

The MidContinental Messenger

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Regional Opportunities to Address the Opioid Crisis

As the Community Engagement Coordinator for the National Network of Libraries of Medicine, MidContinental Region (NNLM MCR), I am fortunate to have the Department of Health and Human Services (HHS) Region VIII Office in my hometown of Denver. Over the past 11 years with the NNLM MCR, I have worked with many of the regional operating division offices to provide staff training and collaborate on projects involving health information.

A few months ago at a data conference, I had a conversation with the Acting Regional Health Administrator for HHS Region VIII about the National Library of Medicine's (NLM) recently released [portal](#) on Opiate Addiction and Treatments to help health professionals learn more about opioid-related topics. We talked more about the opioid crisis, and before parting ways she invited me to join the Region VIII Opioid Misuse Consultation Team. The purpose of the team is to engage and support Region VIII states and tribes response to prescription drug abuse and opioid addiction. While the HHS Regions don't align precisely with the NNLM regions, Region VIII captures three of the six MCR states – Colorado, Utah and Wyoming. The other states included in Region VIII are Montana, North Dakota, and South Dakota. The team, with representatives from across HHS and the federal government has numerous consultation activities including:

- Providing subject matter and programmatic expert consultation related to opioid misuse in areas like policy, finance, data collection and evaluation, clinical practice standards, and community education.
- Identify and coordinate Federal, State, Tribal and local resources, grants, and technical assistance.
- Facilitate regular educational conference calls between and among state, tribal, local and regional federal leadership.

In August 2017, the team hosted a two-day Opioid Summit, with over 200 attendees. The event provided attendees a forum to learn about available opioid prevention, treatment, and recover resources; identify potential opportunities for technical assistance; and, to identify potential collaborators and partners. Participants included state teams representing public and behavioral health, providers, advocacy, and legislative bodies. Each state in Region VIII provided updates on opioid programming, and several panels presented on effective strategies for prevention, clinical practice, recovery, and workforce development:

- Prevention strategies include involving law enforcement, clinicians, policy makers, and effective data collection.
- Clinical practice strategies include safe prescribing guidelines and education for prescribers; mentoring programs, integrated care and interdisciplinary care teams; opioid-specific information; and, addressing the availability, stigma, and reimbursement issues with medication assisted treatment options like methadone, buprenorphine, and suboxone.
- Recovery strategies include addressing stigma at the community level, acknowledgement that relapse is a part of recovery, and developing a coordinated network of community-based resources (like the [Recovery Oriented Systems Care \(ROSC\)](#) model).
- Workforce development strategies include scholarship and loan repayment, utilizing local pharmacies to increase awareness and education around prescription pain medications, and making naloxone more readily available.

In September 2017, the Team hosted a two-site event featuring a live stream from Washington D.C. for National Recovery Month titled [Recovery, Prevention, and Hope: National Experts on Opioids and Other Addictions Equip Faith and Community Leaders](#). The live stream event held at NNLM MCR Partner Library, the Health Sciences Library University of Colorado Anschutz Medical Campus, was followed by a panel of experts discussing local response to the opioid crisis and addressing audience questions. The panel presentation was streamed to participants at the Byron Rogers Federal Building in downtown Denver. In total there were 50 participants.

It has been really interesting to learn what is going on in states I wouldn't normally interact deeply with. I have learned that while each state in Region VIII has unique challenges addressing the opioid crisis, there are many shared needs: public education articulating risk of opioid misuse and addiction, the ability to expand naloxone (Narcan) availability to users and first responders in rural and urban areas; and the need for prescriber education and guideline awareness. I look forward to supporting and sharing the opioid work being done on a federal and regional level with our NNLM MCR members.

I would also like to learn how NNLM MCR member institutions and organizations are addressing the opioid epidemic in the communities served. Please feel free to email me at dana.abbey@ucdenver.edu.

