

The Healing Library: Lending Healing Experiences to Families

Presented by Megan Emery

An Infopeople Webinar
December 5, 2017



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Who is this woman?



Megan Emery

- Experience Designer + Coordinator for the Chattanooga Public Library
- Author: [Cooking Up Programs Teens and Tweens Will Love: Recipes for Success](#)
- Public Librarian for 3 Libraries in 3 States for over a decade
- Recent MLIS Graduate from Syracuse University's iSchool
- 2017 Dokki intern
- Professional focus on innovations: nontraditional lending, out of the box programming, user based design





What we'll cover today:

The Healing Library

- An Introduction
- Creation of Kits
- Contents of Kits
- Purpose of Kits
- How to Download and Use Kits at Your Library



An Introduction

Our Goal:

The Healing Library has been developed to start families on their unique journey of healing during periods of trauma.

3 Kits have been developed to assist families with healing in a healthy way while teaching parents the skills of looking critically at picture books and utilizing them to communicate with children.



Creation of Kits

The Origin Story...

- Grad School Stress
 - Impact vs. Studying
- Wellness Beyond Buzz
- Nontraditional Lending
- An Inspirational Idea (more on this in a minute...)



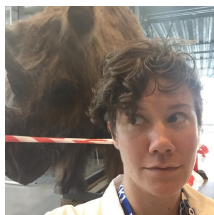
Creation of Kits

- Assembling a crack team!



A Crack Team!

You Already Know Me...



Kirsten Cappy

- Curious City
 - Story Hour Kits
 - Book Club Guides
 - Classroom Activities
 - Middle Grade Treasure Hunts
 - Author Video Interviews & Book Trailers
 - Book Giveaways

All available FREE to librarians, educators, literacy folks, & booksellers at

www.CuriousCityDPW.com



And another thing...

What a
BEAUTIFUL
MORNING

An Event Kit for
Exploring Dementia
& Alzheimer's Disease
with Families through
Story & Song



David Moorhead

- Children's Librarian at the Lewiston Public Library (Maine)
- Nontraditionally lending before it was cool
- Believed in our mission
- Bit of a goofball
- Fellow animal lover

www.lplonline.org



And another thing...



Bonnie Thomas

- Holistic Children's Art and Play Therapist
- Proprietor of Indigo North Counseling LLC
- Author of
 - How to Get Kids Offline, Outdoors, and Connecting with Nature: 200+ Creative activities to encourage self-esteem, mindfulness, and wellbeing
 - Creative Expression Activities for Teens: Exploring Identity through Art, Craft and Journaling
 - Creative Coping Skills for Children: Emotional Support through Arts and Crafts Activities
 - More Creative Coping Skills for Children: Activities, Games, Stories, and Handouts to Help Children Self-regulate
 - Toxins and Antidotes: A Therapeutic Card Deck for Exploring Life Experiences

www.indigonorthcounseling.com



And another thing...



Kit Topics

Three Kits:

- Alzheimer's & Your Family
- The Death of a Pet
- The Death of a Loved One



Poll:

Who here feels their communities would benefit from healing experiences that revolve around one these topics?

Please click all the topics you think would be relevant in your community:

- Alzheimer's & Your Family
- The Death of a Pet
- The Death of a Loved One



Poll:

Who here feels intimidated or overwhelmed by the role of "therapist" that creeps into our job as librarians?

Please choose one:

- Holy smokes yes. I need a nap.
- Nah, piece of cake.
- Actually, I am a therapist...



Contents of Kits

Let's open them up...



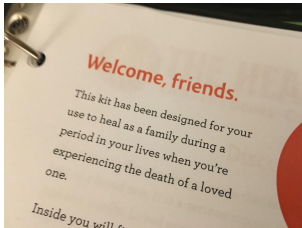
Contents of Kits

Set-up guide for Librarians.



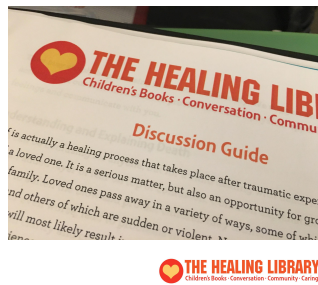
Contents of Kits

A welcome for families using the kit.



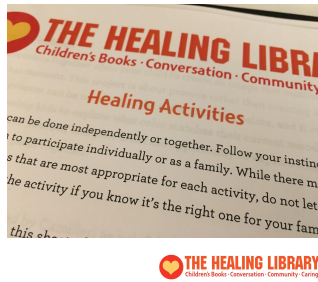
Contents of Kits

Discussion Guide



Contents of Kits

Activities Guide
with...



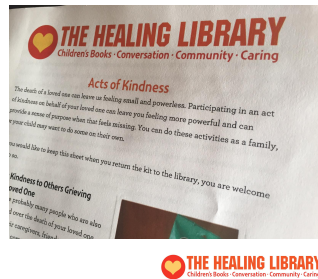
Contents of Kits

Ready to Use Materials!



