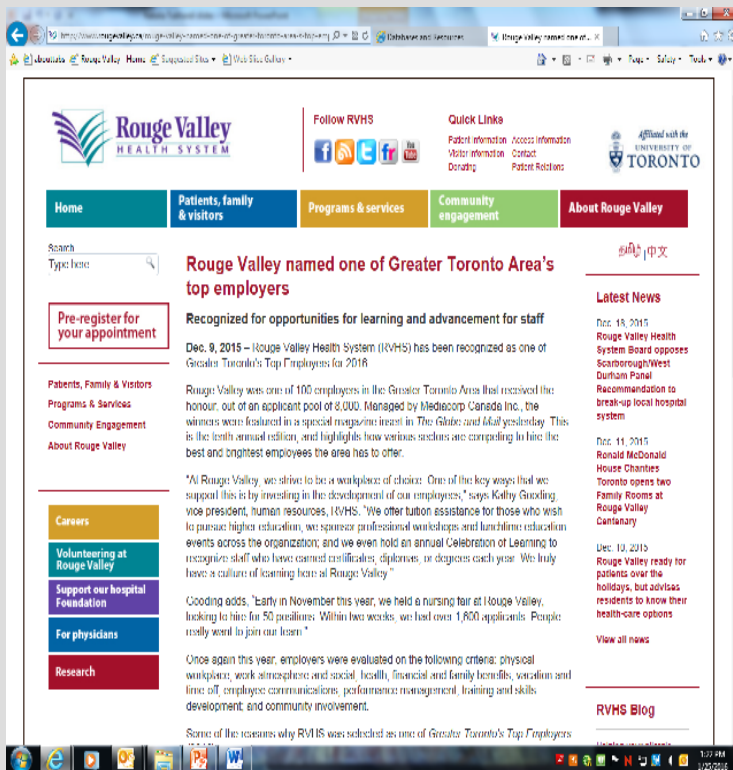
- Lunch & Learn sessions for the staff of RVHS based on the compilation on Positive Thinking
- Possibility of expanding the service into group workshops with clinicians (to address compassion fatigue, stress, and other topics)

Bibliotherapy service recognition at RVHS

Rouge Valley named one of the Greater Toronto Area's Top Employers for 2016



 *Bibliotherapy Service recognized as one of the contributing factors*



Some of the reasons why RVHS was selected as one of *Greater Toronto's Top Employers* (2016):

- Tuition assistance for employees that includes subsidies for courses taken and for professional accreditation;
- Workplace wellness initiatives that include implementing the National Standard for Psychological Health and Safety Management System framework, providing a healthy workplace series of seminars and supports, as well as offering bibliotherapy (a systematic use of reading materials to help people cope with mental, physical, emotional, developmental or social problems) and exercise and fitness opportunities and discounts;
- Maternity and parental leave top-up payments, with up to 93 per cent of salary for up to 35 weeks with an option to extend their leave into an unpaid leave of absence;
- Retirement planning workshops and phased-in work options to help employees save and prepare for the future.

Book Break at St. Michael Hospital

A bibliotherapy-based shared reading program for the clients of the STAR (Supporting Transitions for Homeless People at St. Michael's Hospital) Learning Centre

Presented by the Health Sciences Library and the Patient and Family Education Program of St. Michael's Hospital, with collaboration with the Health Sciences Library of Rouge Valley Health System.

Sandy Iverson, MEd, MLIS

Manager, Health Information and Knowledge Mobilization

Li Ka Shing International Healthcare Education Centre in the Li Ka Shing Knowledge Institute



A teaching hospital affiliated with the University of Toronto

www.stmichaelshospital.com

Natalia Tukhareli, MLIS, PhD

Librarian

Health Sciences Library & Tom Leon Health Centre

Rouge Valley Health System

www.rougevalley.ca



A screenshot of the St. Michael's website. The page title is "Mental Health and Addictions Service" and the sub-header is "Supporting Transitions and Recovery (STAR) Learning Centre". The main content area contains text describing the STAR Learning Centre as the first initiative of St. Michael's new Urban Angel Fund for Homeless People, established to help people transition from homelessness to housing in as smooth a manner as possible. It also mentions that the program provides a safe and welcoming environment for people to discover or rediscover meaningful activities and provides opportunities for people to develop skills to secure or maintain stable housing. A photo shows four people standing in front of a large, colorful, abstract artwork. Below the text, there is a list of links: "December calendar of courses and workshops (639 kb pdf file)", "January calendar of courses and workshops (577 kb pdf file)", "STAR program description (144 kb pdf file)", "STAR registration package (872 kb pdf file)", and "STAR Winter/Spring Prospectus 2016 (2.2/ MB pdf file)". The left sidebar of the website is visible, showing a navigation menu with categories like "Visiting Us", "Patient Care A to Z", "Clinics, Programs & Services", "Programs & Focus Areas", "Cancer Care", "Children's Health", "Critical Care", "Diabetes", "Comprehensive Care", "Emergency", "Heart & Vascular", "Inner City Health", "Mental Health and Addictions Services", "Our Team", "Patient Bill of Rights", "Contact us", "Education", "Research", "Newsletters", "Articles", "Services offered", "Inpatient Psychiatry", "Psychiatric Emergency".

