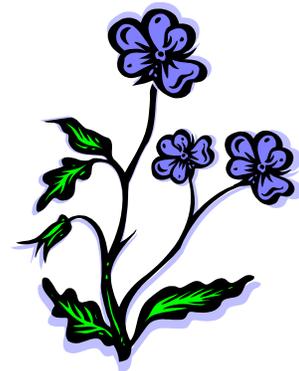


**Caring for the Mind:**  
**Providing Mental Health Information at Your Library**  
Class Handout



**Author: Michelle Eberle, Consumer Health Information Coordinator  
National Network of Libraries of Medicine / New England Region**

**Web Page for Class:**

**<http://nnlm.gov/training/consumer/caringforthemind/>**

## **Objectives**

Participants will:

- 1.** Gain awareness of mental health issues.
- 2.** Learn to respond to challenging consumer health reference interview questions for mental health information.
- 3.** Be informed of tools for collection development and mental health research including the latest web sites and databases.
- 4.** Learn practical ways to improve mental health such as the relaxation response, positive psychology and flow.

## The Reference Interview for Mental Health / Consumer Health

### Challenges of the Reference Interview in the context of mental health...

- Patrons may be stressed, nervous, upset, embarrassed
- Confusion with medical terminology
- Patron may have unreasonable expectations
- Patron may be confused about the role of the librarian
- Librarian may have fear of providing wrong answer
- Stereotypes/misconception of the mentally ill as dangerous
- Interacting with persons who are hallucinating can be challenging

### Best Practices for the Reference Interview...

- ✓ Respecting Confidentiality
  - Respect privacy by lowering your voice or bringing patron to a quiet area.
- ✓ Active Listening
  - Use open ended questions & neutral questions
  - Be aware of your body language
  - Let the patron finish their question before responding.
- ✓ Be empathetic and patient
  - Be aware that the consumer/patron may not be aware of the potential impact or seriousness of his/her disorder
  - Be prepared for emotional reactions



### Overall tips:

- A reference interview for mental health information should follow the same steps as any other reference interview.
- Patrons may be more reluctant to ask certain types of reference questions.
- To better serve patrons with stigmatized health condition, librarians must be aware of placement of resources in the library and be sensitive to the specialized needs of underserved populations in the provision of reference services.
- *Source:* Eberle, ML. Librarians Perceptions of the Reference Interview. *Journal of Hospital Librarianship*, 5(3), 2005. Full text at: [http://escholarship.umassmed.edu/lib\\_articles/7/](http://escholarship.umassmed.edu/lib_articles/7/)

## **Interacting with emotional patrons**

Michele Spatz outlines a four step approach to regain self control in tense situations. The approach some from "The Wellness Book: The Comprehensive Guide to Maintaining Health and Treating Stress-related Illness." She shares this information in her new book, "Answering Consumer Health Questions." (Neal Schuman 2008)

- Step 1, STOP: "Cut off the craziness in your mind. Tell yourself to stop any anxious thoughts or negative self-talk
- Step 2, BREATHE: "Take a deep breath to release tension and calm yourself..."
- Step 3, REFLECT: "Ask yourself, what is really going on here? What am I protecting? Do I need to?... What personal buttons of mine are being pushed? Do I need to distance myself emotionally from this situation in order to handle is responsibly? In reflecting, we are taking a moment to put the situation into perspective, briefly weighing whether our personal feelings are distorting the situation while asking a central question: "How important is this?"
- Step 4, CHOOSE: "Choose to respond rather than simply react. Now that you are calm and have more clarity about the situation, communicate that you are willing to find common ground to resolve the situation. "I'd really like to hear what you have to say" or "You're right; how can we work this out?" or "What do you need right now?"

(Spatz M 2008)

---

Another resource with tips for handling situations where emotions are rising is The Concise Guide to Assessment and Management of Violent Patients which gives the following advice, which could be applied to any situation where inappropriate behaviors were escalating.

- Present a calm appearance.
- Speak softly.
- Speak in a nonprovocative and nonjudgemental manner.
- Speak in a neutral concrete manner.
- Put space between yourself and the patient.
- Show respect for the patient.
- Avoid intense eye contact and authoritarian stance.
- Facilitate the patient's talking.
- Listen to the patient.
- Avoid early interpretation.
- Do not make promises you cannot keep. (Johnson ME 1997)

## Most Frequently Asked Reference Questions on Mental Health Topics

In response to an informal posting to the CAPHIS listserv, librarians from the Medical Library Association responded that the following are the most frequently asked topics on mental health question:

- ❖ Anger Management
- ❖ Anxiety
- ❖ Asperger's syndrome
- ❖ Autism
- ❖ Bipolar Disorder
- ❖ Borderline Personality Disorder
- ❖ Building self-esteem
- ❖ Community re-entry
- ❖ Depression
- ❖ Eating disorders
- ❖ Family support
- ❖ Health care coverage for the uninsured
- ❖ Medication and side effects
- ❖ PTSD
- ❖ Refusal to take medication
- ❖ Relaxation Techniques
- ❖ Schizophrenia
- ❖ Self-Abuse
- ❖ Social Services
- ❖ Teenage suicide