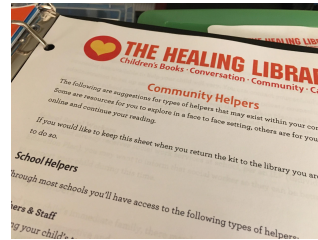
Contents of Kits

Acts of Kindness



Contents of Kits

Community Helpers



Contents of Kits

Picture Books with Discussion Guides.









Purpose of Kits

What these kits do:

- Supply families with an introduction to a healing plan of their own design through:
 - Discussion
 - Sharing stories
 - Participating in therapeutic activities
 - Encourage families to continue their healing journey within your communities
 - "If you would like to keep this sheet..."
- Allow your library to invest in the wellness of your community



Purpose of Kits

What these kits will not do:

- Take the place of a therapist
- Guarantee a "fix"
- Turn you into a therapist



Suggested Uses for Libraries

One size may not fit all. We're all different which means we all have varying problems AND solutions.



Suggested Uses for Libraries

One size may not fit all.

Problem:

- Storage space

Solutions:

- Suitcase or...
 - Backpack
 - Tote Bag
 - Super Big Binder
 - Collapsing box
 - Gym Bag
 - Under Bed Rolly Tote Thing



Suggested Uses for Libraries

One size may not fit all.

Problems:

- Replenishing materials

Solutions:

- Raiding the supply closet
- Amazon wish list
- Holiday supply drive
- Donations posters
- Grants (micro grants actually!)



Suggested Uses for Libraries

One size may not fit all.

Problem:

- Kit Organization won't allow plastic containers

Solutions:

- Zippered pouches
- Sturdy Zip-Lock containers
- Pencil cases
- Travel sized containers
- Spice Jars



How to Download and Use Kits at Your Library

- 1 - Visit CuriousCityDPW.com
- 2 - Search "Healing Library" Top Right

KidLit Programming Guides, Lesson Plans, Videos, and Giveaways



Curious City DPW

All Free!

How to Download and Use Kits at Your Library

- 3 - Navigate to Healing Library Post



How can libraries serve families during times of trauma?

To assist families in healing, libraries can assemble kits from [The Healing Library's](#) free resources.

As a counselor I've seen how community plays a role in people's ability to endure, and even heal, in the midst of loss, tragedy and change. Libraries are key community entities that can be part of this connecting people with resources and information in times of need in a variety of ways.

The Healing Library offers an encompassing resource for those looking for more than just a couple books on a topic. I'd love to see [The Healing Library](#) find a home in libraries everywhere—it is such a wonderful resource for patrons and communities.

How to Download and Use Kits at Your Library

- 4 - Click on any Healing Library to download it.

DOWNLOAD THE KIT MATERIALS

Explore the downloadable kit materials [The Healing Library](#) offers for the following family hardships:

1) THE DEATH OF A LOVED ONE

[The Healing Library: The Death of a Loved One](#)

2) THE DEATH OF A PET

[The Healing Library: The Death of a Pet](#)

3) ALZHEIMER'S & YOUR FAMILY

[The Healing Library: Alzheimer's & Your Family](#)

The resources in each kit include:



How to Download and Use Kits at Your Library

5 - Explore, Shop, & Assemble

Based on your own version of the kits they can range from nearly free (cost of printing, raiding a supply closet, and finding a vessel to house the kit) to a few hundred dollars.



How to Download and Use Kits at Your Library

6 - Add to your catalog



How to Download and Use Kits at Your Library

7 - Start lending



How to Download and Use Kits at Your Library

8) Share the news with local professionals: teachers, child care centers, health specialists, funeral homes, humane societies, assisted living facilities, hospice organizations, and more.

9) Share the news with us!

#TheHealingLibrary



Assembly Suggestions

- Variety
- Design Thinking



Lending Suggestions

Bonnie Says:

- 2-4 weeks to maximize family's experience



Taking it Further

Create Your Own Kit!

- Included:
 - Logos
 - Fonts
 - Contents to replicate on any topic
- Not Included:
 - Time
 - Your own crack team!
 - Please take this seriously and responsibly
 - Above all I highly recommend finding your own Bonnie



Bonnie Thomas, Cognitive Behavioral Therapist

"As a counselor I've seen how **community** plays a role in people's ability to endure, and even heal, in the midst of loss, tragedy, and change.

Libraries are key community entities that can be part of this connecting people with resources and information in times of need in a variety of ways.

The Healing Library offers an encompassing resource for those looking for more than just a couple books on a topic. I'd love to see The Healing Library find a home in libraries everywhere— it is such a wonderful resource for patrons and communities. It would be a valuable tool for families and community providers.



Poll:

- Please share a topic you wish there were a Healing Library Kit on or a topic you would love to turn into a Healing Library Kit that would benefit your community!





THANK YOU



Congrats You Made It!

Let's kick start your kit with a giveaway!

I'm giving away 2 copies of Arthur A. Levine's brilliant What A Beautiful Morning!

If you're interested in winning a copy write your name and email address in the comments - we'll choose two random winners and I'll notify you via email if you won!