Book Break: Program Description

- ❖ **Participants:** adults of different age and gender groups
- ❖ **Delivery:** 8 weekly sessions in October-December 2015 (a 2-hour session with a 15-min break)
- ❖ **Session Structure:** read-aloud activities followed by a guided group discussion
- ❖ **Evaluation:** course evaluation forms provided by the STAR Learning Centre

November 2015 Course Descriptions	Made 'em Laugh A one-act play set in a bar at the behest of the 1960s. Working to build jobs based on our experiences in the 1960s. Monday Nov. 2, 9, 30 (7:00pm-8:00pm) Location: 218 Victoria Street, Room 218	Intro to WRAP This workshop provides a brief introduction to the Wellness Recovery Action Plan (WRAP) model. Wednesday Nov. 4 (2:00pm-4:00pm) Location: 218 Queen Street East	Book Break Discussion will be readings, journal entries including plot analysis, poems and essays to explore themes such as living through adversity, recovery, and resilience. Book break will be facilitated by the facilitator, followed by group discussion. Friday Nov. 6, 13, 20, 27 (12:00pm-12:30pm) Location: 218 Victoria Street, Room 218
	Brain Boost Do you struggle to get your memory back after a stroke? Do you struggle to get your attention back? Do you struggle to get your energy back? Do you struggle to get your sleep back? Do you struggle to get your mood back? Monday Nov. 16 (2:00pm-4:00pm) Location: 218 Victoria Street, Room 218	Living in Balance II Do you struggle to manage your emotions after your stroke? Do you struggle to get your energy back? Do you struggle to get your sleep back? Do you struggle to get your mood back? Thursday Nov. 5, 12 (12:00pm-12:30pm) Location: 218 Queen St. E.	WRAP – Wellness Recovery Action Plan This workshop provides a brief introduction to the Wellness Recovery Action Plan (WRAP) model. This workshop will be facilitated by the facilitator, followed by group discussion. Friday Nov. 6, 13, 20, 27 (12:00pm-12:30pm) Location: 218 Victoria Street, Room 218
	Dealing with Self-Harm and Suicidal Thoughts Self-harm and suicidal thoughts are common after a stroke. This workshop will help you understand why you might be feeling this way and provide strategies to support yourself and others who may be struggling. Monday Nov. 23 (2:00pm-4:00pm) Location: 218 Victoria Street, Room 218	Telling Your Story This workshop will help you understand why you might be feeling this way and provide strategies to support yourself and others who may be struggling. Thursday Nov. 5, 12, 19, 26 (2:00pm-4:00pm) Location: 218 Queen St. E.	STAR Learning Centre The STAR Learning Centre is an adult education program offering free services and workshops for anyone who has experienced challenges around housing or financial instability.
	Stroke Management This workshop will help you understand why you might be feeling this way and provide strategies to support yourself and others who may be struggling. Monday Nov. 3, 10, 17, 24 (2:00pm-4:00pm) Location: 218 Victoria Street, Room 218	Self-Care in Stressed Times This workshop will help you understand why you might be feeling this way and provide strategies to support yourself and others who may be struggling. Thursday Nov. 12 (12:00pm-12:30pm) Location: 218 Queen St. E.	STAR Learning Centre Opening hours 9:00am-5:00pm, Monday to Friday Tel: 647-382-STAR (7877) Tel: 1-855-592-7827 (Toll-free) Email: STAR@smh.ca Web: star.smh.ca/hospital.com
	Executive Skills Level 2 This workshop will help you understand why you might be feeling this way and provide strategies to support yourself and others who may be struggling. Wednesday Nov. 4, 11, 18, 25 (2:00pm-4:00pm) Location: 218 Queen St. E.	Self-Mentalism 101 This workshop will help you understand why you might be feeling this way and provide strategies to support yourself and others who may be struggling. Monday Nov. 16 (2:00pm-4:00pm) Location: 218 Queen St. E.	
	PREVIOUSLY FACILITATED BY: Wednesday Nov. 4, 11, 18, 25 (2:00pm-4:00pm) Location: 218 Queen St. E.		

Topics Addressed

- ❖ Living through difficult times. Resilience.
- ❖ Loneliness and Isolation
- ❖ Power of Forgiveness. Compassion.
- ❖ Responsibility. Bringing meaning into your life.
- ❖ Positive attitude. Power of Gratitude.
- ❖ Unconditional love. Giving.



