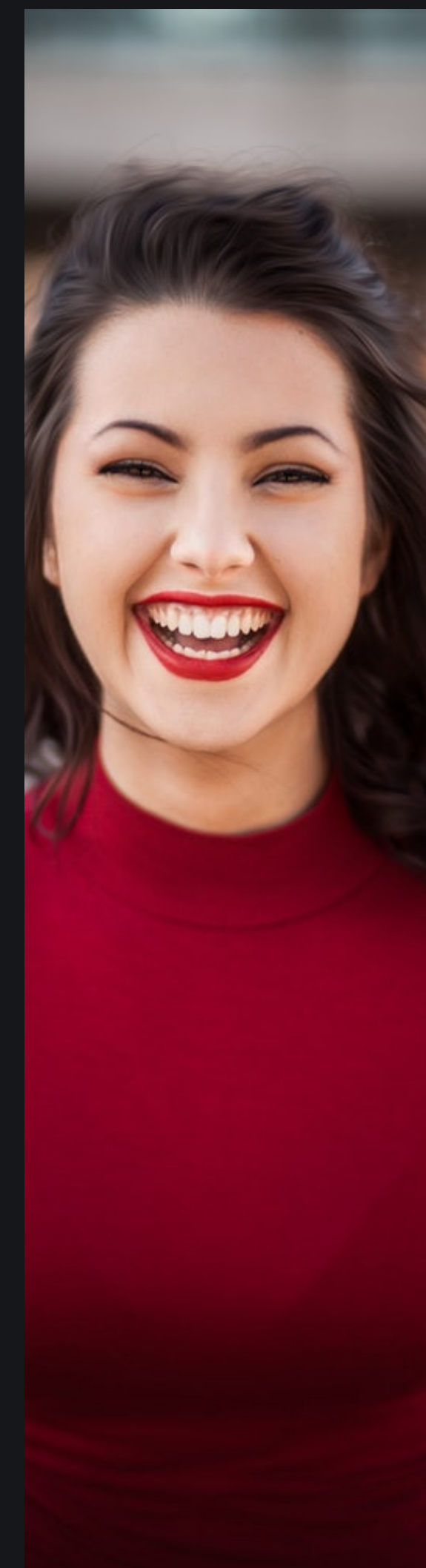




LEARNING TO LISTEN

SUPPORTING YOUTH MENTAL HEALTH
@ YOUR LIBRARY

PRESENTED BY
RYAN EDUARDO MONIZ
&
MELANIE CUNHA



A man in a dark jacket and jeans walks towards the camera in a modern, brightly lit hallway. The hallway has a polished wooden floor and white walls. In the background, another person is blurred, suggesting movement. The text "WHY ARE YOU HERE?" is overlaid in white capital letters on the right side of the image.

WHY ARE YOU HERE?



70%

Of mental health problems have
their onset during adolescence.

Centre for Addiction and Mental Health



3rd

Highest youth suicide rate in
the industrialized world.

Children's Mental Health Ontario



\$51 Billion

Is the estimated economic burden
of mental illness in Canada.

Centre for Addiction and Mental Health

It takes a village

African proverb

“What mother does not teach is taught by the world.”



Ryan Moniz

Community Librarian, Markham Public Library

For over 14 years I've worked with children, youth and young adults including those with special needs, First Nations, and at-risk in a variety of settings.

Since a young age I have devoted my time to enriching the lives of others, regardless of their situation, and worked to provide equal opportunities for success.

“



Melanie Cunha

Outreach & Youth Engagement Coordinator,
Markham Public Library

I believe deeply in the power of community. My years of experience working with at-risk youth, individuals with special needs, and other disadvantaged members of my community have taught me that we are so much stronger together than we could ever be on our own.

My role as an Outreach and Youth Engagement Coordinator, allows me the opportunity to share my passion and inspire others both inside and outside of the library. My goal is to enrich the lives of Markham youth but the truth is that the diverse community of teens that I serve each day have truly enriched my life in the process.

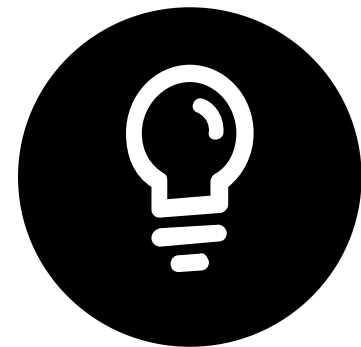
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Mentimeter Poll

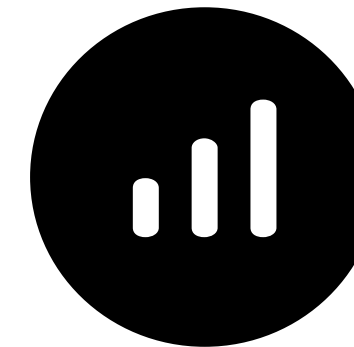
Agenda

PRESENTATION AT A GLANCE



WHAT IS MENTAL HEALTH?