***Tip: You can look at the MedlinePlus Search Cloud to see the most popular 100 health information searches of the day.***

### **Examples of Open Ended Questions for Reference Interviews:**

- What kind of information on \_\_\_\_ are you looking for?
- Would you tell me more about...?
- When you say\_\_\_\_, what do you mean?
- What do you already know about\_\_\_\_?
- What is it you want to know about \_\_\_\_\_?
- What do you mean by \_\_\_\_\_?
- What else can you tell me that might help us locate materials?
- I'm not certain I understand... Can you give me an example?
- Where have you checked for information so far?
- Where did you hear or rread about \_\_\_\_?
- How will you use the information? This will help me with our search.

**Source:** Reference Interview Skills 2004: Looking for Questions in all the Right Places  
InfoPeople / Carol Leita and Sallie Pine

## Web Resources



### MedlinePlus

[www.medlineplus.gov](http://www.medlineplus.gov)

- Contains about 50 different health topic pages on mental health and behavior topics
- Topics include ADD, coping with disasters, OCD, panic disorder, bipolar, schizophrenia, phobias, post-traumatic stress disorder, teen and child mental health, depression.
- Drug information from AHFS Consumer Medical Information from the American Society of Health System Pharmacists.
- Directories: You may look up care providers by specialty in Docfinder.

#### MedlinePlus Search Tips:

- ❖ Start with the health topics
- ❖ For basic information, you can use the medical encyclopedia
- ❖ Find providers and hospitals/facilities in the directories
- ❖ Find support groups in organizations section
- ❖ Learn more about drug information
- ❖ Learn about supplements

#### Tips for Advanced Searching with the Search Box

- ✓ For phrase searching, use quotes
  - "Asperger's Syndrome"
- ✓ Can search a specific site
  - Ex/ bullying site:kidshealth.org
- ✓ Not case sensitive
- ✓ Will spell check
- ✓ Will spell check
  - Type – Alzheimer's – show spell check
- ✓ Can use Boolean searching ( OR, NOT )
  - (nutrition AND exercise) NOT surgery
- ✓ With +, can limit search term to exactly what you
  - Ex/ +schizophrenia
- ✓ With \*, can search for variations of a word
  - Schizo\*

## National Institute of Mental Health

[www.nimh.nih.gov/](http://www.nimh.nih.gov/)

The National Institute of Mental Health (NIMH) is one of 27 components of the National Institutes of Health (NIH), the Federal government's principal biomedical and behavioral research agency. NIH is part of the U.S. Department of Health and Human Services.



- Health Information is included for the public on the signs, symptoms, diagnosis and treatment for anxiety disorders, attention deficit hyperactivity disorder, autism spectrum disorders, bipolar disorder, borderline personality disorder, depression, eating disorders, generalized anxiety disorder, obsessive-compulsive disorder(OCD), panic disorder, post-traumatic stress disorder (PTSD), schizophrenia, social phobia (social anxiety disorder).
- Information is available on Clinical Trials, Statistics and Publications
- Some publications are available on order in print for free
- Also there is information for research, funding and community outreach

## NAMI

[www.nami.org](http://www.nami.org)



- Empowers consumers to take action, find social support for their illness and fight stigma.
- "NAMI is a nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, such as schizophrenia, schizoaffective disorder, bipolar disorder, major depressive disorder, obsessive-compulsive disorder, panic and other severe anxiety disorders, autism and pervasive developmental disorders, attention deficit/hyperactivity disorder, and other severe and persistent mental illnesses that affect the brain."
- Family/peer support groups through local NAMI Chapters and Online Communities
- Legislative advocacy and social support through joining a local chapter
- Annual NAMI Walks raise funds for mental illness research and support

## American Psychological Association Help Center

<http://helping.apa.org>

- Includes information on mind/body health and locating a psychologist.



## American Psychological Association

<http://www.apa.org/>

- Includes information on addictions, ADHD, bullying, aging, Alzheimer's disease, anger, children, depression, divorce, emotion, kids & the media, obesity, personality disorders, sexuality, shyness, sleep, stress, testing issues, trauma, women & men.

## The Mind Body Medical Institute

<http://massachusettsgeneral.org/bhi>

BENSON-HENRY INSTITUTE  
FOR MIND BODY MEDICINE

The Institute, located in Chestnut Hill, MA, reflects the ideas of Herbert Benson, author of The Relaxation Response. The site has information on stress management, positive thinking, exercise and nutrition.

## DIRLINE

<http://dirline.nlm.nih.gov>

- The National Library of Medicine's web resource to locate health organizations.
- Includes a link to "Health Hotlines", a NLM resource for 1-800 numbers for health association and support resources.



## Health Hotlines

<http://healthhotlines.nlm.nih.gov>

- Health related organizations offering toll free telephone services
- Also includes information on services and publications in Spanish



## **Clinical Trials**

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)



- The National Library of Medicine/ National Institutes of Health's resource to search for Clinical Trials in the various stages throughout the country. You may use the Focused Search to do an advanced search. For more information on clinical trials and the various stages, please refer to the "Resources" page.
- Why important? Opportunity for hope for persons with chronic illness; opportunity for treatment for persons with no health insurance. But there are risks.

