

YALSA RESEARCH

Updated as of January 15, 2019

The Young Adult Library Services Association (YALSA) has compiled the following resources for supporting youth affected by trauma.

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“YA Mental Health Resources” compiled by Sharon Rawlins

<http://www.yalsa.ala.org/thehub/2016/05/24/ya-mental-health-resources/>

“The Calm Before the Storm: How Teens and Libraries Can Fight Mental Illness”

by Deborah Takahashi

“Future Ready with the Library: The Power of Index Cards”

(Social Emotional Learning skills for middle schoolers to handle trauma)

<http://yalsa.ala.org/blog/2018/05/24/future-ready-with-the-library-the-power-of-index-cards/>

“Future Ready with the Library: Shake It Out” by Linda W. Braun

(Information on Social Emotional Learning)

<http://yalsa.ala.org/blog/2019/01/02/future-ready-with-the-library-shake-it-out/>

ALA RESEARCH

If staff are passionate about supporting the mental health of their community, they can get involved with the YALSA Mental Health Interest Group. Jane Gov's presentation on mental health services highlights both what the library can do as well as some of the available resources.

O R

Mental Health First Aid specializes in training frontline staff to respond to the needs of others until professional support arrives.

The National Alliance on Mental Illness (NAMI) has a ton of helpful content on their website including short informational articles.

<https://www.nami.org/>

Front-line staff should consider their risk of compassion fatigue (when staff takes on problems they encounter and it affects their own health).

This TED Talk with pediatrician Nadine Burke Harris explores how childhood trauma affects health across a lifetime.

The Center for Adolescent Studies discusses trauma's effects on the brain in this article for professionals working with teens.

Dr. Dan Siegel explores neural development in “Flipping Your Lid: A Scientific Explanation.”

F & C

Directors should be mindful about the expectations for library staff.

Time needs to be invested in properly training staff on not only how to effectively support the teens experiencing trouble, but also on how staff can protect themselves from the dangers of burnout and emotional fatigue.

A common principle for supporting people we believe may be in crisis involves using the ALGEE model (based on a 14-hour training focusing on being able to effectively implement the model without putting either yourself or the patron in harm's way).

Assessing the risk of suicide and/or harm

Listening non-judgmentally

Giving reassurance

Encouraging professional support

Encouraging other supports