How is mental health defined? What is a mental illness? Are people aware of existing resources?



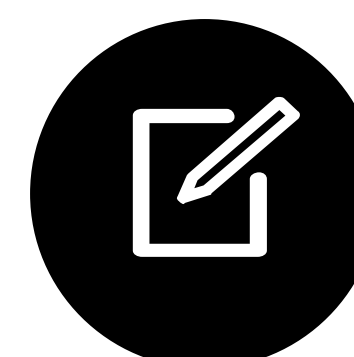
CURRENT STATE OF YOUTH MENTAL HEALTH

What does the data show? How are youth in 2018 different from past generations?



WHO IS AT-RISK?

Who are the vulnerable groups in Canada? How do we determine who is at-risk?



STRATEGIES FOR YOUR LIBRARY

What can your library do to support positive mental health in your community?

MENTAL HEALTH



BALANCE

“...the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with challenges we face.”

Public Health Agency of Canada

”...the ability to meet the psychological and emotional demands of everyday life.”

Canadian Mental Health Association



PERCEPTION

Our mental health influences how we perceive the world. When we feel positive, we're more likely to interpret events in that way. When we experience poor mental health, it is often reflected in our daily life and it directly impacts how we learn and communicate with others.

The Mental Health Continuum



We are on this spectrum at all times, but our position is constantly changing.

A death in the family, upcoming exam, or job loss can impact where we find ourselves on this continuum.

Mental Illness

A disorder that results in the disruption of a person's..



THINKING

How we think about ourselves and those around us may become increasingly negative



FEELINGS

May begin to feel agitated, afraid, and confused with their new emotions



BEHAVIOURS

Our ability to attend work or school and communicate effectively with others is compromised