Meaning in Bibliotherapy

BOOK

READER



FACILITATOR

GROUP

Benefits of Creative Bibliotherapy

- ✓ Flexibility (various client groups, settings, reading materials)
- ✓ Accessibility (attracts people with low literacy)
- ✓ Contributes to mental health and chronic disease management
- ✓ Helps build a sense of community among people with similar problems
- ✓ Effective tool of health promotion and education



Creative Bibliotherapy & Traditional Support Groups

A support group - a group that “contains individuals with similar problems, who meet on a regular basis to share problems and get support from each other” (*Alcoholics Anonymous, cancer groups, bereavement groups, etc.*)

***A shared reading bibliotherapy group** can be viewed as a specific type of a support group that involves a systematic use of books (in a variety of fictional and non-fictional genres) and a guided discussion around books to assist individuals in dealing with “life problems.”

Sandy Iverson's comments and observations



Thank you!

Natalia Tukhareli
ntukhareli@rougevalley.ca



** Images of book-cut sculptures courtesy of Su Blackwell*

Draft Decision Tree for Acquisition and Renewals of Print and Electronic Resources

Mary McDiarmid, MIST

Ontario Shores Centre for Mental Health Sciences Library

Ontario Library Super Conference

Thursday January 28, 2016

Health Libraries Lightning Rounds



Ontario Shores
Centre for Mental Health Sciences

Location of
New Requested
Item

Does the dept
want to keep item
in own work area?

Yes

Dept pays

No

Library pays

Cross-Discipline
Interest of New
Item

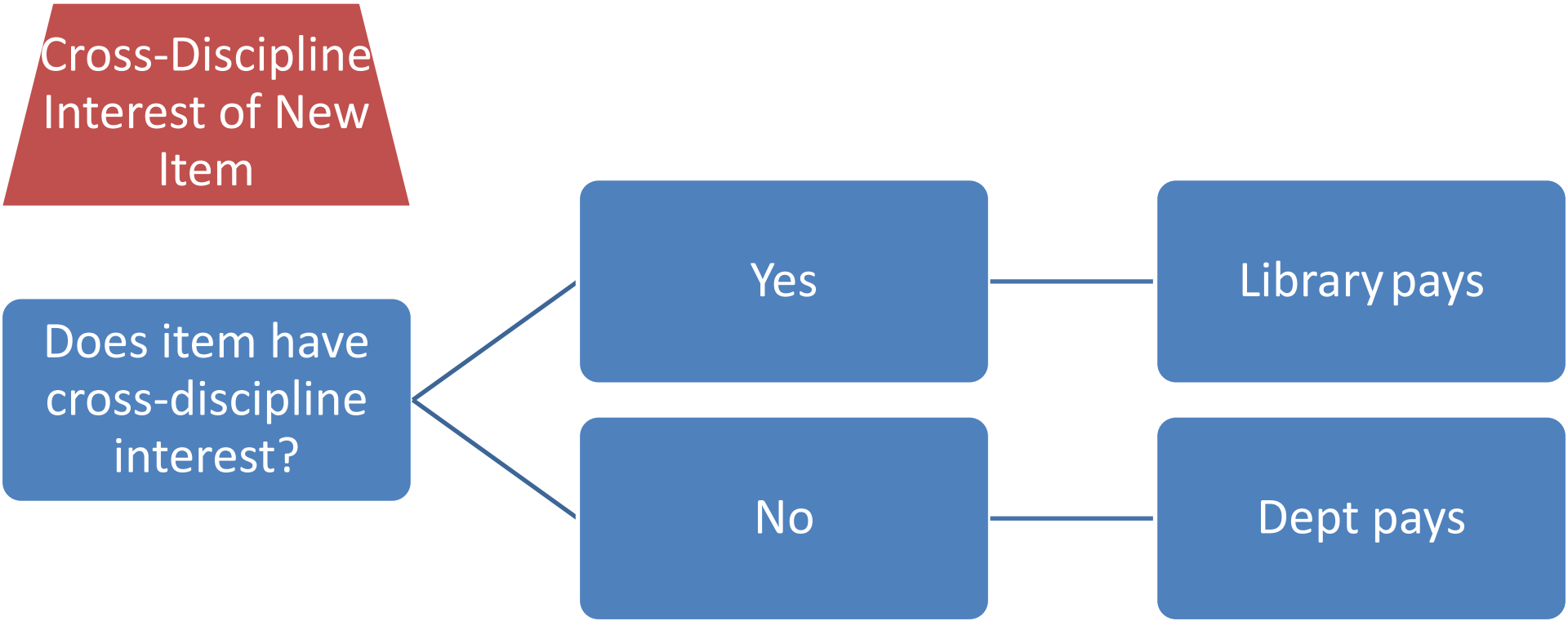
Does item have
cross-discipline
interest?

