

Target Audience	0-2* 3-5* Gr. K-3* Gr.4-5 * Gr. 6-8* Gr. 9-10* Gr. 11-12* Parents* Teachers* Others
Library Goal	The goal of the library is to provide a safe, inclusive space for teens who are experiencing stress and to promote learning, mental health, and overall wellbeing
Other Goal	Teaching teens resilience when they experience difficult or stressful situations and educating teens on how to be proactive in their community
OUTCOMES	INDICATORS (how measured)
1. Teens know various stress-reduction techniques	Teens demonstrate their understanding of techniques by nodding, verbal agreement; they participate in breathing exercises and other stress-reductions techniques
2. Teens are aware of available mental health outreach resources	Teens are actively listening to professionals, taking notes, and accepting distributed literature and bracelets
3. Teens are more relaxed and resilient	Teens are openly engaged in conversations with others; they are asking questions, sharing their own experiences, and expressing how they can improve their own mental health and wellbeing
DESCRIPTION OF SERVICE, PROGRAM, ACTIVITY	
<p>“Donuts and De-Stressing”</p> <p>-General meet-and-greet with teens/adults; donuts and drinks for everyone!</p> <p>-Mental Health Professional guest speaker (stress-management and coping with difficult situations, stress-management tips and advice, outreach)</p> <p>-Meditation/Yoga Instructor session (breathing techniques, relaxation tips, etc.)</p> <p>-Speak Up! Share your own personal experiences and what you have seen in your community</p>	
INPUTS	OUTPUTS
Donuts, drinks, Mental Health Professional, Meditation/Yoga Instructor, a safe and inclusive space (2 hours total, 6:00-8:00), 1 library staff member, “It’s OK to not be OK” bracelets	Participants included 15 teens and accompanying adults (30 total); teens are educated about mental health and wellbeing as well as various stress-reduction techniques
EVALUATION OF OUTCOMES BY INDICATORS	
<ol style="list-style-type: none"> 1. 100% of teens participated in breathing exercises and other stress-reduction techniques 	
<ol style="list-style-type: none"> 2. 85% of teens shared their own experiences about personal stress or difficult situations 	
<ol style="list-style-type: none"> 3. 100% of teens accepted distributed literature and “It’s OK to not be OK” bracelets 	

SHARE EVALUATION WITH	HOW & WHY
Mental Health Professionals	Show how Mental Health Professionals can partner with libraries and become resources and outreach for those who may need help
Library Staff/Stakeholders	Demonstrate the need for these programs, why they are important, and how libraries are playing a role in successfully educating children and their parents

Sources:

<http://therapyofhickory.com/>

<https://www.grow-nc.com/info/mindfulness.html>

<https://alwayslearninglibrarian.wordpress.com/2018/06/25/relaxation-in-the-library-programs-for-stress-reduction/>

<https://www.hftd.org/geteducated>

<https://www.hftd.org/us-store/wristbands>



"Mental Health First Aid teaches about recovery and resiliency - the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well."

— mentalhealthfirstaid.org