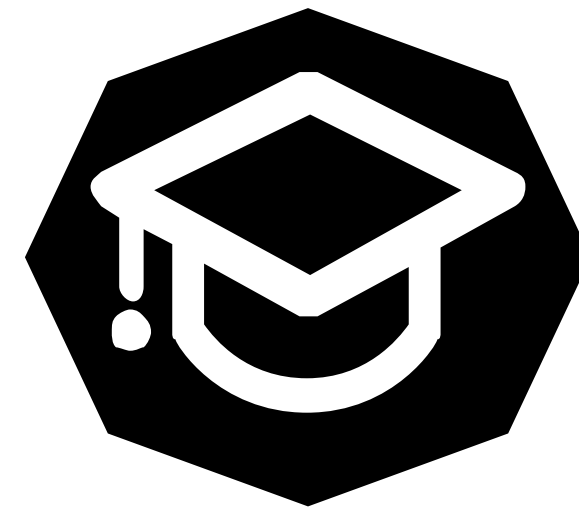
Canadian Mental Health Association

Adolescence & Mental Health

Often develops during crucial developmental stages

HALF

Of all mental disorders
begin by the age of 14



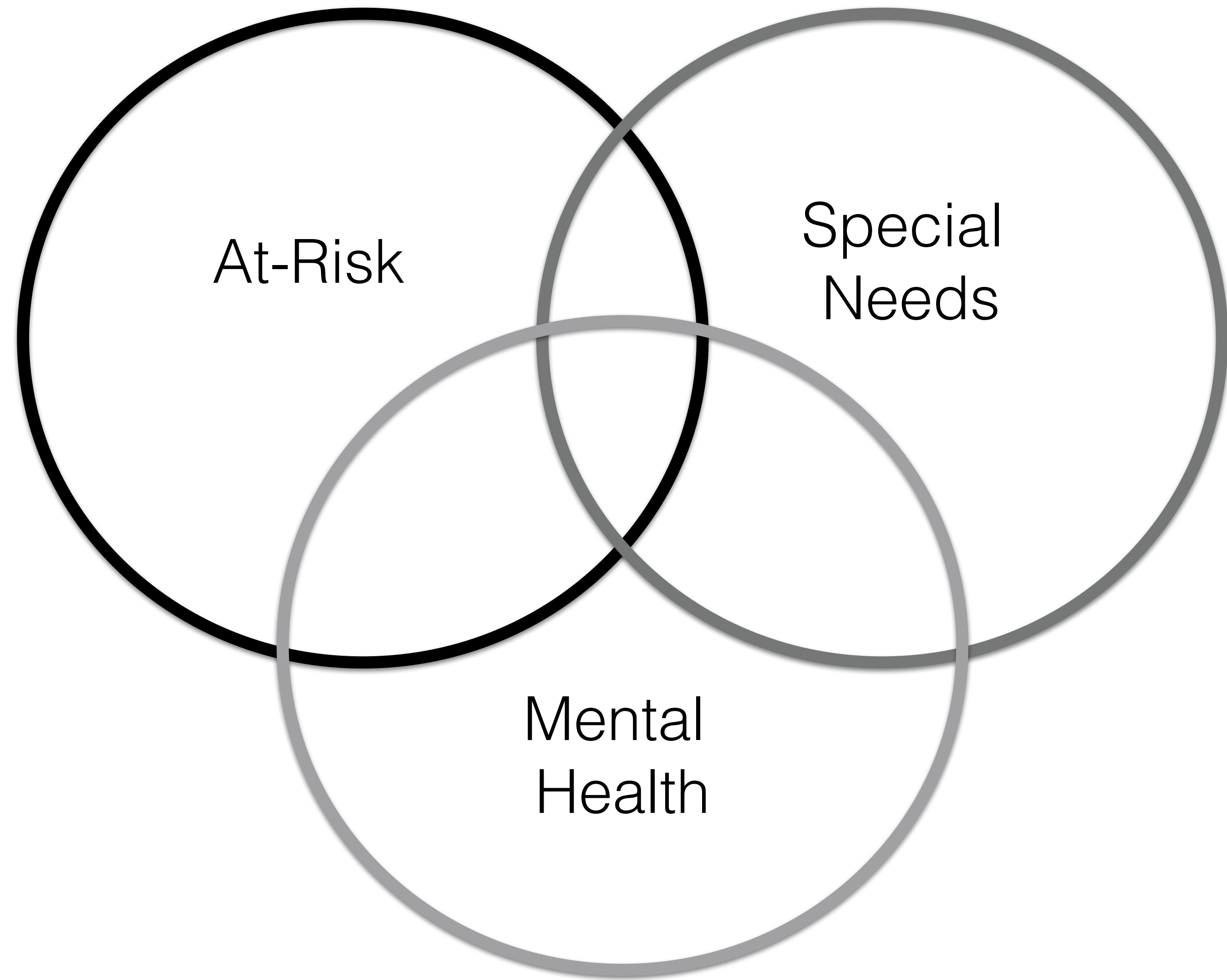
EARLY ONSET

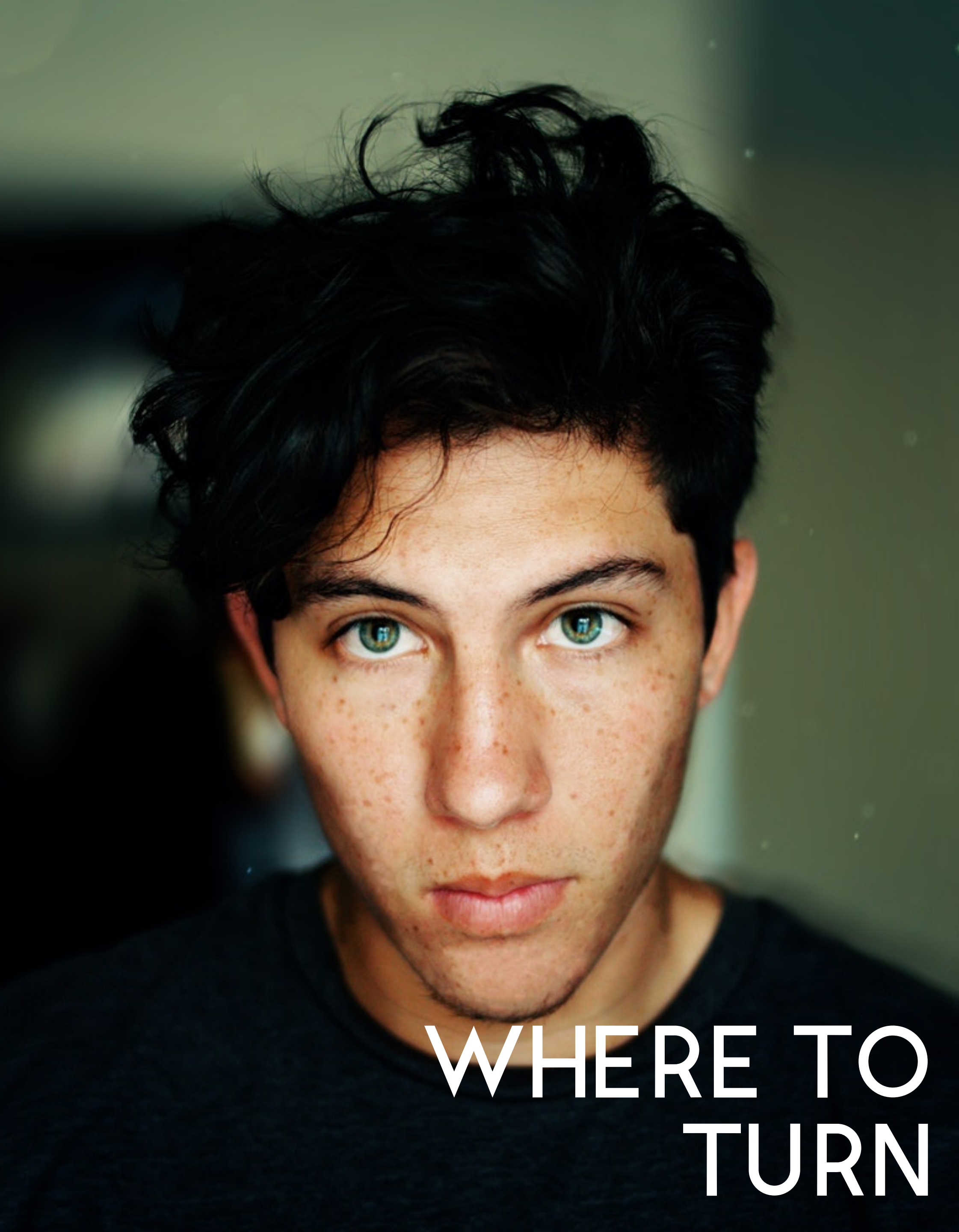
Mental Health Commission of Canada

75%

Of all mental disorders
begin by the age of 24







WHERE TO TURN

Are you well informed?

While the general public has become increasingly aware of mental health problems, there is still uncertainty regarding available resources and how to recognize the signs of mental illness.

9.2%

Of youth ages 15 to 24 accessed services and support for mental health related problems.

76%

Of families indicated it was very or extremely difficult to know where to find help.

Mental Health Commission of Canada

CURRENT STATE OF YOUTH MENTAL HEALTH

Almost half of Ontario youth miss school because of anxiety, study suggests

A survey commissioned by Children’s Mental Health Ontario suggests that children parents miss school and work to cope with mental illness.

Put critical mental health care within reach of all

Health Quality Ontario says proven mental health treatments should be covered by public health insurance.

A hopeful moment in the fight against mental illness

The \$100-million donation to Toronto’s Centre for Addiction and Mental Health is a symbol of a welcome cultural shift in how we approach a defining public health challenge that we have for too long ignored.

Demand for youth mental health services is exploding. How universities and business are scrambling to react

Data collected from across the country shows the extent of the problems. “There is a perception that this age group is healthy, but they’re not.”

Canadian children now take far more mood-altering drugs, prescription count shows

Doctors are increasingly medicating children with antidepressants and antipsychotics, which could be a sign of using drugs to achieve 'behavioural control'

School guidance counsellors ‘stretched’ amid rising mental health needs

People for Education survey finds high schools face ‘huge challenge’ with too few supports outside the classroom to help struggling students.