Yes

Library pays

No

Dept pays



Annual
Renewal

Cost per use
threshold met?

Yes

Renew

No

Cancel

Cost Per Use Thresholds: retail value of library resources if purchased externally.

Product	Cost per item	Usage
Print and e-Books	\$125	1 circulation per year of newly purchased items.
E-Journal Articles Accessed in House	\$45	Number of articles downloaded per year x \$45 and total must exceed actual cost of the e-journal collection.
Document Delivery Borrows	\$18	Subscription cost of two most borrowed journals is more than borrow costs paid by interlibrary loan.
Databases	\$35	Number of searches performed in each database divided by cost of each database should be less than \$35.

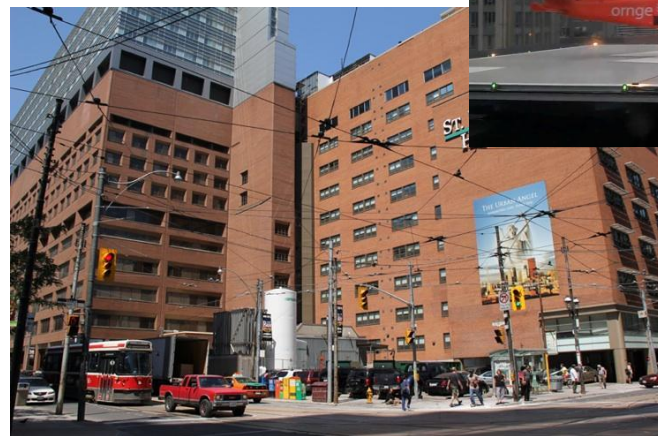
Using humour and creativity in library marketing

Sandy Iverson, Manager Health Information & Knowledge Mobilization
St. Michael's Hospital, Toronto



St. Michael's Hospital


- Inner city hospital
- 5000 + staff
- Trauma & critical care
- Inner city health
- Research



Why use humour?


- Establishes rapport
- Triggers memorability

We're stacked.

 www.libraryinjonesboro.org




Cheap date?... You get dinner,
we've got the movie.

 www.libraryinjonesboro.org




Spoiler Alert!
Dumbledore dies on page 596.

 www.libraryinjonesboro.org

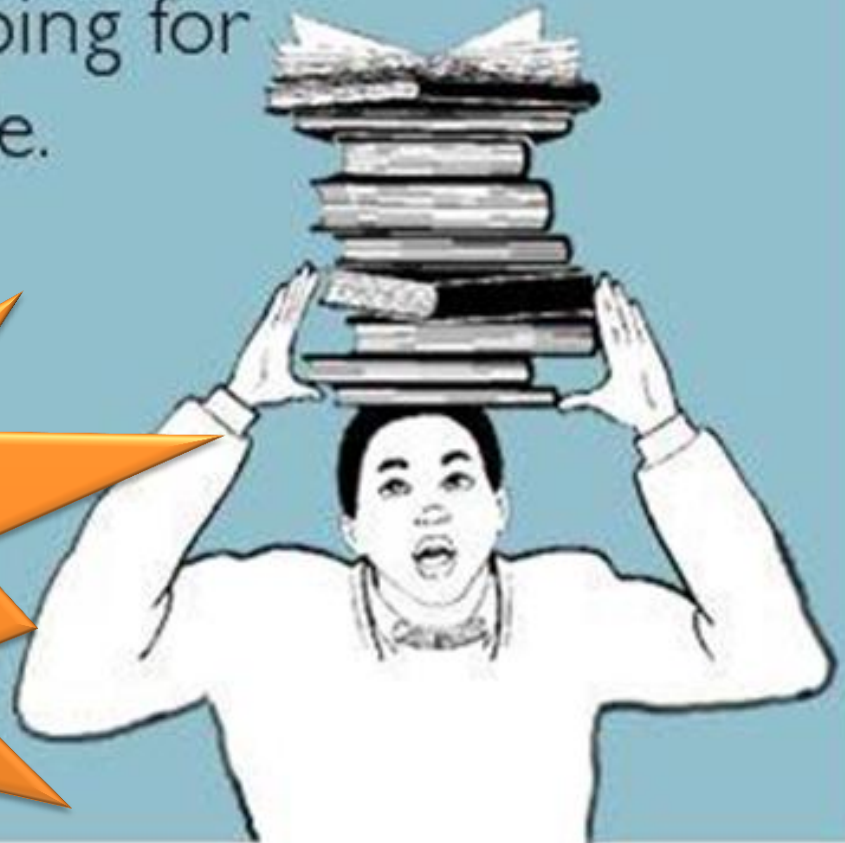


Romance novels –
cheaper than cats.

 www.libraryinjonesboro.org



Lets go library hopping.
It's like bar hopping for
intelligent people.



