



Book to Action 2021 Case Study

Library: Ontario City 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.

Ontario City Library is a two-library system in Southern California serving a multicultural community of nearly 170,000 people. It is part of a municipal agency that also includes Parks and Recreation and Museum. OCL offers many large-scale programs to its patrons, including annual community book reads in the form of "Ontario Reads". This year, the Book to Action grant was used to supplement Ontario Reads by offering two additional components: The opportunity to provide free copies of our chosen book to our community members, and to use the subject matter to rally a cause behind the book to give people additional purpose to participate. OCL was proud to choose *Maybe You Should Talk to Someone* by Lori Gottlieb to champion the cause of mental health awareness. Our ravenous reading community collected all 85 of our free copies within two weeks of becoming available, and we received overwhelming positive feedback from them. Our kick-off program was an invitation to the state-wide Book to Action virtual event, which featured a conversation with author Lori Gottlieb facilitated by our team member Jon Andersen. We partnered with Ontario-Montclair School District's Family Resource Center who provided us with three virtual webinars covering mental well-being, emotions, and nurturing relationships. We recruited two psychologists who provided their own informative webinars-- Dr. Janina Scarlet used the world of Harry Potter to engage with viewers about mental health issues and behaviors, while Dr. Billy San Juan extolled the pervasiveness of toxic masculinity in pop culture and society, and how to navigate the challenges thereof. Finally, we hosted a virtual book discussion that allowed our community members to congregate in a book club-like setting to discuss *Maybe You Should Talk to Someone* with each other.

Because of the challenges the pandemic created, the biggest hurdle was stimulating the community engagement that Book to Action is meant to inspire. Our team reached out through our city's social media, our partner's and collaborators circles, and spoke to every visitor and inquirer we had at our service desks to drum up interest. Without the ability to gather in person, and with the restrictions our patrons endured to participate, we had to resort to entirely virtual programming to connect. In those forums, we made every effort to drive home the fact that mental health awareness and de-stigmatization of mental self-care was the action we hoped our participants engaged in. In the end, the feedback we received gave us confidence that those who participated gleaned some useful information, and that they were grateful for the opportunity to be a part of something given the state of the world.

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.

"Dr. Scarlet was helpful in making the subject fun and easy to talk about. I think that making it easier for everyone to talk about mental health awareness is going to be the way we make it normal for society."

"There were some good tips on managing emotions and taking mental inventory. I am going to try turning off social media for a weekend and see what happens."

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?

Our team was largely new to the Book to Action model, so part of our challenge was to develop our plan for attainable, intriguing programming during the pandemic all while not alienating participants of our previous community book read program. We were a team composed of new leadership and both new and experienced programmers, but everyone played a part in the development. Duties were divided fairly, and those with strengths or interest in something specific were forthcoming with their help. Some helped with liaising with community partners and facilitating webinars, another networked with our speakers. Some helped with graphics and social media, and others with ordering swag and giveaways to accompany the books. Another contributed by writing promotional material for our website and public offerings. It was the first large-scale project we tackled as a newly developed team, and it was a great opportunity to witness the entire team's abilities and strengths. More importantly, we were all unified behind the cause of mental health awareness, and it made it that much easier for us to advocate for it in our public engagement. While the reception for our virtual offerings were less than we had hoped, the team is now better equipped to make future Book to Action programs successful with the knowledge they now possess.

Our team derived two pieces of collective advice for others looking to improve community engagement. The first is to start early--develop a plan as early as possible, and begin reaching out to prospective community partners as soon as you have a direction in mind. Have backup partners in mind in case the first choice falls through. Book speakers early and keep in touch with them as you get closer to your event dates. The best speaker's schedules fill up fast, and much can change between a date agreement and the event date if you are planning early. However, if you stay in contact, you can get in front of potential issues before they arise.

Secondly, don't suffer in silence. Reach out to your Book to Action network of Program Managers and other libraries in your region if you have questions. What may seem like an outlandish question to you is likely a recurring one for the team at California Center for the Book, and they are always quick to reply and eager to help you and your program succeed. Your neighboring library systems may have a lead on a contact that would fit into your program perfectly, or one that you could share to split costs. Be vocal, network, and ask for help when you need it.

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?