Student 'platform' calls for more mental health, suicide prevention resources in schools

Ontario student trustees launch recommendations 'by students for students' they hope will turn into campaign issues for June provincial election

Michelle Obama talks racism, social media, mental health in Toronto

“It’s that resilience that makes me who I am,” said Obama. “It’s not the degrees, it’s not the schools I went to, it’s not the titles — it’s my ability to get back up again and again and to be a human being which connects to my story,” writes Shree Paradkar.

Successful lawyers more likely to experience mental health problems, study finds

Researchers found a strong correlation between signs of depression in Canadian and U.S. lawyers.

Students are not fragile flowers – mental health

Headlines

How many have you seen?

Advocates for mental health, Indigenous rights, and environment among latest 'Everyday Political Citizens' winners

For the first time. Samara Canada, a non-profit that advocates for citizen engagement, has awarded its Everyday Political Citizen award to five Canadians

Student mental health needs growing, Ontario colleges say

Report finds provincial funding has not kept up with demand for services, sup

Post-secondary groups call for mental health services for stu

Demand for youth mental health services is exploding. How universities and business are scrambling to react

Data collected from across the country shows the extent of the problems. “There is a perception that this age group is healthy, but they’re not.”

Awareness \neq Action

Are we doing enough?

While mental illness accounts for about 10% of the burden of disease in Ontario, it receives just 7% of health care dollars.

Relative to this burden, mental health care in Ontario is underfunded by about \$1.5 billion.

Centre for Addiction and Mental Health



“
*...nastier than the life their
parents grew up with.*”

The Globe and Mail

73% of teachers agreed that anxiety disorders were a pressing concern

Teachers are in a unique position to support positive mental health in their classrooms.