Risky to
some... funny
to others





ANYONE
with a **SMH** badge
can use the
Health sciences
LIBRARY







Good artists

copy,

great artists

steal.

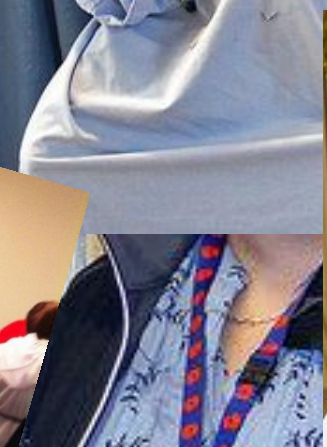


<https://www.youtube.com/user/SMHLibrary/videos>





WELCOME TO THE HALLOWEEN SPOOKTACULAR!





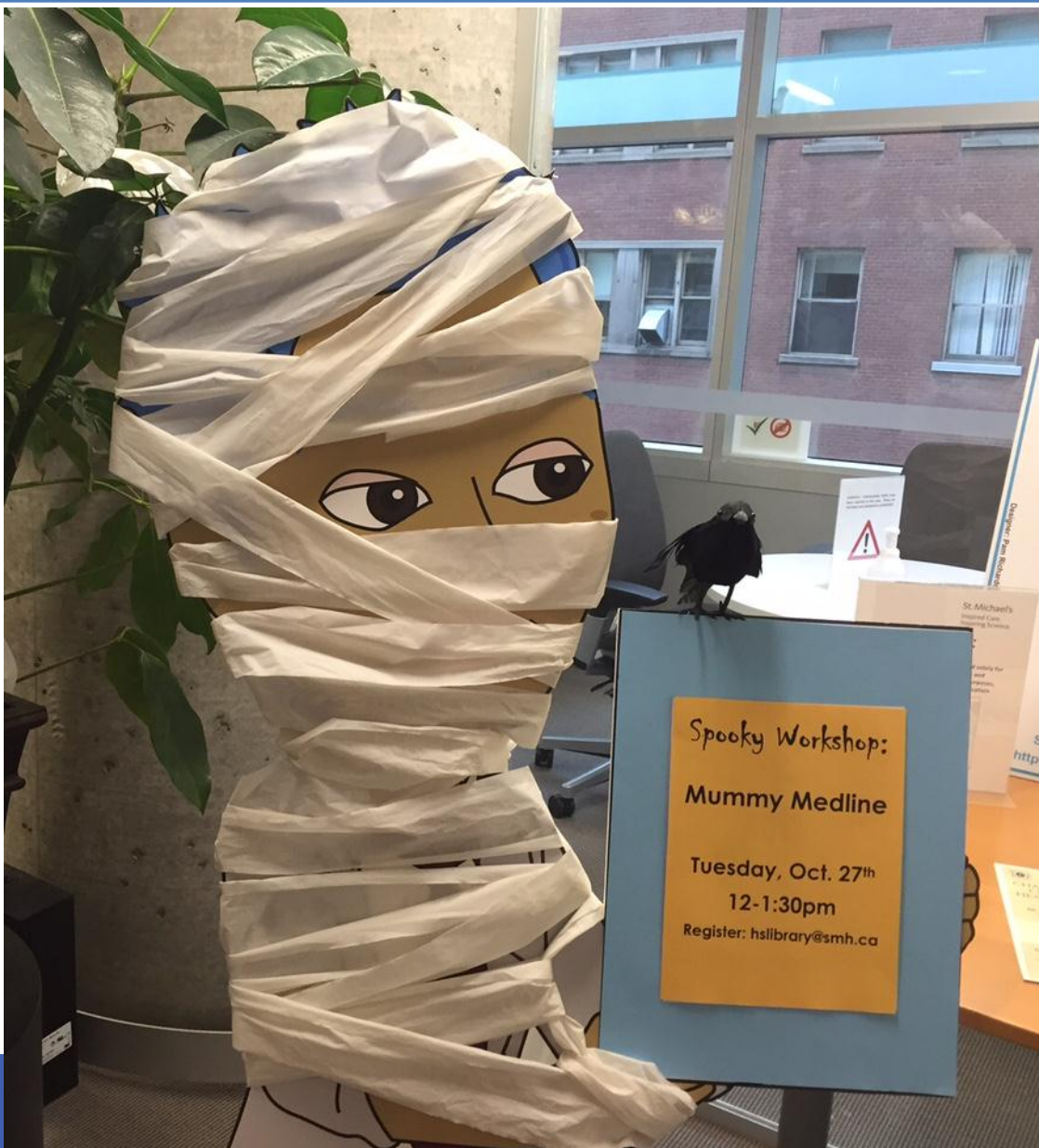
A FRIGHTENINGLY
GOOD TIME.
NO BONES ABOUT IT!





