

Recommendations Chat

- I like the implement programs of strategies that build resilience and coping skill. Such as making programs to help cope with stress, and other things.
- Show multiple pathways to success--sometimes we give kids the impressions that the only way to succeed is to get a good STEM career.
- Programs that are specifically aimed at destressing, like a no-homework zone where there's cookies and soft things.
- I thought about a program where successful adults share how they maybe they thought they'd really screwed up (in school or wherever)
- One of our librarians is a certified Yoga instructor and did a successful Teen Yoga program
- Posting info about Colorado Crisis Services so children and families can get support 24/7
- October 10 is World Mental Health Day, making displays that day/ programming.
- Programs to help reduce phone/social media use or reliance, or at least learning to cope with information received through the barrage of social media
- Yes, and May is Mental Health Awareness Month!
- Going back to increasing access to activities, libraries can circulate things like outdoor equipment (bikes, pickelball sets, etc.), museum and park passes, and games.
- Use social media/video gaming to get kids interested in prosocial activities (i.e., gaming tournaments)
- The Minnesota search institute has a developmental assets framework. it shows where teens can grow and develop skills and talks about how to do that
- :I think this awareness is a big first step, it does feel like so many people sweep this kind of thing under the rug, like if they just ignore it it'll go away
- We've had mental illness-focused displays in the past, and some queer displays as well.