However, we continue to hear from teachers that they feel inadequately trained and unprepared to handle mental health related situations with their students.

In The Classroom



Who is at-risk?

**WHAT ARE YOU
STRESSED ABOUT?**



FINANCIAL

DEATH

SEXUALITY

LONG HOURS

WORKLOAD

SUBSTANCE ABUSE

EDUCATION

DEADLINES

EMPLOYMENT

SOCIAL

RELOCATING

PHYSICAL

PHOBIAS

LONELINESS

DISCRIMINATION

FAMILY

NUTRITION

Vulnerable Groups

Who should we be concerned about?





Girls & Mental Health

- Depressive symptoms in girls has increased by 50% from 2012
- Three times as many 12-to-14-year-old girls committed suicide in 2015 compared to 2007
- Forty-eight percent more girls said they often felt left out in 2015 than in 2010 (compared to 27 % for boys)

LGBTQ+ YOUTH

Are 14 times greater risk of suicide and substance abuse than heterosexual peers



BLACK YOUTH

Are significantly underrepresented in mental health and treatment oriented services and overrepresented in containment focused facilities



FIRST NATIONS YOUTH

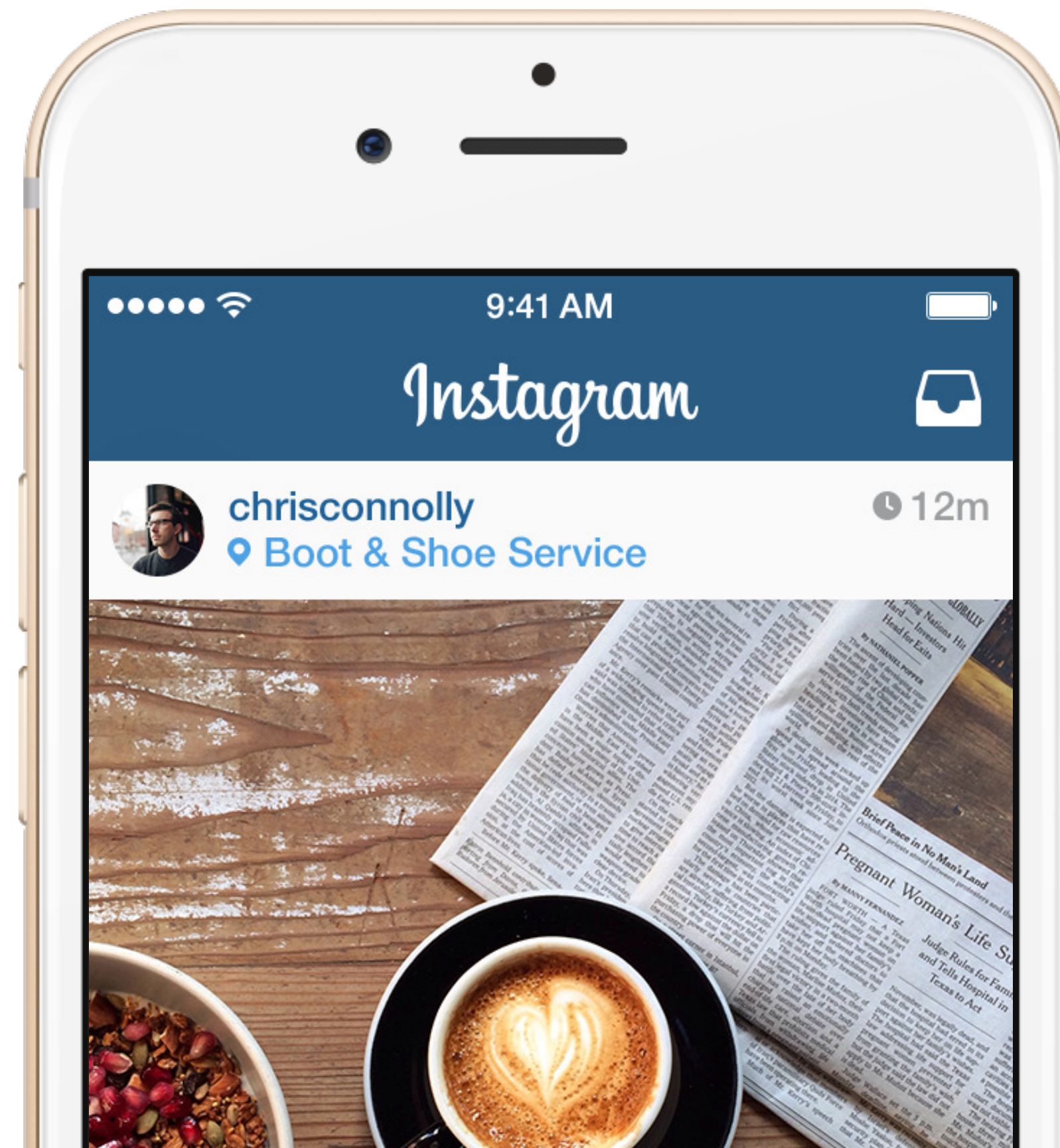
Are 5 to 6 times more likely to die by suicide than non-aboriginal youth



Equity Issues

Social Media

What impact is it having on our youth?