IT'S GOING TO BE GREAT.
I CAN FEEL IT
IN MY BONES







Search All Library Information (SALI)

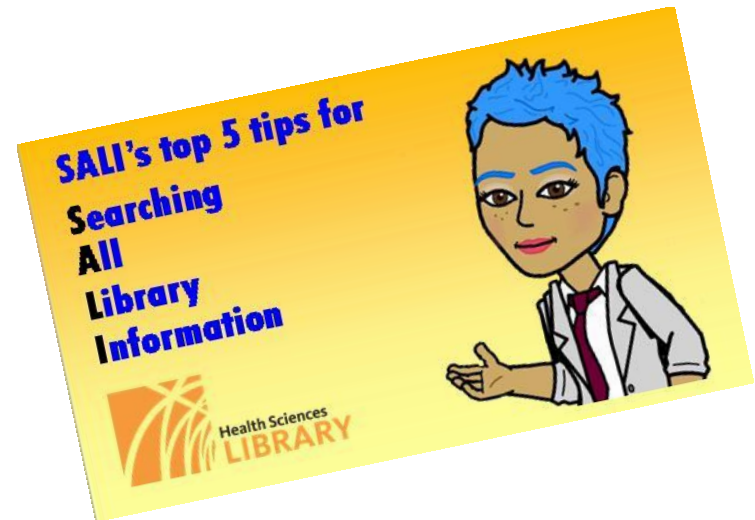
[All Resources](#) [Articles](#) [E-Books](#) [Hardcopy Resources](#) [Journals A-Z](#)

Search All Library Information (SALI) including databases and catalog:

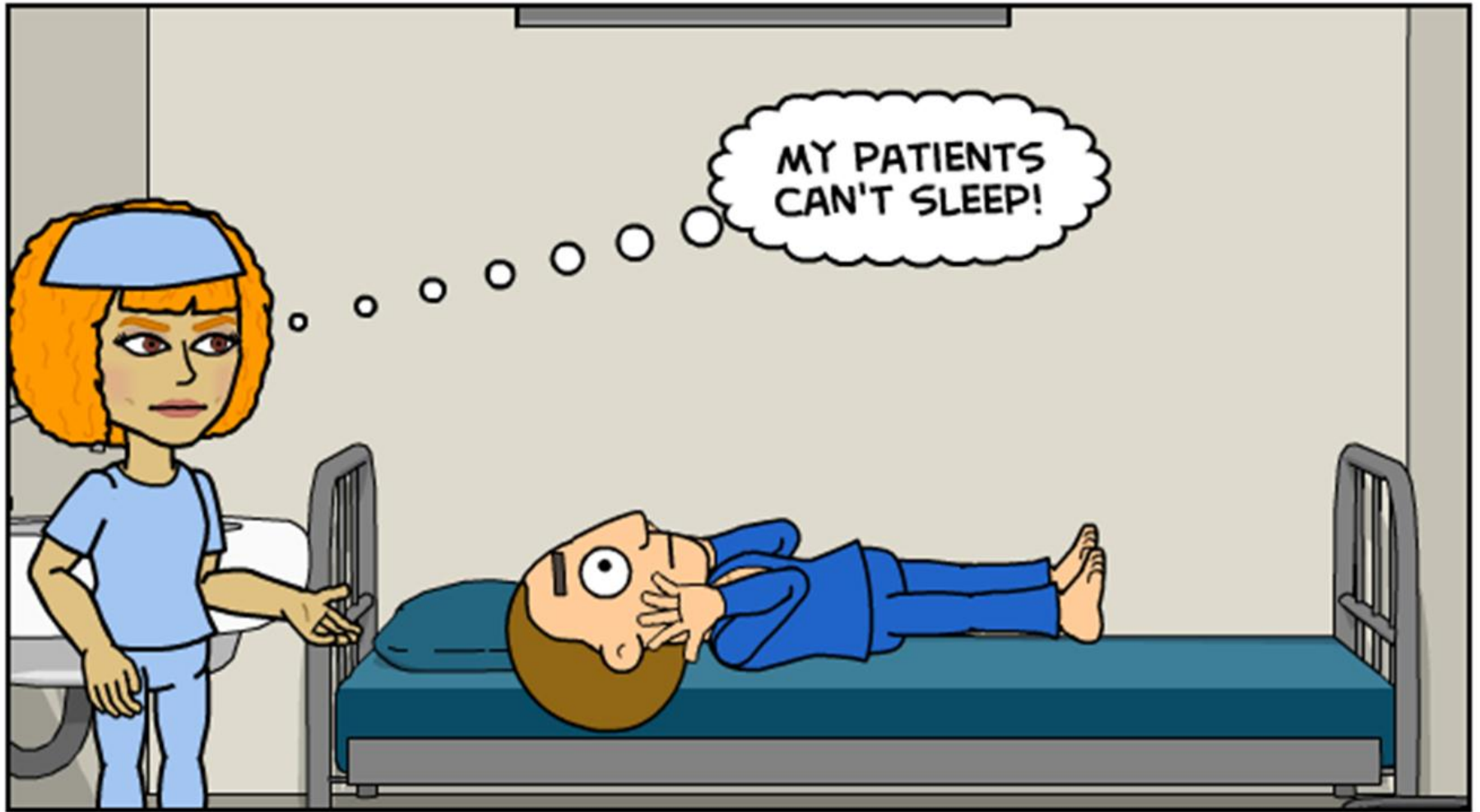
Keyword ▾

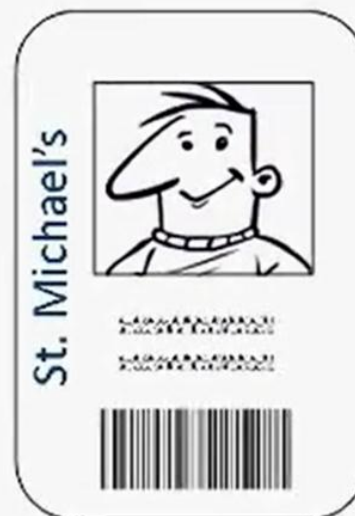
Search











CREATED USING





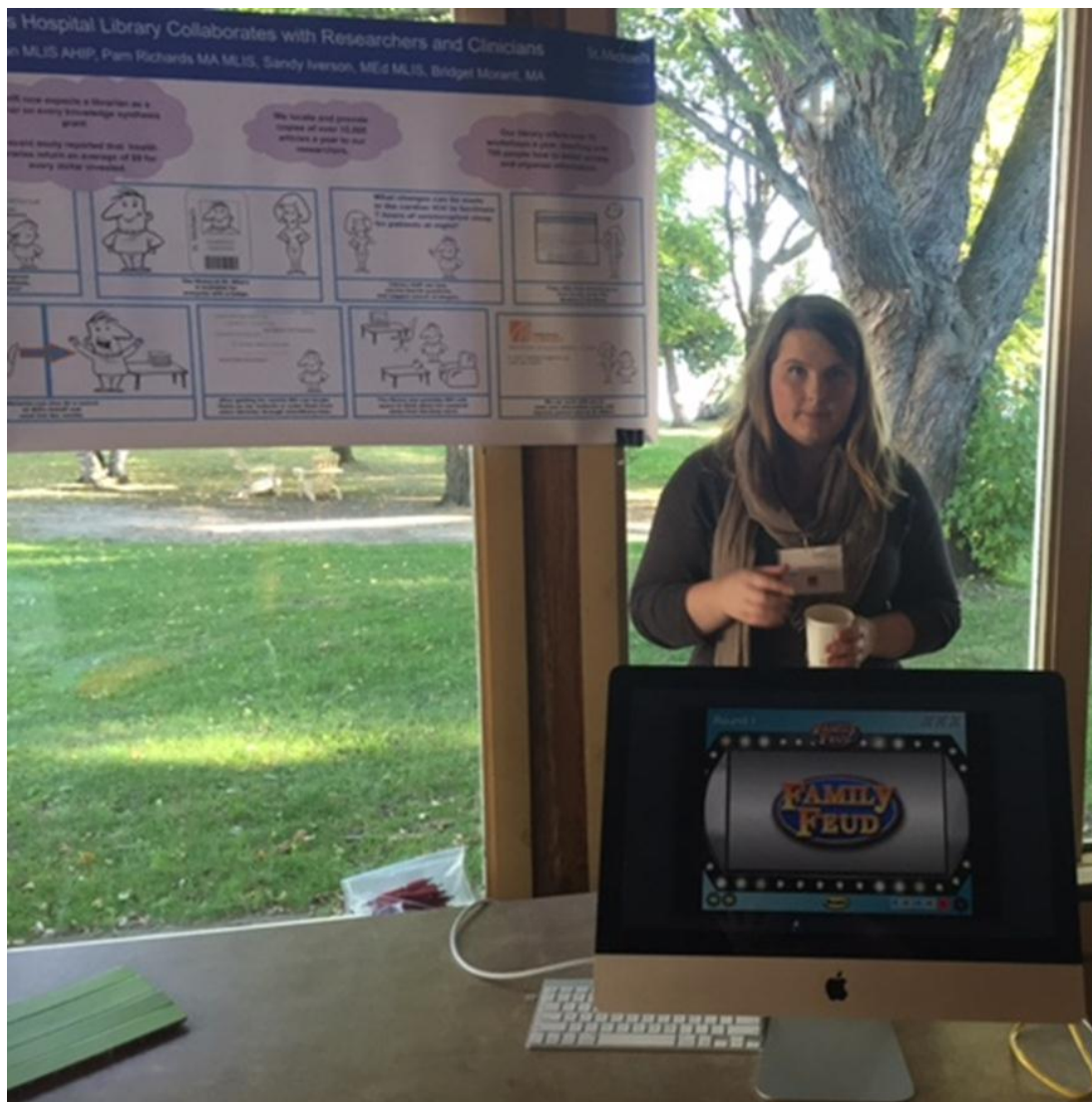
Did you know?