## **SAMHSA's National Mental Health Information Center**

<http://mentalhealth.samhsa.gov>



- SAMHSA is the Substance Abuse and Mental Health Services Administration of the United States Department of Health and Human Services.
- Good site for information on substance abuse, mental illness and coping with disaster
- Statistics on the prevalence of mental illness and substance abuse

## **Mental Health America**

[www.nmha.org](http://www.nmha.org)



[Formerly known as the National Mental Health Association] "The National Mental Health Association (NMHA) is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 340 affiliates nationwide. NMHA works to improve the mental health of all Americans, especially the 54 million individuals with mental disorders, through advocacy, education, research and service. NMHA was established in 1909 by former psychiatric patient Clifford W. Beers. During his stays in public and private institutions, Beers witnessed and was subjected to horrible abuse. From these experiences, Beers set into motion a reform movement that took shape as the National Mental Health Association."

- Include information on mental health conditions, medication and the news
- You can follow them on Facebook and Twitter, they also have an e-newsletter
- Mental Health Affiliates provide support for families and legislative action

## Drug and Dietary Supplement Information

### Drug Information Portal

[www.druginfo.nlm.nih.gov](http://www.druginfo.nlm.nih.gov)

The NLM Drug Information Portal gives users a gateway to selected drug information from the National Library of Medicine and other U.S. governmental agencies like the FDA and CDC.

### Daily Med

[www.dailymed.nlm.nih.gov](http://www.dailymed.nlm.nih.gov)

DailyMed provides high quality information about marketed drugs. Drug labeling on this site is the most recent submitted to the FDA and currently in use. The labels have been reformatted to make them easier to read.

### LactMed

[toxnet.nlm.nih.gov/lactmed](http://toxnet.nlm.nih.gov/lactmed)

Lactmed is a database of drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Statements of the American Academy of Pediatrics concerning a drug's compatibility with breastfeeding are provided, as are suggested therapeutic alternatives to those drugs where appropriate. All data are derived from the scientific literature and fully referenced. Data are organized into substance-specific records, which provide a summary of the pertinent reported information and include links to other NLM databases. Supplemental links to breastfeeding resources from credible organizations are also provided.



### Dietary Supplements Labels Database

[www.dietarysupplements.nlm.nih.gov](http://www.dietarysupplements.nlm.nih.gov)

Dietary Supplements Labels Database  
*brands, ingredients, and references*

The dietary supplements labels database offers information about label ingredients from 5,000 brands on dietary supplements. It enables users to compare ingredients in different brands. Ingredients are linked to NLM resources like MedlinePlus and PubMed as well as other government online resources.

## Massachusetts General Hospital Center for Women's Mental Health

<http://www.womensmentalhealth.org/>



The center is a leader in research on women's mental health. The latest research on PMS, pregnancy, postpartum, breastfeeding, infertility and menopause for women with mental health conditions is provided with information about how to get in touch with one of their expert care providers or to participate in a research study.

## National Center for PTSD

<http://www.ptsd.va.gov/>

The National Center for Posttraumatic Stress Disorder, from the US Department of Veteran Affairs, provides information for Veterans and the general public as well as researchers and providers. There are tri-folds on PTSD you can print. They have a PTSD Mobile App to help manage symptoms and cope. The site includes helpful videos for coping with PTSD. There are clinician guides.

## NOAH – Mental Health

<http://www.noah-health.org/en/mental/>

- New York Online Access to Health
- Sites are selected and updated by volunteer librarians.
- Includes information on care, treatment and children's mental health
- Great link to Healthology Video Library under Information Resources



## Bazon Center for Mental Health Law

<http://www.bazon.org>

- A national legal advocate for people with mental illnesses and developmental disabilities

## American Academy of Child and Adolescent Psychiatry

[www.aacap.org](http://www.aacap.org)

- Helpful Facts for Families Sheets are available in English, [Español](#), [Deutsch](#), [Français](#), [Polish](#) and [Icelandic](#).
- Everything from when a pet dies, to helping teenagers deal with stress, to children's sleep problems



## E-Patients & Mental Health Information

Often, a person with mental health issues may have trust issues with their care providers and with many of their relationships. Discussion lists, chat rooms and social media provide an alternative outlet for a person with mental health needs to gather information and to get support.

### Some Selected E-Patient Resources

1) National Alliance on Mental Illness, (<http://www.nami.org>), online discussion groups

2) Healia, <http://www.healia.com>

Healia provides a health search engine, an online health community, health news and tips, and consumer-friendly health information guides to help people access high quality and personalized health information. It serves as an independent, unbiased gateway to the highest quality health information resources. Healia helps you search more effectively and more efficiently by using a patent-pending technology to analyze Web pages and categorizes them according to specific target audiences, subtopics, and user preferences. Healia's "Personal Search" filters allow you to easily find results that are most relevant to your individual needs and preferences.