As someone who was tasked with leading a Book to Action program years ago with no prior experience, I recommend those tasked with assigning roles amongst their team to not overlook the potential in your para-professional staff. Book to Action requires many small tasks, and not only are they an opportunity to let developing staff shine, but I have had many fruitful contributions come from part-timers and novice staff.

Total # Programs: 6

Total Attendance at Programs: 35

Book to Action URL(s): Book to Action Images: <https://www.ontarioca.gov/Library/Program-Events>

Image 1 File Name: Ontario Book to Action Display

Image 1 Caption: An image of our service desk display with our book and swag bags

Image 2 File Name: Ontario Book to Action Poster

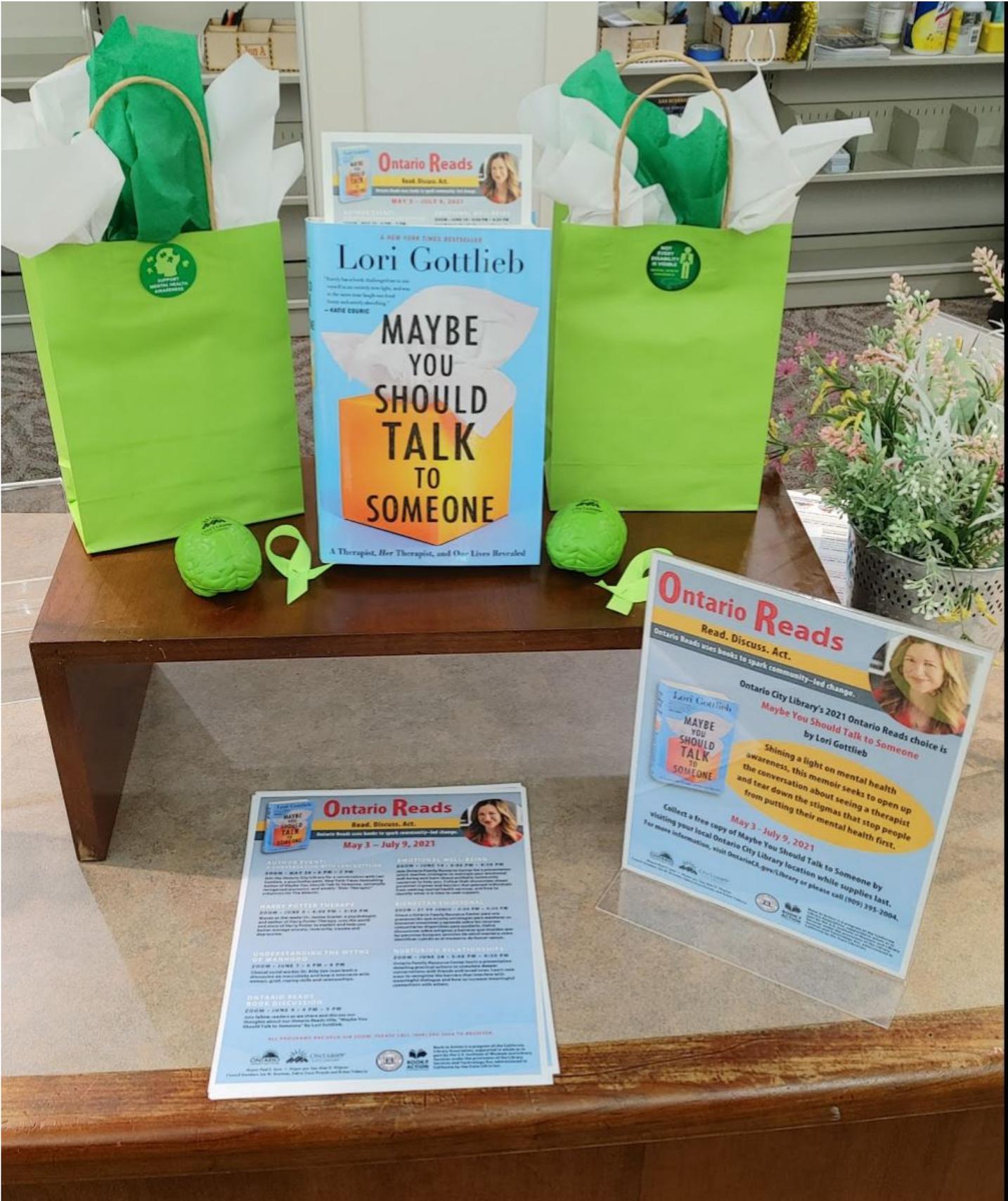
Image 2 Caption: Our primary advertisement for our Book to Action program "Ontario Reads"

Book to Action Program Coordinator Name & Title: Jon Andersen, Supervising Librarian - Adult Services

Contact: 909-395-2211 - JAndersen@OntarioCA.gov

May others contact you with questions? Yes No

California Center for the Book is a program of the [California Library Association](#), supported in whole or in part by the [U.S. Institute of Museum and Library Services](#) under the provisions of the Library Services and Technology Act, administered in California by the [State Librarian](#).