Mental Health & iGen

Born between 1995 - 2012

- Are physically safer than teens from previous era's as many are more comfortable at home on their phone
- Having less sex and not experimenting with alcohol or drugs at same rate as previous generations
- Are working less than previous generations as many are encouraged to focus solely on education
- Rates of teen depression and suicide have skyrocketed since 2011

**iGen could be on the brink of the worst
mental health crisis in decades**





T e e n s & R i s k T a k i n g

The Teenage Brain

How is their brain different?

Scientists agree that the human brain is not fully developed until the age of 25. In particular, the pre-frontal cortex is undergoing the most significant physical transformation.

The pre-frontal cortex is responsible for executive functioning:

- Self control
- Goal setting
- Motivation
- Attention span
- Planning
- Understanding consequences





THE SCIENCE

Neuromaturation

By the age of 12, the brain has all of its grey matter, but it takes 10 additional years to become fully wired and work at maximum efficiency.

Dopamine

The teenage brain is highly receptive to dopamine. Activities that provide feelings of immediate pleasure, reward, and gratification are sought out.

- Sensation seeking
- Risk taking
- Desire for peer acceptance
- Impulse behaviour

So, who is at-risk?

STRATEGIES FOR YOUR LIBRARY



IMPLICIT BIAS

Our unconsciousness mind plays a significant roll in how we view the world as well as how we interact with our peers.





Teens & Detecting Our Bias

How can it impact our customer service?

It is important to remember that not all teens are the same.

Every teen deserves a chance to receive the same customer service we provide to all customers.

Be empathetic to what may be going on under the surface.

