

Library Services and Psychosocial Intervention

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Objectives:

The purpose of this pilot program is to introduce inpatients on two psychiatric units, one open and one locked, to library services and self-management resources as a form of psychosocial intervention. Bibliotherapy is one of the examples of psychosocial interventions listed in the Institute of Medicine (IOM) 2015 report *Psychosocial Interventions for Mental and Substance Use Disorders: A Framework for Establishing Evidence-Based Standards*.

The initial goal is to develop a weekly program where patients can gather and browse behavioral health materials and interact with each other and library staff. Interchange includes book recommendations and discussion of book topics, as well as resources at local public libraries.

Psychosocial Interventions as defined by IOM Committee:

“Psychosocial interventions for mental health and substance use disorders are interpersonal or informational activities, techniques, or strategies that target biological, behavioral, cognitive, emotional, interpersonal, social, or environmental factors with the aim of improving health functioning and well-being. . . . This definition incorporates three main concepts: action, mediators, and outcomes. The action is defined as activities, techniques, or strategies that are delivered interpersonally (i.e., a relationship between a practitioner and a client) or through the presentation of information (e.g., bibliotherapy, Internet-based therapies, biofeedback).” (IOM Report, July 2015)

Methods:

Book selection based on recommendations from nurses, occupational therapists, physical therapists, and clinical psychologists. Initial collection compiled from Stanford Health Library holdings along with a few new items ordered to fill specific needs, such as autobiographical materials (i.e.: *The center cannot hold*).

Librarian brings book cart to community room on each unit once a week for approximately 30 minutes. This allows patients time to browse materials and the opportunity to interact with each other and library staff. Patients are allowed to check out up to two books for two weeks depending on need and situation. To return materials, patients are directed to deposit books in library box located in community room. Patients designed and created the library book drop box as part of an occupational therapy activity.

Results:

- ❖ Based on usage, patients are interested in reading materials relevant to their diagnosis.
- ❖ On the average, four books a week are checked out.
- ❖ Patients who have been on unit for several weeks encourage new patients to browse books. Patients make recommendations to one another on titles they have read and suggest new titles to librarian.
- ❖ Staff involvement has a large impact on the usage. Some patients are reluctant to browse collection initially and encouragement by clinical staff to review specific titles increases interaction. Patient acuity and ability to concentrate also impacts usage.
- ❖ Book losses were high initially. As the pilot design is adjusted and with staff education, losses are decreasing.

Conclusion:

This is a pilot program and is still in the development process. The next step is to collect data on the titles most frequently requested and create a book review form for patients to complete. These reviews can be used to build collection and offer suggestions to new patients.

Sample list of titles selected for collection:

- ❖ *Mastery of your anxiety and panic: Workbook.*
Barlow, D. H., & Craske, M. G. (2007).
- ❖ *The mindful way through depression: Freeing yourself from chronic unhappiness.*
Williams, J. M. G., Teasdale, J. D., Segal, Z. V., & Kabat-Zinn, J. (2007).
- ❖ *Feeling good: The new mood therapy.*
Burns, D. D. (1980).
- ❖ *The center cannot hold: My journey through madness.*
Saks, E. R. (2007).
- ❖ *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness.*
Kabat-Zinn, J. (2013).