3) Hakia, <http://health.hakia.com/>

Hakia brings search results from credible sites recommended by Librarians. Hakia's semantic technology provides a new search experience that is focused on quality, not popularity. hakia's quality search results satisfy three criteria simultaneously: They (1) come from credible Web sites recommended by librarians, (2) represent the most recent information available, and (3) remain absolutely relevant to the query. Users will find that hakia search results are organized in a tabbed format that clearly distinguishes results as Web results, hakia Credible Sites, images and news. This new tabbed format reinforces the delivery of focus, clarity and credibility in hakia search.

### Wikis

1) David Rothman's List of Medical Wikis - <http://davidrothman.net/list-of-medical-wikis/>

After working at managing information as a Business Analyst for Target and a Business Systems Analyst for eBenX/SHPS, David Rothman now works as the Information Services Specialist at the Community General Hospital Medical Library, managing the day-to-day operation of the CGH Medical Library. His site has this list of medical wikis and a wide variety of helpful information including a custom Google search engine that searches across medical school libraries.

## **Consumer Health 2.0**

- 1) Patients Like Me Blog – <http://blog.patientslikeme.com/>  
Patients Like Me Site - <http://www.patientslikeme.com/>

PatientsLikeMe is an online community for people with life-changing conditions. Patients embrace the open sharing of personal health data because they believe that information can change the course of their disease. With a focus on patients and research, the blog reflects knowledge resulting from the shared real-world experiences of the online community. The blog's originators believe the site is the genesis of patient-led research.

- 2) Dailystrength.org – <http://www.dailystrength.org>

This site offers over 500 support groups for health issues and life challenges. The site boasts that it is the largest, most comprehensive network of people sharing their advice, treatment experiences and support. Users can research the latest drugs, treatments and alternative therapies and hear about others that are just like you. Health experts serve as advisors to the site and also respond to user questions.

- 3) Google Directory: Support Groups –  
[http://www.google.com/Top/Health/Support\\_Groups/](http://www.google.com/Top/Health/Support_Groups/)

The Google Web Directory integrates Google's sophisticated search technology with Open Directory pages to create the most useful tool for finding information on the web. According to Google, unlike other directories that can only list web pages alphabetically regardless of how good they are, the web pages in the Google directory are ordered according to Google's view of their importance. This means that the most relevant and highly-regarded sites on any topic are listed first ... not buried deep within a list of other pages.

- 4) Icyou.com – <http://www.icyou.com>

This site is touted as a YouTube alternative for video logs (vlogs) with a health care focus. From important medical breakthroughs to the latest diets, from recipes for people with diabetes to vlogs from cancer patients, icyou is healthcare video. The site's creators are actively developing partnerships and building this community with plans for the future to increase accessibility of health information for everyone.

**Report – Expanding the Reach and Impact of Consumer e-Health Tools:**

<http://www.health.gov/communication/ehealth/ehealthTools/default.htm>

The Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, undertook a study of the potential utility and value of consumer e-health tools for populations that experience health disparities. As the report notes, the rapidly expanding use of information and communication technologies, particularly the Internet, by multiple sectors of the population indicates that there is an opportunity to use these same technologies to improve population health. Many conditions, however, must be met before opportunity becomes reality. The report examines and describes the most significant requirements as well as provides a vision to help guide the development of an inclusive environment of e-health benefits for all.

## **Mental Health Blogs**

### **Blogs.com lists top ten mental health blogs**

<http://www.blogs.com/topten/top-10-mental-health-blogs/>

Many persons with mental illness are finding comfort and community in blogging and reading about their experience and knowledge of coping with chronic disease.

Among these include:

Finding Optimism     <http://findingoptimism.com>

Storied Mind         <http://storiedmind.com>

Postpartum Progress <http://www.postpartumprogress.typepad.com/>

Please keep in mind as with any web resources, use your ABCs of evaluation:

Look at the **accuracy, authority, bias, currency, coverage and user-friendliness** of each site. A critical analysis of health information is necessary.