Ontario Reads
Read. Discuss. Act.
Read Ontario books to spark meaningful local change.
MAY 3 - JULY 9, 2021

Lori Gottlieb
A NEW YORK TIMES BESTSELLER

MAYBE YOU SHOULD TALK TO SOMEONE

A Therapist, Her Therapist, and Our Lives Revealed

“Gottlieb has a frank, challenging perspective on how it feels to be a therapist, and how in the process she’s taught herself to find and accept vulnerability.”
—KATIE COURIC

Ontario Reads
Read. Discuss. Act.
Ontario Reads uses books to spark community-led change.

Ontario City Library's 2021 Ontario Reads choice is
Maybe You Should Talk to Someone
by Lori Gottlieb

Shining a light on mental health awareness, this memoir seeks to open up the conversation about seeing a therapist and tear down the stigmas that stop people from putting their mental health first.

Collect a free copy of **Maybe You Should Talk to Someone** by visiting your local Ontario City Library location while supplies last. For more information, visit ontario.ca.gov/library or please call (909) 395-2004.

May 3 - July 9, 2021

Ontario Reads
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ADDITIONAL EVENTS
ONLINE WITH LORI GOTTLIEB
BOOK - MAY 26 - 6 PM - 8 PM
Lori Gottlieb will be available for a Q&A session on Zoom. She will discuss her memoir, *Maybe You Should Talk to Someone*, and answer questions about her work as a therapist and her experiences with mental health.

BOOKS AND THERAPY
BOOK - JUNE 2 - 4 PM - 6 PM
Join us for a book club discussion of *Maybe You Should Talk to Someone* by Lori Gottlieb. We will discuss the book and how it relates to our own lives and experiences with mental health.

UNDERSTANDING THE MYTHS OF MARIJUANA
BOOK - JUNE 7 - 6 PM - 8 PM
Join us for a book club discussion of *How to Get High* by Michael Pollan. We will discuss the book and how it relates to our own lives and experiences with marijuana.

ONTARIO READS BOOK DISCUSSION
BOOK - JUNE 14 - 4 PM - 6 PM
Join us for a book club discussion of *Maybe You Should Talk to Someone* by Lori Gottlieb. We will discuss the book and how it relates to our own lives and experiences with mental health.

ALL PROGRAMS ARE FREE FOR JOINS. PLEASE CALL (909) 395-2004 TO REGISTER.

Ontario City Library
1000 East 1st Street • 1000 East 1st Street • 1000 East 1st Street
Central Branch • 1000 East 1st Street • 1000 East 1st Street

Ontario Reads

Read. Discuss. Act.

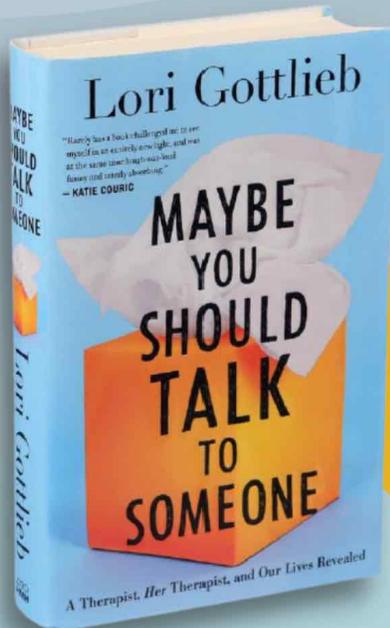
Ontario Reads uses books to spark community-led change.



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May 3 - July 9

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Mayor Paul S. Leon • Mayor pro Tem Alan D. Wapner
Council Members Jim W. Bowman, Debra Dorst-Porada and Ruben Valencia



Book to Action is a program of the California Library Association, supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.