-D. Abbey, Colorado/Community Engagement Coordinator

Opioid Resources:

[CDC Guideline for Prescribing Opioids](#)

[CDC Opioid Overdose: Information for Patients](#)

[MedlinePlus: Opioid Abuse](#)

National Library of Medicine (NLM) [portal](#) on Opiate Addiction and Treatment with links to help health professionals learn more about opioid-related topics

SAHMSA [Opioid Resources](#) for Patients and Providers

Barb Jones Retirement



Barb Jones, one of the stalwarts of the NNLM MCR has retired. She started in 2003 as our Network Membership Liaison and led a pilot on consortium licensing. As hospital libraries were downsized and closed, the NNLM MCR decided to focus on this issue. Barb volunteered to take it on. She began our efforts in supporting and teaching members how to advocate for themselves. She developed tools for them to use such as the value calculators (with Betsy Kelly, Assessment and Evaluation Coordinator) and the toolkit for hospital librarians. Her “Whooo Says” column has provided advice for over 9 years on topics including networking, employing business skills, learning the organization, and fantasy football. Barb has been on the research team developing a study on the cost impact of the

librarian on patient care. She has published in non-library journals to increase awareness of how librarians contribute to healthcare. She leaves a legacy of work for us to build on and we wish her well – even as we wish she’d stayed. Barb’s last day was September 29, 2017.

Whooo Says



Dear Whooo,

Please tell me it isn't true! I saw on the MCMLA list that Barb Jones is retiring. I have heard through the grapevine that this column will be closed as well. I am a hospital librarian, and have been so interested in what topic you will discuss next through the years.

Sincerely,

Sad with the news Sarah

Dear Sarah,

Thank you for writing. Yes, I'm sorry to say that Barb Jones is retiring, and yes, this column will be retired as well. Since you have connected these retirements, you may also have figured out that I am the "feathered representation" of Barb.

I have enjoyed "hooting" with you through the years; your interests and questions have given me much food for thought and content for the discussions in this column. All of the librarians reading this column have all contributed to the conversations held here. I have learned about you and the challenges you face through your emails, phone calls, and chats in classes and conferences. I have heard great ideas from you about how to dissect the difficulties and challenges you face. In fact, if you go back and read this column's past postings, you may find yourself in some of these same conversations.

I want to thank you all for your willingness to share with me and with each other. You have challenged me to work harder and dig deeper to work on the issues confronting health sciences today, and that challenge has resulted in many of the tools I (along with many others) have created to help you. So, now it is time for me to challenge each of you.

My invitation to you is to continue to use the tools we have built together. You can find them all on the NNLM MCR [Advocacy web pages](#).

1. Refer to the [Hospital Librarian's Toolkit](#) when you have a question about working successfully in the hospital environment. The information there was compiled and written by some of the best minds in our Region. There is information there on marketing and promoting your library, networking with colleagues and other members of the healthcare community, and recommended resources on library advocacy and patient safety from many other sources.
2. Take a few minutes and listen to the [MCR Voices podcasts](#). These podcasts were developed to present you with the thoughts and ideas of your regional colleagues on some of the larger issues and successes within the profession.

3. Use the financial and statistical information presented on the MCR website. Telling your story in financial terms is only one part of advocating for your library, but it is an important piece of the puzzle. Take the time to carefully look at your programs and keep the statistics that will support the priorities of your library and institution. Read the information from the MCR website on working with [library statistics](#) and valuation (<https://nmlm.gov/mcr/professional-development/program-evaluation/valuation-explained>) to learn how to value your services.

Make sure that you work with either your manager or a financial officer from your institution when determining the assigned values.

After you have done that, plug your services and their assigned values into the [library valuation calculators](#) to see what the Return on Investment and Cost/Benefit Analysis of your services are.

4. Continue to be active in our professional organizations. They are a source of great opportunities – education, connection with colleagues, exposure to new ideas and FUN! Participation also offers many avenues for you to further the goals and recognition of our profession.
5. And, last but certainly not least, continue to work with the great folks at the NNLM. They have tremendous skills and ability to help with your daily issues. They are also positioned to see the new changes coming in the profession, and help you prepare for the next steps.

I cannot promise you that the road ahead will be smooth and trouble-free, but I can promise you that there will always be a need for your skills. It is up to each one of you to determine how and where you can best use your abilities to serve physicians, nurses, patients, and families.

Best wishes to you all. Should you see me flying around the region in my retirement, be sure to stop and say hello. Retirement is not “goodbye,” just a rearrangement of schedule and priorities.

Sincerely,

Whoaa

Report on the Harvard Leadership Institute for Academic Librarians

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Emily Glenn and Mellanye Lackey each received \$1500 professional development funding from the NNLM MidContinental Region to attend the 2017 Harvard Leadership Institute for Academic Librarians (LIAL). This report describes their experiences during the Institute.