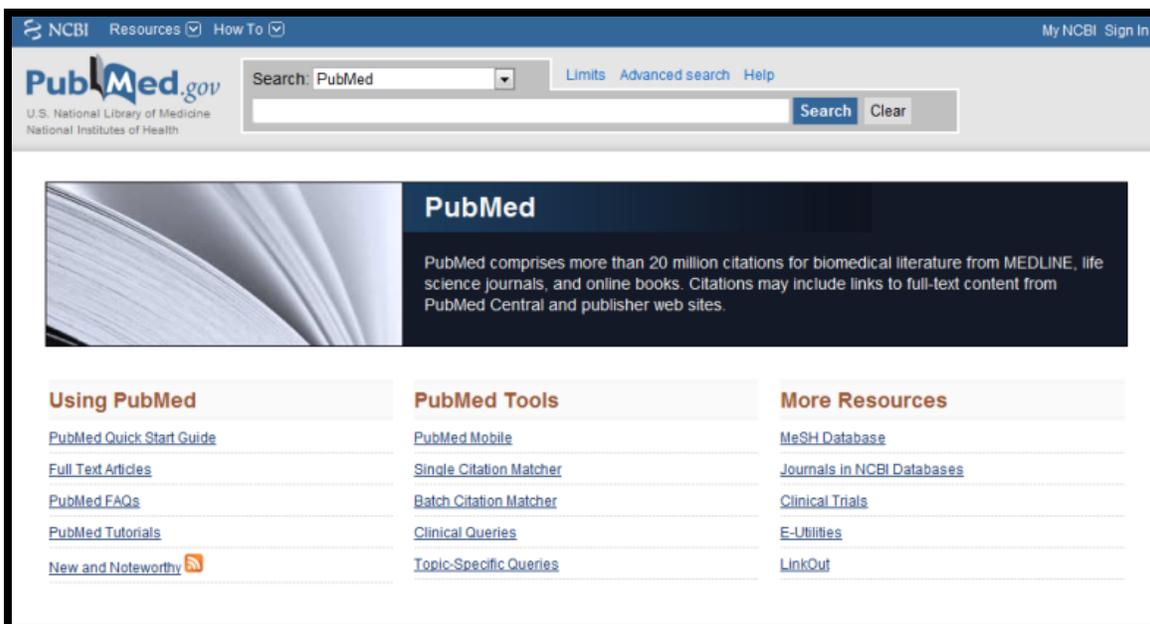
## Caring for the Mind: Providing Mental Health Information at Your Library

### Free Databases

The following databases are available *free* on the web to anyone with Internet access. We will review what is offered by each database and a sample search.

#### PubMed

<http://pubmed.gov>



Stay up on the latest changes to NLM resources:

<http://www.nlm.nih.gov/pubs/techbull/>

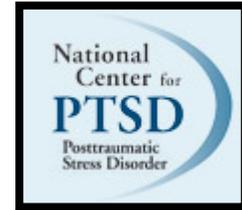
With MyNCBI, you may save searches, collections or bibliographies. You may have searches e-mailed to you on a regular update.



## **PILOTS Database**

<http://www.ncptsd.va.gov/ncmain/publications/pilots/>

Produced by the National Center for PTSD and maintained by Dartmouth College. This database contains nearly 25,000 citations on post-traumatic stress disorder.



## **ERIC – for educational psychology**

<http://www.eric.ed.gov/>



ERIC provides over 1.3 million bibliographic records of journal articles and other education-related materials such as books, research syntheses, conference papers, technical reports, and policy papers. You will find information on mental health issues for children and adolescents including ADHD, bullying, abuse, separation anxiety, autism, learning disabilities, divorce, grief, OCD.

---

### **Mental Health Database Searching Tips**

- Keep in mind that there may be more than one medical term for a mental health disorder throughout the history of the medical literature
  - For example, bipolar disorder is sometimes still referred to as manic depression.
- Be aware that many persons have more than one disorder or comorbid disorders
- Be aware that a condition may manifest in completely different ways
  - For example with dementia, dementia may one indicator of another problem and will pass when the underlying condition is treated or it may be a singular irreversible condition.
- Start out with a general web site such as MedlinePlus to get an overview of your search topic before researching
- According to the MLA Encyclopedic Guide to Searching Health Information on the Web, if you are searching a mental health diagnosis which uses one of these words, you may also try to search it by replacing any of these terms because often though inaccurate they are used interchangeably.
  - Disease / Disorder / Spectrum / Syndrome

#### **Source:**

Anderson PF, Allee NJ. The MLA Encyclopedic Guide to Searching and Finding Health Information on the Web. New York: NY: Neal-Schuman Publishers, 2004. (vol. 2: Diseases & Disorders, Mental Health and Mental Disorders)

## **Subscription Databases**

The following are brief summaries of some of the subscription databases available for searching for mental health information. Since these are fee-based and not available to everyone in the class, we will review what each offers, but not have a comprehensive demonstration of each.

### **PsychInfo**

PsychInfo, a product of the American Psychological Association, indexes journals, books, book chapters, dissertations and technical reports in the field of psychology and related field.

### **PsychArticles**

A product of the American Psychological Association

### **CINAHL**

The Cumulative Index to Nursing and Allied Health Literature includes literature from the social service, behavioral science and health services administration. You may limit your search to such fields as “social work” and journal subsets that include the behavioral sciences.

### **Other databases:**

Social Work Abstracts, Social Sciences Citation Index, AGELINE for social gerontology, ERIC for educational psychology

(Harden, 2004.)

### A Tool for Database Search Terms on Mental Health Information:

Anderson PF, Allee NJ. The MLA Encyclopedic Guide to Searching and Finding Health Information on the Web. New York: NY: Neal-Schuman Publishers, 2004. (vol. 2: Diseases & Disorders, Mental Health and Mental Disorders)



## **Assessment and Testing**

“Clinical decision making should be informed by a wide range of data beyond that included in a multi-axial DSM-IV diagnosis (Handbook of Psychiatric Measurements).” Often, medical librarians receive requests for a copy of a specific test. These tests are often difficult if not impossible to find. Most commonly the tests must be located in one of the following resources and then purchased from a vendor for a fee.