Library staff offer
**CUSTOMIZED
TRAINING**
for four or more
people?



*To learn more about our services, drop by
the 3rd floor of LKSKI or call us at x5059.*







4

FAMILY FEUD FAMILY FEUD FAMILY FEUD FAMILY FEUD FAMILY FEUD



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Round 1

XXX

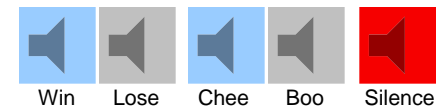
Save time 35	Get advice on where to publish 5
Improve quality 28	
Find best evidence 20	
Enhance grant application 12	



Round 4

XXX

Glasses / Bun 24	Smart 11
Loves Books 20	Sexy 7
Boring/No Fun 17	Have cats 5
Shush people 14	Timid and introverted 2



Win

Lose

Chee

Boo

Silence



Welcome to CRICH

RESEARCH ON ONLINE LITERATURE

Centre for Research on Smart City Health

RESEARCH FLASH

St. Michael's
Inspired Care,
Inspiring Science

Health, Housing, Infrastructure

IT'S TIME TO INVEST IN THE HEALTH OF ADDITIONAL CHILDREN

My Business

One system. Multiple functions. Easy online connections... SWEET!

Launching Fall 2014

Electronic paystubs
Time entry & approvals
Finance reports
e-Registration... and more!




The Division of Cardiac Surgery and Vascular Surgery cordially invites you and your colleagues for

"The Antiproliferative Role of Metformin"

Presented by
Nestor Khaper, PhD
Associate Professor, Physiology
Northwestern University
Adjunct Professor, Department of Cardiology
University of Toronto

Friday, Feb. 21, 2015
12:00 - 1:00 PM
Room 3224, Medical Sciences Building
1 King's College Circle, Toronto

Search for us on LinkedIn


St. Michael's
Inspired Care,
Inspiring Science

St. Michael's Neuroscience Research Rounds

Guest Speaker:
Dr. Robert G. Hart

Professor of Medicine (Neurology) at All India Institute of Medical Sciences, New Delhi, India. Researcher, Collaborator of the Alzheimer's Association, Alzheimer's Disease Research Program

Friday, February 20, 2015
10:00 AM - 12:00 PM
Room 3224, Medical Sciences Building
1 King's College Circle, Toronto



My Business

One system. Multiple functions. Easy online connections... SWEET!

Launching Fall 2014

- Electronic paystubs
- Time entry & approvals
- Finance reports
- e-Registration... and more!




- FEBRUARY - WORKSHOPS

From the Scarborough Health Sciences Library

Google Valentine's Day Edition
Saturday, February 14th

Excel Basics
Tuesday, February 3rd

Endnote Basics
Wednesday, February 11th

Endnote Advanced
Thursday, February 12th

Maximizing Your Search Skills
Saturday, February 28th

Madeline
Wednesday, February 25th

Published
Thursday, February 26th

Where: 5070 Sheppard Ave. E.
Room: 105-203
Contact: Customer Care
Registration Required
Email: info@shslibrary.com
Phone: 416-291-5200
Library Workshop Page
www.shslibrary.com

LSCDS presents:
How to write an effective cover letter

Speakers:
Suzella Sarinagalingam, MEd, Clinical Coordinator at Sunnybrook Medical
Warren Ho, B.Sc., M.Ed., P.Eng., Financial Planner, Investment Group

Monday, January 19, 2015
Room 3224, Medical Sciences Building
1 King's College Circle, Toronto
9:30 - 7:30pm

Registration is now open!
Limited Seating!
www.lscds.org
Free pizza and pop.

My Business

E-Paystubs Coming Soon!

GOODBYE... paper paystubs

HELLO... electronic paystubs

STARTING

24/7 + BE GREEN







Building on evidence

13 things to include in Ontario's municipal homelessness reduction strategies
A resource from the Centre for Research on Smart City Health

CRICH
Presented October 2014
Available at www.crich.ca

From research to reality

Informing a response to gambling at the Good Shepherd Centre

CRICH
Presented May 2014
Available at www.crich.ca

Diamed.ca

Powerful data collection and analysis tool

Survey Data Collection
Data Collection Methods Using Group Communication

CRICH
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