Our Experiences at LIAL

We would describe the LIAL as accessible, focused, modern, and provocative. Before attending, we did not expect personal or professional transformation in just one week. Rather, we expected to be challenged, to gain tools for inquiry and leadership, to meet people who would learn with us and to dig into the career and climate issues in academic librarianship. Our expectations were met and exceeded. In short, it was a *transformational* experience.

The program was well-structured and provided ample time for networking, reflection, and analysis. We were pleased by the diversity of participants—career orientations, languages spoken, backgrounds, institution types, and geographic representations.

A key part of each day was the examination of challenging case studies exploring situations that leaders in academia regularly face. The precision of the case analysis process was impressive, and the instructors masterfully helped us relate the cases to our own organizations.

As mid-career professionals, we felt at home in the cohort of 110 participants. We were assigned to small groups for daily meetings and discussion of required and recommended readings. (Yes. There is homework!) During this time, we reviewed individual cases, talked about “aha!” moments, and reflected on the course content presented during the previous day. Our discussions included the application of the structural, human resources, symbolic, and political *frames* described in the book [Reframing Academic Leadership](#) by Joan Gallos and Lee Bolman. Individually and as a group, we dug into the challenges and rewards of being leaders, of working toward effectiveness, and of managing up using these frames. Using these frames was exciting new territory.

Lessons learned from the Institute have already impacted our job responsibilities and career goals. Recurring themes of LIAL discussions focused on managing people, change, reframing, culture, and growth. Bigger picture ideas from the week included consideration for roles of librarians as faculty members, identifying milestones for professional development, facilitating cross-university faculty

communications teams, and strengthening the library as a partner in the institution. All of these boosted our confidence to better navigate higher administration.

The Institute encouraged us to think way outside the “box” to consider the impacts and perspectives of competitors, disruptors, outside agents, advisory boards, and allies who have the ears of executives on our campuses.

The LIAL was useful in helping us to continue to lead with new insight and to evaluate future leadership opportunities. We plan to keep in touch with our new (instant) network of colleagues to support each other and keep the learning flowing.

Overall, we both felt that attending LIAL was extremely valuable. While it was an intense experience, we benefited greatly and highly encourage our colleagues with leadership positions to apply.

Get Involved in MCR Programming

During the course of the year a lot of NNLM MCR members are involved in projects to support NNLM programming. By that we mean that they are actually doing some of the tasks that MCR coordinators may perform. The idea is to give members a sense of ownership in the program. The involvement can also assist members who are service oriented or those who wish to grow in their professional development. Participation in NNLM MCR programming can be used to earn AHIP points. Anytime a member is involved, all of us are enriched by the knowledge and skills that members bring to the table. Everyone one has something to offer. Ultimately members are assisting the NNLM MCR staff to accomplish the NNLM mission “to advance the progress of medicine and improve the public health” by providing access to biomedical and health information for health professionals and the public!

We hope this invitation (that’s what this is) will be accepted and that you’ll get started on your quest to get involved. The best way to help you think about the possibilities is to list what members have done in the past. This, by no means is a complete list; maybe you can think of more items to add to the list. Here we go:

- Author an article for the MidContinental Messenger newsletter
- Co- Present with a NNLM coordinator
- Co-Teach with a NNLM coordinator
- Exhibit for the NNLM at a meeting or conference.
- Work on a MCR sponsored research project
- Participate in a regional emergency preparedness drill
- Collaborate with staff in facilitating a journal club

- Participate in interviews on effective practices
- Present on a topic at a MCR sponsored webinar

Others ways that members have been involved in the past include participating in MCR gaming on the NNLM Moodle platform (some were given access as game managers.) Some members participated by sharing effective practices in videos and podcasts which were archived on YouTube or on our [website](#). Another group of librarians volunteered to write up their reviews of biomedical apps that were later shared in the MCR newsletter. The ways that members may be involved are really just limited by one's creativity.

Are you inspired? I hope so! Where do you want to start? When do you want to start? Take action now! [Contact](#) your state coordinator or [Jim Honour](#) Member Services Coordinator. Thanks!

-Jim Honour, Wyoming/Member Services Coordinator

New Member Update

Welcome to the MCR's newest members! These institutions have joined the Network since the beginning of our new cooperative agreement year on May 1, 2017:

Institution Name	Place
Fullerton Public Library	Fullerton, Nebraska
Verdigre Public Library	Verdigre, Nebraska
John Rogers Memorial Library	Dodge, Nebraska
Elmendaro Township Library	Hartford, Kansas
Library District # 1 – Doniphan County	Troy, Kansas