LOUD



FILTHY



DANGEROUS



REAL WORLD

WITHDRAWN

APPROACH IN CALM MANNER

AGITATED

**CONSIDER YOUR
LANGUAGE**

AFRAID

Communication

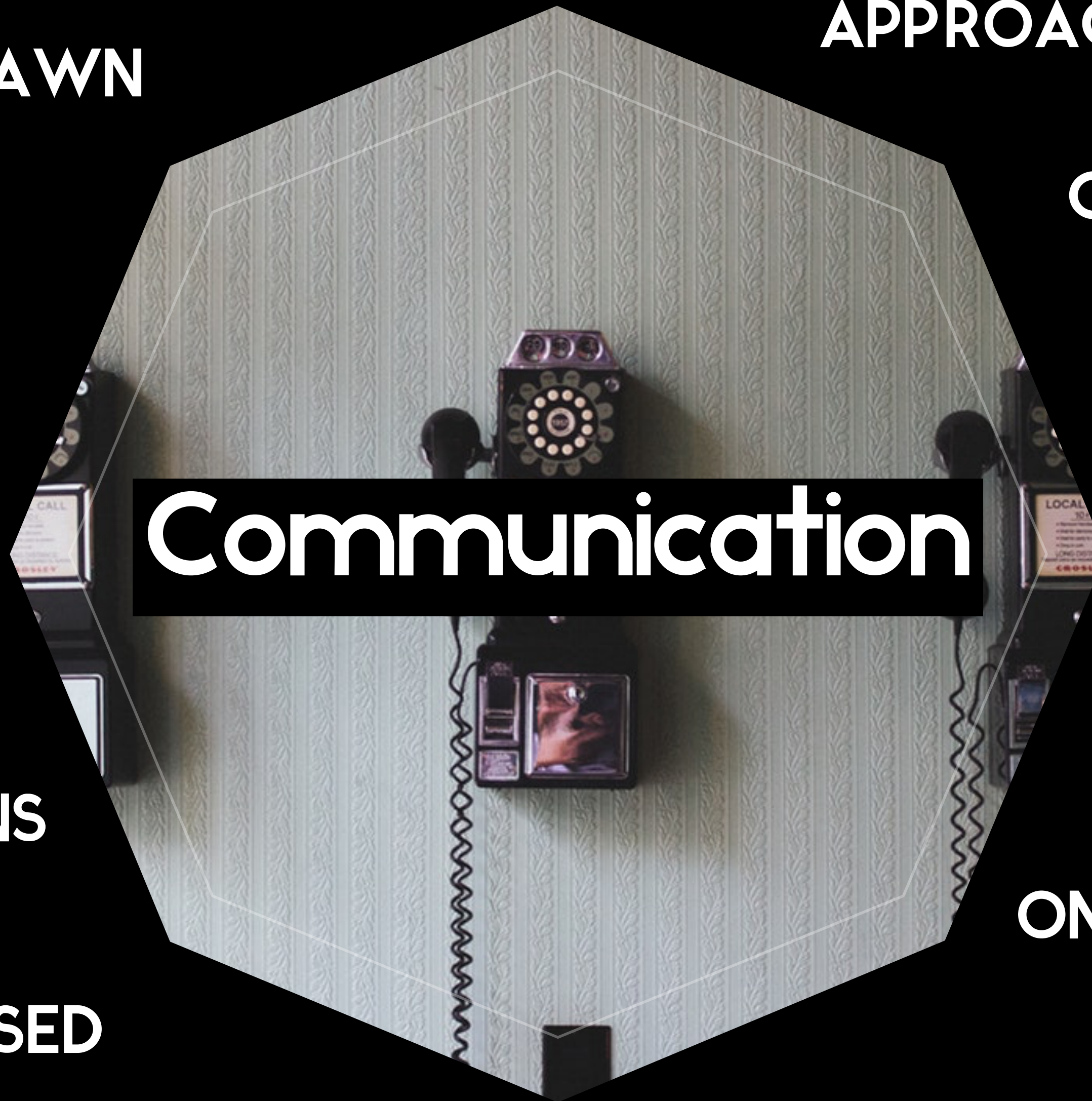
**BE PATIENT &
UNDERSTANDING**

EXTREME EMOTIONS

ONE QUESTION AT A TIME

CONFUSED

SEPARATE PERSON FROM BEHAVIOUR





Advice from the Professionals

Our Child & Youth Workers shared these tips on how to make the library a more supportive environment

Study breaks

Yoga sessions

Ice breaker games

Study hacks workshops

Healthy snacks during exams

Increased roving and announcements

Daily quotes and encouraging words

Promote study groups for peer connection & support

Post community resource information in high traffic areas

Offer meaningful volunteer opportunities

Programs that promote healthy lifestyle awareness

Normalize stress & provide worry busters

THE POWER OF NATURE

Wilderness Rapture

“Self-awareness, feelings of awe, wonder, and humility; a sense of comfort in and connection to nature; increased appreciation of others and a feeling of renewal and vigor. “

Rebuilding the Unity of Health and the Environment. The National Academies, 2001.





Community Conversations

- How often do you provide your residents with a platform to share their ideas and opinions?
- A chance to hear directly from the individuals you are striving to serve and support
- Informal conversations with volunteers and students



CHALLENGE STEREOTYPES

Address the preconceived notions and beliefs staff hold regarding teens and examine why it can be inappropriate and unfair.



CREATE AWARENESS

Help your staff understand the challenges facing youth in your community and the role your library can play in providing support.



ENCOURAGE ADVOCACY

Don't stop at awareness, strive for a team that believes in what you are trying to accomplish and commits to the mission.

Staff Training

What Can You Share?

Find your comfort zone

How can your personality enhance your interactions with teen customers?

- Humour
- Compassion
- Judgement-free
- Direct
- Helpful





Libraries & Community Partners

Collaboration is necessary for future success

“Multisystem collaboration is critical to improving children’s mental health. There are many barriers to interdisciplinary work...however these challenges may be surmounted as individuals recognize the benefits of creating collaborative relationships.”

“Staff from many agencies and various backgrounds must recognize each other’s skills and strengths and rise above turf issues; defensiveness and negative attitudes that ultimately sabotage planning.”