### **Online**

#### **Mental Measurements Yearbook**

Produced by Buros Institute, contains reviews of tests that are new or substantially revised since the previous MMY

<http://buros.unl.edu/buros/jsp/search.jsp>

#### **Educational Testing Service Test Collection Service**

<http://www.ets.org/testcoll/>

**Tests and Measurements in the Social Sciences from the University of Texas, January 2009, Compiled by Helen Hough, Health Science Librarian and U Texas Arlington, Lists compilations of tests available**

<http://libraries.uta.edu/helen/test&meas/testmainframe.htm>

#### **Eric Clearinghouse in Assessment & Evaluation**

<http://ericae.net/>

#### **HaPI**

The Health and Psychosocial Instruments database locates research tools and instruments including questionnaires, interview schedules, checklists, surveys and rating scales. Available through OVID. <http://www.ovid.com/site/catalog/DataBase/866.jsp>

## **Print**

### Tests in Print VII

Authors: Barbara Plake, Robert Spies

Published: January 1, 2006

Estimated cost: \$317

- Serves as a comprehensive index to the Mental Measurements Yearbooks published to date. Contains 2,939 tests including where to buy.

### The 17<sup>th</sup> Mental Measurements Yearbook

Author: Robert A Spies, Barbara S. Plake, Kurt F. Geisinger

Published: October 1, 2007

Estimated price: \$178.00

### APA, Handbook of Psychiatric Measures

Authors: John A. Rush; Michael B. First; Deborah Blacker

Published: Dec. 3, 2007 (Washington DC)

Estimated Cost: \$156.00

- Lists psychiatric tests and where you may purchase them such as the Children's Depression Inventory, the Neuropsychiatric Inventory and the Penn State Worry Questionnaire

### Tests: A Comprehensive Reference for Assessments in Psychology, Education, and Business

Editors: Taddy Maddox

Published: 2003 (5<sup>th</sup> edition)

- Lists scales, checklists, questionnaires used in psychology education and business

## Your Print Consumer Health Collection

---

### **Book Core Lists**

CAPHIS Collection Development Lists

<http://caphis.mlanet.org>

<http://colldev.mlanet.org/resources/subjectlist.htm#consumer>

UConn Healthnet Core Bibliography of Consumer Health Books

Last update August 2010

<http://library.uhc.edu/departm/hnet/pdf/corelist.pdf>

Toronto Public Library

Consumer Health Information: A Selected Bibliography

Last update November 2010

<http://chis.wikidot.com/chi-bibliography>

Pediatric Consumer Health Information: A Bibliography by Brenda Pfannenstiel

<http://caphis.mlanet.org/chis/pediatricchi.html>

### **Articles**

Bibel, Barbara. (12/2/2010) Best Consumer Health Books of 2010. Library Journal

[http://www.libraryjournal.com/lj/collectiondevelopmentbestbooks/887979-](http://www.libraryjournal.com/lj/collectiondevelopmentbestbooks/887979-476/lj_best_consumer_health_books.html.csp)

[476/lj\\_best\\_consumer\\_health\\_books.html.csp](http://www.libraryjournal.com/lj/collectiondevelopmentbestbooks/887979-476/lj_best_consumer_health_books.html.csp)

### **For Mental Health**

#### **Mental Health Resources: A Guide for Patients & Families by Healthnet: Connecticut Consumer Health Information Network**

- <http://uhc.libguides.com/content.php?pid=78575>
- created by Judith Kronick from UConn HealthNet
- very current, March 18, 2011
- lists top consumer health books and websites on major health topics

#### **Medical Library Association: Mental Health Special Interest Group**

- <http://www.miami.edu/mhsig/other.html>
- Includes listing of suggested mental health videos, books & journals.
- Includes a new book list

#### **Hughes, Mary Ann. The Two Faces of Mental Illness. Library Journal, 5/1/2004.**

- <http://www.libraryjournal.com/index.asp?layout=articleArchive&articleid=CA411573>
- A great article on schizophrenia and bipolar featuring a resource list for library collections.

## Bibliotherapy



**MeSH:** A form of supportive psychotherapy in which the patient is given carefully selected material to read.

Occasionally the librarian may take on a “bibliotherapy” role. A patron may ask for a book for an emotionally therapeutic reason. i.e.: to help a child grieve over the loss of a parent, to help a patient deal with diagnosis of a major illness.

### **Two bibliotherapy gems:**

Maidman Joshua, Janice; DiMenna, Donna. Read Two Books and Let’s Talk Next Week: Using Bibliotherapy in Clinical Practice. Wiley, Aug 2000.  
ISBN: 0471375659

Hesley, John W.; Hesley, Jan G. Rent Two Films and Let’s Talk in the Morning: Using Popular Movies in Psychotherapy, 2001.

