



Mental Health Care on Long Island Explored in *Kings Park* Documentary

By: Deborah Provenzano

LILRC Committee on Services to Health Sciences Libraries member Deborah Provenzano, Associate Professor of Library Services at Suffolk County Community College, has been working with award-winning film producer/director Lucy Winer to help digitize photos and gather information for Lucy's upcoming documentary, *Kings Park*. This film tells the unprecedented story of the Kings Park Psychiatric Center from the point of view of the patients and their families, as well as, from the staff and the townspeople.

During two years of her teenage life, Ms. Winer was in and out of psychiatric hospitals, one of which was a locked ward at what was later named the Kings Park Psychiatric Hospital. The history and seriousness of patient displacement and the crisis of mental health care in the United States is depicted in a factual and moving manner in this film. Deborah's research has taken her from Kings Park to Manhattan; to the State Archives in Albany and back to Kings Park where she has been working with town historians who volunteer at the Kings Park Heritage Museum. Deborah and Lucy have found an amazing amount of important and unique information at the Kings Park Heritage Museum and strongly suggest that anyone with an interest in the township of Smithtown or in the Kings Park State Hospital visit the museum.

The topic of mental health deserves the examination that this film has given to it. Ms. Winer has described this film as one of the "loves of her life" and hopes it will serve as an educational tool. Recent screenings of the work in progress have been held at Hands Across Long Island, New York University's Graduate School for Social Work, Smithtown Public Library, as well as, at several medical schools. Ms. Winer will be presenting a lecture and discussing clips of her film at this year's Medical and Scientific Libraries of Long Island (MEDLI) Annual Meeting. Look for the film to be released sometime in November 2008.

Mental Health Month

May 1-31st-Celebrate Mental Health Month. Here are some tips to help manage everyday stress:

- Get enough sleep.
- Exercise and control your diet.
- Build a social support network.
- Create peaceful times in your day.
- Try different relaxation methods until you find one that works for you.
- Don't smoke.
- Don't drink too much or abuse any other substances.

For additional information on Mental Health Month, visit the **Mental Health America** website at: (www.mentalhealthamerica.net)

Electronic Resources on Mental Health

For more information on mental health please visit the following websites:

The National Institute of Mental Health (www.nimh.nih.gov) is the largest research organization in the world that is devoted to mental illness. The goal and mission of NIMH is, "to profoundly transform the diagnosis, treatment, and prevention of mental disorders, paving the way for a cure." The website has links for information on depression, bipolar disorder and anxiety disorder, as well as, a search query box that enables users to search the entire site.

The American Psychological Association (www.apa.org) is updated every twenty-four hours so if you want to discover what professionals say about bizarre behavior by politicians or entertainers who are currently in the news, check out this site. The site also contains links to popular topics as well as a link to search for a psychologist in your area.

In the Spotlight *Mary Lou Glazer*

Congratulations to Mary Lou Glazer, MLS, AHIP, VA Medical Library, Northport who has been named the recipient of the 2008 EBSCO/MLA Annual Meeting Grant.

Each year the EBSCO/MLA Annual Meeting Grant awards of up to \$1,000 for travel and conference-related expenses to four MLA members that are employed as a health sciences librarian with two-five years of work experience.

At the MLA Annual Conference in Chicago, Mary will present her poster titled "Designing a Comprehensive Program to support Nurses in a Hospital Magnet Journey."



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Electronic Q&A with Barbara Elish

Barbara Elish, the new Director of the Hollis Health Sciences Library at Winthrop University Hospital recently e-converted with me on her promotion, library happenings and what's in store for the future.

Q: Can you tell us a little about yourself?

A: "I've worked in the library at Winthrop University Hospital since 1996 as the Systems/Electronic Resources Librarian. I have an MLS from Long Island University and a Masters degree in Religious Education from Hebrew Union College."

Q: Can you tell us more about the Hollis Library?

A: "The Health Sciences Library at Winthrop serves Winthrop's attending physicians, residents, nurses, and allied health professionals. It also assists medical students from Stony Brook and NYCOM, and nursing and allied health students from neighboring colleges.

Q: Is there anything new or exciting happening in the library?

A: "I became the director of the Hollis Health Sciences Library when Virginia Cook retired at the beginning of March. While I miss her very much, I am already becoming comfortable in my new role and making plans for the future of our library. We are currently running a trial of Athens authentication software, which we are hoping to purchase. And we plan on investigating the possibility of purchasing [EBSCO's A-to-Z](#) and [LinkSource](#). My hope is that we will be able to continually upgrade our computer lab and add to our online resources so that we can maintain the high quality of service that Virginia Cook established here 28 years ago."

Congratulations to Barbara Elish on her promotion and Virginia Cook on her Retirement. Best wishes!

MLA Spring Webcast....No technical support needed!

March 5th– The LILRC sponsored MLA webcast, **Web 2.0 Principles and Practices** at Farmingdale State College, experienced no technical difficulties as viewers were provided with a look at web 2.0 and its uses in medical libraries.

From *Blogs*, *Wikis*, and *Mashups* to Facebook and RSS, this webcast laid a concrete foundation on the trends sweeping the social networking scene and also provided a glimpse into the possible future. The buzz word "Health 2.0" and user generated healthcare, such as Google's electronic health records initiative and Microsoft's Health Vault, which aim at putting healthcare in the hands of patients were also discussed.



*Virginia Cook (Left) and
Barbara Elish (Right)*

-Be sure to join us for future MLA webcasts!