



Book to Action 2021 Case Study

Library: Lincoln 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.

The Lincoln Public Library is a municipal library that serves the roughly 48,000 residents of Lincoln, California. Lincoln is on historic Nisenan land, and settlement by European Americans began in 1859. Lincoln has a long history of valuing libraries, with a Carnegie Library being built in 1909 and serving the community for over a century. The Lincoln Public Library at Twelve Bridges, which opened in 2007, is a joint-use facility with the Twelve Bridges High School and now serves as the only branch of the Lincoln Public Library System.

The Lincoln Public Library chose to focus on Mental Health for the 2021 Book to Action program. Considering the COVID-19 pandemic and its many changes to daily life, library staff continued to hear and see that there was a profound need for our community to learn about and access mental health resources. The Library forged new partnerships with William Jessup University and Kaiser Permanente based on both agencies' commitment to mental health support for their constituencies. The book title that the Book to Action program centered around was *Group: How One Therapist and a Circle of Strangers Saved My Life* by Christie Tate. This title was chosen for its emphasis on the value of community and connection. Programming included a self-directed collection of mental health resources and activities hosted on Beanstack; virtual book clubs; a virtual visit from Christie Tate; online lectures on mental health and exercise and mental health and communities of color; and story times and take-home activities focusing on emotional regulation.

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 read a book that I wouldn't ordinarily read and enjoyed it very much. Also, I passed it along to friends to read."

RE: Community Impact: "More awareness of mental health challenges and the benefits of counseling."

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?

Staff developed skills building partnerships, especially with new partners. Book to Action also challenged our library to think more holistically about what a "program" might look like, including asynchronous activities for multiple age groups.

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?

Find partners who are enthusiastic to work with you, and who have reach to parts of the community you don't necessarily have. Their constituents will enrich your work and your program. Consider not only the capacity of your staff to put on programs, but also the capacity of your community to engage and scale your program to meet them.

Total # Programs: 9

Total Attendance at Programs: 358

Book to Action URL(s): [Book to Action Images: https://go.libraryatlincoln.org/b2a](https://go.libraryatlincoln.org/b2a)

Image 1 File Name: LPL B2A 2021 Flyer.jpg

Image 1 Caption: Lincoln Public Library Book to Action 2021 Flyer

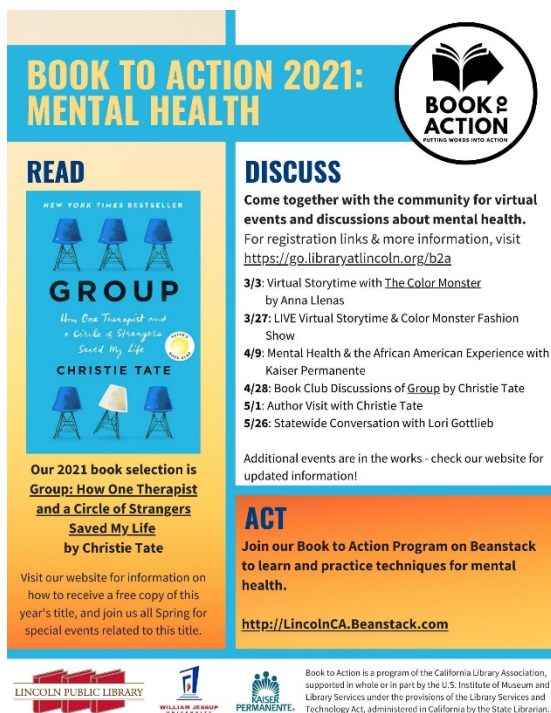
Image 2 File Name: LPL B2A 2021 Color Monster Social Media.jpg

Image 2 Caption: Lincoln Public Library Book to Action 2021 Color Monster Social Media Ad

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May others contact you with questions? Yes No



BOOK TO ACTION 2021: MENTAL HEALTH

READ

GROUP

How One Therapist and a Circle of Strangers Saved My Life

CHRISTIE TATE

Our 2021 book selection is **Group: How One Therapist and a Circle of Strangers Saved My Life** by Christie Tate

Visit our website for information on how to receive a free copy of this year's title, and join us all Spring for special events related to this title.

DISCUSS

Come together with the community for virtual events and discussions about mental health. For registration links & more information, visit <https://go.libraryatlincoln.org/b2a>

3/3: Virtual Storytime with *The Color Monster* by Anna Llenas
3/27: LIVE Virtual Storytime & Color Monster Fashion Show
4/9: Mental Health & the African American Experience with Kaiser Permanente
4/28: Book Club Discussions of *Group* by Christie Tate
5/1: Author Visit with Christie Tate
5/26: Statewide Conversation with Lori Gottlieb

Additional events are in the works - check our website for updated information!

ACT

Join our Book to Action Program on Beanstack to learn and practice techniques for mental health.

<http://LincolnCA.Beanstack.com>

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.

Image 1 Caption: Lincoln Public Library Book to Action 2021 Flyer



BOOK TO ACTION
PUTTING WORDS INTO ACTION

Pick up a Color Monster Make & Take at the Library and find lots of ways to handle big emotions!

READ | DISCUSS | ACT

Image 2 Caption: Lincoln Public Library Book to Action 2021 Color Monster Social Media Ad

California Center for the Book is a program of the [California Library Association](https://www.libraryca.org/), supported in whole or in part by the [U.S. Institute of Museum and Library Services](https://www.inm.gov/) under the provisions of the Library Services and Technology Act, administered in California by the [State Librarian](https://www.sos.ca.gov/).