## Caring for the Mind: Providing Mental Health Information at Your Library

“Bibliotherapy is defined as the use of books to help people solve problems. Jeffrey Long, who works at the Lamar Soutter Library here at UMMS, recently authored a 500-page extensive bibliography that may have numerous bibliotherapeutic applications for persons in the mental health professions. (It lists, describes, and cross-indexes autobiographies that focus on the formative years of individuals who have coped with a wide variety of physical and emotional illnesses.) His book, *Remembered Childhoods: A Guide to Autobiography and Memoirs of Childhood and Youth*, was published this fall by Libraries Unlimited and is available at the UMass Campus Book Store and other book sellers. Many of the bibliographies mentioned may be of interest to people who have a mental illness and their families. A few are highlighted below.

### Some Autobiographies with Mental Health Topics for Bibliotherapy

**Bipolar Disorder:** Neugeboren, Jay (1938-). *Imagining Robert* (1997)

**Depression:** Summer, Lauralee (1976-). *Learning Joy from Dogs Without Collars* (2003)

**Emotional Abuse:** Louise, Regina. *Somebody's Someone: A Memoir* (2003)

**Fatherless Families:** Blais, Madeleine (1947-). *Uphill Walkers: A Memoir of a Family* (2001)

**Grief and Guilt Feelings:** Bordewich, Fergus M. (1948-). *My Mother's Ghost* (2000)

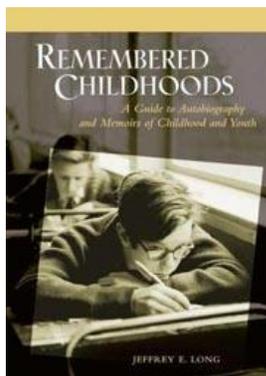
**Runaways:** Ciment, Jill (1953-). *Half a Life* (1996)

**Self-Mutilation:** Christman, Jill (1969-). *Darkroom: A Family Exposure* (2002)

**Schizophrenia** Holley, Tara (1951-) and Joe Holley. *My Mother's Keeper* (1997)

**Substance Abuse and Children of Substance Abusers:** Beard, Jo Ann (1955-). *The Boys of My Youth* (1998); Campbell, Will (1924-). *Brother to a Dragonfly* (1977)

**Suicide and Family Victims of Suicide:** Bechdel, Alison (1960-). *Fun Home: A Family Tragicomic* (2006)



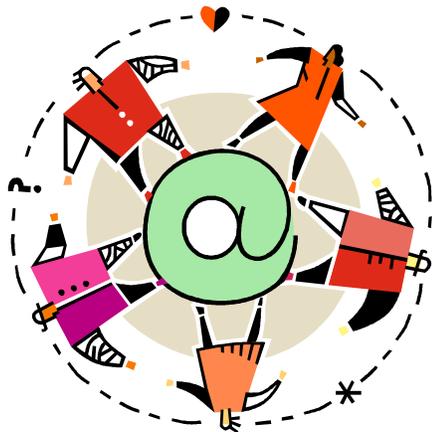
For dozens of additional titles and descriptions, see **Remembered Childhoods: A Guide to Autobiography and Memoirs of Youth** (Libraries Unlimited: 2007), by UMMS author Jeffrey E. Long.”

**Source:** This page is excerpted from UMass Med Center for Mental Health Services Research with author's permission; <http://www.umassmed.edu/Content.aspx?id=45260>

## Community Resources

**What are some community resources that might be useful for the librarian in a reference interview with a person with mental illness?**

- Developing social supports
- Support groups
- Alternative therapy
- Counseling and Psychiatry
- Career counselors
- Faith based organizations
- Mental Health Libraries & Public Libraries
- Local public health dept mental health div.
- Health Hotlines ([dirline.nlm.nih.gov](http://dirline.nlm.nih.gov))
- Mental health libraries, public libraries
- Hospital (day treatments, in-patient)
- Local Health Department's Mental Health Division
- Others?



## **For Librarians – Collaboration / Professional Development**

### **Association of Mental Health Librarians**

<http://www.mhlib.org/>

- Group has a listserv for mental health librarians(MHLib, Listserv) and a helpful list of mental health links
- Membership fee is reasonable at \$15
- International organization
- Holds a national conference
- If you join their listserv, keep in mind a lot of the messages are about serials management, so if you need duplicate journals or have a serials management issue with a mental health journal this is a great resource.

### **MLA Mental Health SIG**

<http://www.miami.edu/mhsig/sitemap.html>

- Provides networking opportunities for mental health librarians. Site includes links to papers from the Medical Library Association National Conferences and a links page with a mental health library resource list and a general mental health links list.



## The Future of Mental Health - The Science of Happiness

"For most of its history, psychology had concerned itself with all that ails the human mind: anxiety, depression, neurosis, obsessions, paranoia, and delusions. The goal of practitioners was to bring patients from a negative, ailing state to a neutral normal, or, as University of Pennsylvania psychologist Martin Seligman puts it, "from a minus five to a zero." It was Seligman who had summoned the others to Akumal that New Year's Day in 1998--his first day as president of the American Psychological Association (A.P.A.)--to share a vision of a new goal for psychology. "I realized that my profession was half-baked. It wasn't enough for us to nullify disabling conditions and get to zero. We needed to ask, what are the enabling conditions that make human beings flourish? How do we get from zero to plus five?" (**Time, Feb 7, 2005**)

---

### Positive psychologists:

**Martin Seligman**, APA president, author of the book "Authentic Happiness", his research established three components of happiness...pleasure, engagement and meaning. He tested the benefits of "gratitude visits", or writing a testimonial to thank a teacher, parent, pastor or anyone whom you owe gratitude. He found that people who do this just once are measurable happier and less depressed a month later.

