

TLN Teen Services Committee Meeting

Friday, March 9, 2018

Baldwin Public Library

Call to order at 1:41 p.m.

Introductions

In attendance:

Elisabeth Phou – Baldwin

Lindsay Fricke – Novi

Sara Hodgson – Wixom

Lauren Baker – Plymouth

Allison Sartwell – Rochester Hills

Barb Dinan – Plymouth

Grace Lemon – Milford

Mike DiMuzio – Southgate

Mary Rice – Waterford

Jocelyn Levin – Lyon Twp.

Alayna Jones – Westland

Kate Wheeler – Brighton

Stephanie Williams – Brighton

Jody Wolak – Chelsea

Emily Dobbs – Wixom

Sarah Vargas – Ferndale

Amalia Ash – Trenton

Charli Osborne – Oak Park

Amanda Gehrke – Madison Heights

Ashley Lehman – Ferndale

Dan Major – Orion

Nichole Welzh – Canton

Karen Smith – Livonia

Janna VanHouten - TLN

Approval of Agenda

1st Kate Wheeler

2nd Alayna Jones

Approval of Minutes

1st Jocelyn Levin

2nd Mike DiMuzio

TLN, State, and Local Updates

Clean up brief records before May

Spring Institute – make reservations ASAP

Michael Shereda from Farmington Library tech department and chair of tech forum committee asked for input for up and coming technology for youth and teens.

Email him ideas at Michael.Shereda@farmlib.org

Guest presenter – Malkia Newman, Community Network Services' Anti-Stigma Program

Youth and Teen Mental Health Presentation

What is stigma? Mark of disgrace, shame, discrimination, disapproval, or feeling devalued.

Fact or Fiction?

- Fiction: People with a mental health condition are more dangerous and violent than the general public.
 - Only 4% of violence is attributable to serious mental illness.
- Fact: People with a mental illness can recover.
- Fiction: Most teens get help with they experience depression.
- Fact: Many mental disorders appear during adolescence.
- Fact: The media does not always provide an accurate portrayal of persons with physical and mental challenges.
- Fact: Culture plays a role in how a person relates to mental health conditions.

Harmful childhood experiences influence a person's health and well-being for life.

Possible effects of toxic stress:

- Adverse childhood experiences
- Disrupted neurodevelopment

- Social, emotional, and cognitive impairment
- Adoption of health-risk behaviors
- Disease, disability and social problems
- Early death

Signs of mental health issues:

Change in physical appearance, frustration, dropping grades, unmotivated, sadness, trouble concentrating, picking fights, not having fun, untalkative, hopelessness, talking about death and dying, lonely, restless, bored, angry

Warning signs for young women:

Crying frequently, feelings of guilt, self-blame, failure, negative body image, unexplainable health problems, changes in weight, develop eating disorders, promiscuity of repeated unsafe sex, low self-esteem, sleep patterns

Warning signs in young men:

Depressed mood and or morning fatigue, increased substance use and or drinking, exhibiting noticeable physical and emotional changes, acting out or getting in trouble, dangerous or illegal risk taking, hurt themselves in aggressive ways like punching a wall, fascination with death or dying, greater irritability

Warning signs of suicide:

Talking or joking about committing suicide, saying things like “I’d be better off dead” or “I wish I could disappear forever” or “there’s no way out” , speaking positively about death or romanticizing dying, writing stories and poems about death, dying, or suicide, engaging in reckless behavior of having a lot of accidents resulting in injury, giving away prized possessions, saying goodbye to friends and family as if for the last time, seeking out weapons, pills, or other ways to kill themselves

Oakland County has a youth suicide task force. Common Ground is another resource.

The Oakland Community Health Network website gives access to the “Just Like You” disability awareness anti stigma video.

Encourage empathy. If you could stand in someone else’s shoes, you may be surprised to find yourself longing for yours back.

2:45 Tour of Library and Break

3:15 Summer Reading Program Ideas

Prizes: candy, drawstring bags from CSLP, books, Amazon gift cards, trinkets for reading one book, book and invitation to grand finale party for four books, every book after that is a raffle ticket into a drawing, kindle, earbuds, Cedar Point tickets

Programs: Are you smarter than a Librarian? trivia, interactive movies (princess bride, star wars), cake wars, make their own music with ipad app, DJ for dance party, rock climbing wall

Fave Raves:

One of Us Is Lying by Karen McManus

They Both Die at the End by Adam Silvera

We Are Okay by Nina LaCour

Blood & Sand by C. V. Wyk

Running Girl by Simon Mason

Music-Related Titles:

When It's Real by Erin Watt

Nick & Norah's Infinite Playlist by Rachel Cohn

If I Stay by Gayle Forman

The Haters by Jesse Andrews

Kill the Boy Band by Goldy Moldavsky

Beautiful Music for Ugly Children Kirstin Cronn-Mills

The Disenchantments by Nina LaCour

Solo by Kwame Alexander

The Hate U Give by Angie Thomas

Kaleidoscope Song by Fox Benwell

Saving June by Hannah Harrington

Shuffle, Repeat by Jen Klein

4:01 Adjournment

Next meeting: Friday, May 11th, 1:30 p.m. at Auburn Hills Public Library