Effective Programming in 5 Steps

Ensure that your programs reflect the needs of your community



LEARN EXISTING GAPS



CREATE A PROGRAM PLAN



CONNECT WITH EXPERTS



TRAIN STAFF



PROMOTE + EVALUATE X IMPROVE

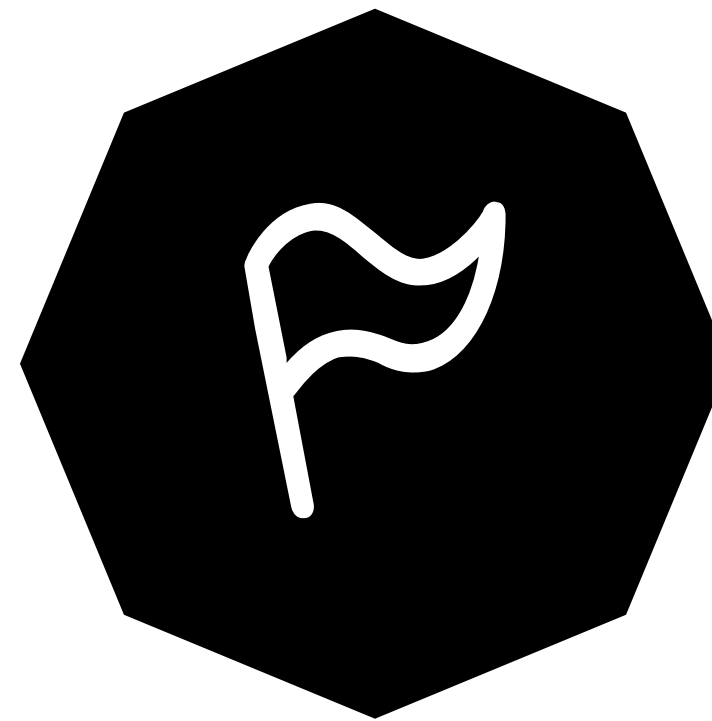
Programming Tips

Helpful suggestions to improve program offerings



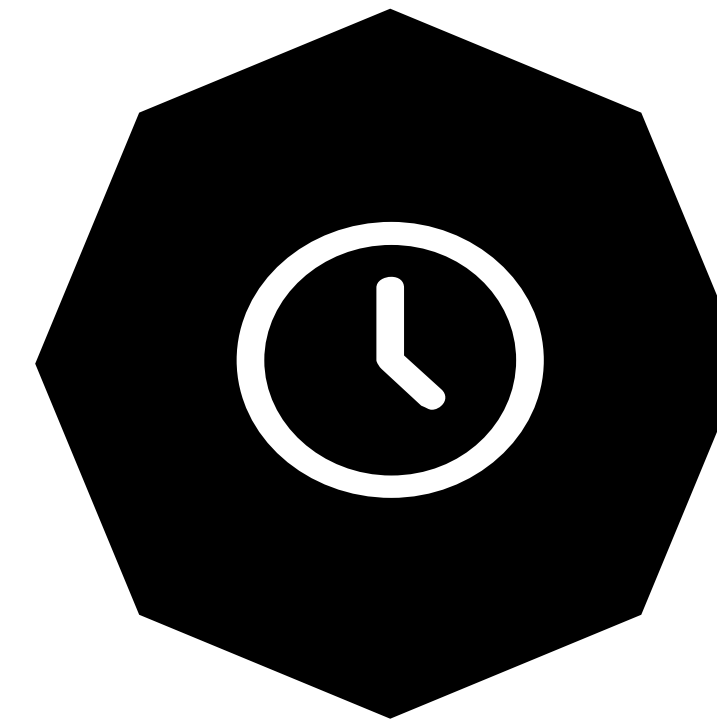
PROGRAM WITH, NOT FOR

Our most common mistake. We assume our community is like every other so we program based on our ideas, not their needs.



PROACTIVE

Stop waiting for someone else to do it first. Take a chance and accept that failure is always an option.



TIMELY

Exam hacks won't resonate with students during July. Ensure your programs are offered in a timely manner.

OUR INITIATIVES

STRONG GIRLS

Cultivating strong girls means taking the time to discuss challenging topics

This workshop provides girls with the tools to build self-esteem and excel in the future.

Weekly topics include:

- Gender bias
- Inequality
- & more





GET W.I.T.H. IT!

**A program for youth diagnosed
with an anxiety disorder**

A partnership between the library and Markham
Stouffville Hospital.

Monthly workshop with topics related to teen health:

- Sexual health
- Managing stress
- Life after high school
- Healthy eating
- & more

The Four Pillars

How many do you incorporate?



REDUCE SOCIAL ISOLATION

We know teens are feeling increasingly isolated from their peers, so ensure your programs allow them to interact with their peers.



LEARN SOMETHING NEW

Accomplishing a goal or learning a new skill can be a significant confidence booster.



CHALLENGE ZONE

A tricky pillar, but can enhance the quality of a program dramatically. Find that sweet spot between easy and difficult to enhance the experience.



TIME FOR FUN

A program that is engaging, informative, and fun will help to ensure your participants come back for more.

Community Resources

It is important to have up-to-date numbers and contact information available throughout your branches.

Local health practitioners, online resources, mobile apps and more.

bit.ly/olateen





THE BIG QUESTION

It it worth the effort?

Libraries are more than just books. If we strive to remain relevant, it is imperative that our services adapt to the needs of an ever-changing society.

Community Connectors

People visit the library for more than just book recommendations, they're trusting us to inform them about the resources in their community.

“Indicators won’t be immediately available, but the impact will.”



With your determination to support those in need, you can provide every teen with an opportunity to succeed and make your library a truly inclusive space.

Thank You

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