**Mihaly Csikszentmihalyi**, (pronounced Cheeks-sent-me-high), known for his work with flow, a feeling of complete engagement in a creative activity ...familiar to athletes, musicians and video game enthusiasts

**Ruut Veenhoven**, professor of happiness studies at Erasmus University in Rotterdam, edits the Journal of Happiness Studies and manages the **World Database of Happiness**  
[www2.eur.nl/fsw/research/happiness](http://www2.eur.nl/fsw/research/happiness)

**Daniel Kahneman** of Princeton, Nobel-prizewinning psychologist, unveiled a new tool for sizing up happiness: the day-reconstruction method

**David Lykken**, University of Minnesota researcher, published a paper on the role of genes in determining one's sense of satisfaction in life, came to the conclusion that 50% of one's satisfaction in life comes from genetic programming.

**Sonja Lyubomirsky**, University of California at Riverside psychologist, studies different kind of happiness boosters including a "gratitude journal". She found that taking the time to count blessings once a week significantly increased subjects' overall satisfaction with life over a period of six weeks, whereas a control group that did not keep journals had no such gain.

**Richard Davidson**, published the research study in the Proceedings of the National Academy of Sciences that happiness isn't just a feeling, it is a physical state of the brain, which may be induced deliberately.

**Positive Psychologists**, cite another happiness booster as performing acts of altruism or kindness

**Source:** "The New Science of Happiness: What makes the human heart sing? Researchers are taking a close look. What they've found may surprise you. (Cover Story/ Mind & Body/Happiness: The Science) Claudia Wallis, Feb 7, 2005 v165 i6 p38.

**Caring for the Mind: Providing Reference Services for Mental Health  
Hands-On Exercises  
By Michelle Malizia**

**Please cite your answer and source.**

1. My sister has schizophrenia. She is always smacking her lips and doesn't realize she's even doing it. I think it is caused by a medicine she takes called Haloperidol. The doctor even told me the name for the disorder but I can't remember what it's called. Can you find the name of the disorder? Will it go away if she quits taking her medicine?
2. My daughter has had 2 nose jobs because she believes her nose is disfigured but there's nothing wrong with it! I think she might be suffering from a mental disorder. Is there a name of an illness that might cause her to have an unrealistic view of her face?
3. I'd like to find a discussion group for people dealing with obsessive-compulsive disorder. Can you help?
4. My grandma seems to be losing her memory. Can you find the name of a test for memory loss in older adults?
5. I'm doing a paper on PTSD after a natural disaster. Can you help me find a journal article?



**Bibliography:**

Anderson PF, Allee NJ. The MLA Encyclopedic Guide to Searching and Finding Health Information on the Web. New York: NY: Neal-Schuman Publishers, 2004. (vol. 2: Diseases & Disorders, Mental Health and Mental Disorders)

Baker L, Manbeck V. Consumer Health Information for Public Librarians. Lanham, MD: Scarecrow Press, Inc, 2002.

Barclay DA., Halstead DD. Consumer Health Reference Service Handbook. New York: Neal-Schuman Publishers Inc., 2001.

Casini B, Kenyon A. The Public Librarian's Guide to Providing Consumer Health Information. Chicago, IL: Public Library Association, 2002.

Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision, DSM – IV-TR, American Psychiatric Association, 2000.

Harden H. Expert Searching: Searching the Psychosocial Literature, Medical Library Association, *MLA News*, April 2004; (365): 11.

Hughes MA. The Two Faces of Mental Illness. *Library Journal*, 5/1/2004.

Johnson ME. Library Services in Mental Health Settings. London: Medical Library Association & Scarecrow Press, 1997.

Mental Health: A Report of the Surgeon General on stigma: (Foreword, Chapter One, The Roots of Stigma)

[http://www.surgeongeneral.gov/library/mentalhealth/chapter1/sec1.html#roots\\_stigma](http://www.surgeongeneral.gov/library/mentalhealth/chapter1/sec1.html#roots_stigma)

Reports of the Surgeon General, Reports of the Surgeon General after 2000.

<http://profiles.nlm.nih.gov/NN/Views/Exhibit/narrative/newreports.html>

- Report of the Surgeon General's Conference on Children's Mental Health: A Call to Action
- A Report of the Surgeon General's Working Meeting on the Integration of Mental Health Services and Primary Health Care
- Mental Health: Culture, Race and Ethnicity: A Supplement to Mental Health: A Report of the Surgeon General

Spatz, M. Answering Consumer Health Questions, New York: Neal Schuman Publishers Inc, 2008.