



Book to Action 2021 Case Study

Library: Burbank Public Library

Book to Action 2021 Summary & Impact Reflection

Please summarize your Book to Action 2021 public programming series. Write for an audience that has never heard of your library, your community, or the Book to Action concept. Start by introducing your library and community. Be sure to show how the Book to Action topic and titles met a specific community need or aspiration. Be sure to highlight your community partners, explain significant, innovative, or new models for public programs, and show how this program impacted your community. Limit 2-3 paragraphs.

Like other communities, the City of Burbank in 2020 faced many stressors due to the pandemic and community actions about racial equity and justice. Burbank Public Library staff, who handled thousands of calls to the City's COVID-19 hotline in spring 2020, heard the community's cries for information and help related to physical and mental health. As a trusted institution, the Library realized the circumstances presented opportunities for learning, conversation and healing by offering a program series, "Mental Health in Uncertain Times."

The Library planned and presented mental health and wellness activities focusing on the book *Maybe You Should Talk to Someone* by Lori Gottlieb. The flagship program involved a partnership with the Family Services Agency of Burbank (FSA). The Library and FSA offered an informative panel covering a variety of topics, including the mental health landscape of Burbank, the types of services available to the community, the importance of destigmatizing mental health issues, and how to encourage people who want help to get help. This partnership allowed for an opportunity to provide a 6-week clinically guided book club with FSA therapists. Each week participants joined in a discussion and reflected on a few chapters of the *Maybe You Should Talk to Someone*, using the companion journal.

The Book to Action initiative allowed the Library to also partner a fellow City department, Parks, Recreation and Community Services. In March 2021, the Library invited the community to submit uplifting quotes. Selected quotes were printed on lawn signs, which Parks and Recreation installed along a popular local walking and biking path during Mental Health Month in May. Additionally, staff led several online book discussions for *Maybe You Should Talk to Someone*. A clinical research analyst discussed her expertise on food, mood, weight and mental health. An instructor from Parks and Recreation lead a yoga for mental health program.

Formal evaluation, as well as social media posts, demonstrated the community's engagement with the program series and activities.

Community Member Quotes

Please enter 1-2 community member quotes from surveys or public comments that may be anonymized and used in future grant applications and program model sharing.

" I am very grateful to you, the therapists and the Burbank Library for providing me with this wonderful experience. Not only did I learn about therapy, universal human emotions and ways for personal transformation from reading the book, but I was also enriched by discussing it with you and the rest of the

group. Everyone's wisdom, reflection and willingness to share experiences enlightened me and made feel part of a group. I commend the library for addressing issues of mental health through literature, and I look forward to future programs. Thank you very much for your kindness and for making us feel that each one of our voices was important. Thank you for your weekly reminders and your positivity."

"I love reading, and this book was a good one. What made it even better is that I was able to share the experience with a group of people who in a short amount of time were quite open with each other. Having therapists present, who offered expertise in a way that was more humanizing than heavy handed, was a fantastic addition to this experience. I am (and continue to be) impacted quite positively by this weekly event as we share our own stories along with discussing the narrative of the book. After a long day at work it would be easy to skip this virtual meeting, but each time so far I am glad that I didn't because I leave with a sense of calm, camaraderie, and positivity."

Impact on Professional Development

Please summarize how participating in the Book to Action 2021 initiative impacted you and your team's professional development. As a result of participating in this program, what skills did you or your team learn? What professional takeaways would you share with others looking to improve community engagement with adults & intergenerational groups?

Participating in the Book to Action 2021 initiative gave Library staff the opportunity to explore new partnerships and programs for the community. The partnership with the Family Services Agency reached a different audience and added value and impact to a simple book club. Staff developed skills in communication and collaboration. The entire team grew by working together on a series of interconnected activities. Book to Action also provided staff with additional grant application, tracking and reporting skills, along with exposure to evaluation tools.

Final Words of Advice

What brief bit of advice (1-2 sentences) would you give to library staff members interested in coordinating a Book to Action or similar community engagement series for adults and intergenerational groups in their community?

Start planning early; not everything goes as planned. Taking risks, being open to ideas, and using networks can create results beyond what you might imagine.

Total # Programs: 8

Total Attendance at Programs: 454

Book to Action URL(s): **Book to Action Images:**

<https://burbanklibrary.org/events/mental-health-uncertain-times>

Image 1 File Name: Food and Mood marketing

Image 1 Caption: The Relationship Between Food and Mood program description, time, and sign up information

Image 2 File Name: Mental Health quote sign

Image 2 Caption: Sign displaying quote from Bob Marley: You never know how strong you are until being strong is the only choice you have

Book to Action Program Coordinator Name & Title: Arsine Ansryan, Senior Librarian

Contact: AAnsryan@BurbankCA.gov

May others contact you with questions? Yes No

The Relationship Between Food & Mood
part of our Mental Health in Uncertain Times event series

Have you ever felt hangry
(hungry + angry)?

Shaunte Bab Ani, a neuroscience researcher, will provide a look at what we eat, in what order, at what time of day, and the amazing relationship between that and mood, weight, and mental health.

How does Food effect your Mood

7:00 pm Wednesday, April 28, 2021
• Register at burbanklibrary.org/events •

CITY OF BURBANK BURBANK PUBLIC LIBRARY

Image 1 Caption: The Relationship Between Food and Mood program description, time, and sign up information



Image 2 Caption: Sign displaying quote from Bob Marley: You never know how strong you are until being strong is the only choice you have

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