

# More Resilient Minnesota

*Collaboratively Honoring & Healing Communities*

## Lending Library Overview

The More Resilient Minnesota Lending Library has been developed to allow all Collaborative members an opportunity to borrow resources that help expand knowledge and understanding of NEAR (Neurobiology, Epigenetics, ACEs, and Resilience) Science and ACEs. Our hope is to promote continuous community engagement, wisdom, and creativity by inspiring innovative and compassionate responses while building self-healing communities.

## Our Collection

### Community Resilience Initiatives Resources

- Resilience Trumps ACEs – Community Action Manual: A practical guide to community action to reduce ACEs and foster Resilience in your community. The Community Action Toolbox and Building a Work Plan sections offer the lessons learned during our community mobilization work on ACEs and Resilience.
- Building a Resilience Toolkit Strategy Kit: This unique 3-inch by 3-inch kit contains 12 resilience building blocks cards [2-inch by 2.5-inch card size] to develop a “habit of practice” for the six strategies - Claim my calm, Find my safe zone, Name my feelings, Build connections, Know my state, and Share my smile. When you add a die, you can then toss the die to see which of the six categories you will practice that day for a moment of mindfulness. You could even journal your reflection or doodle art that moment, step outside for a walking meditation, do a quick breathing exercise or shoulder/back stretch, and track your progress in achieving that habit.
- Deluxe Resilience Games Kit – Adult Focused or Family Focused: This game kit was designed by Lincoln High School students as part of a skills-based class with the goal of helping other students learn to apply resilience strategies to daily life. This Kit features:
  - 9 hand-drawn and designed games (printed on heavy duty cardstock paper)
  - 2 additional games played without game boards
  - Instruction Booklet
  - 2 decks of Resilience Trumps ACEs™ 52 card deck with Handbook
  - Markers, die, wood blocks, puzzle, party favor box, and labels to use with the various games
  - 2 additional games are detailed on pages 6 & 7 in Handbook
  - Durable muslin cotton storage bag to hold all items makes games kit extremely portable



- **Resilience Building Blocks Adult Focused Deck of Cards & Handbook:** Available exclusively from the Community Resilience Initiative™, the deck includes 42 adult focused Resilience Building Blocks to help build resilience into our lives and the 10 ACE cards. The handbook explains the ACEs and Resilience information in brief content material, and describes each Resilience card.
- **Resilience Building Blocks Child Focused Deck of Cards & Handbook:** Available exclusively from the Community Resilience Initiative™, the deck includes 42 child focused Resilience Building Blocks to help build resilience into our children’s lives.

**Peacemaker Card Collections**

The Peacemaker Card Boxes include all items below:

- **Grategory Cards:** Clinical trials indicate that the practice of gratitude can lower blood pressure, improve immune function, and facilitate more efficient sleep. This set of 26 cards help people identify things that they are grateful for.



- **Child Needs & Feelings Cards:** This set of cards has 26 feelings cards and 20 needs cards that can be used in many different ways to help children become more aware of their various feelings and needs.
- **Adult Needs & Feelings, Needs Cards:** This set helps adults build their emotional vocabulary. These cards can be used to bring clarity when facing a difficult conversation or a challenging situation.
- **Breathing Strategy Card Deck:** These colorful cards provide 26 fun and different ways to take deep breaths that help us regulate our emotions.

- **Needs Cards:** This set of 21 cards displays large need words on the front side and lists feelings on the reverse side. These cards are useful in many settings to help build connection and community.

**Films and Documentaries**

- **AVA ACE Study Film:** This DVD contains the most comprehensive description of the ACE Study findings and replications of those findings among a general population sample in Washington State and other similar findings from large nationally representative samples. The DVD features plenary addresses by the ACE Study Co-Investigators, Drs. Vincent Felitti and Rob Anda, along with discussion by Dr. Frank Putnam, an internationally renowned childhood trauma researcher and child psychiatrist.



**ACE Study**

The Adverse Childhood Experiences Study:  
Background, Findings, and Paradigm Shift

Robert Anda, MD, MS, Co-Principal Investigator  
Vincent J. Felitti, MD, Co-Principal Investigator  
Frank W. Putnam, MD, Discussor

The ACE Study has made what was known to the few, available to the many

Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

[www.acehealth.org](http://www.acehealth.org)

# Lending Library Policies

## Library Borrowers

Library borrowers are categorized as Collaborative Coordinators of Collaboratives active in More Resilient Minnesota, and/or FamilyWise Services staff.

## Identification and Check-out Materials

- All library materials will be checked out at <https://www.libib.com/u/familywise>
- Each borrower is responsible for material checked out in their name
- Each borrower is responsible for keeping the library informed of contact/address changes

## Loan Periods

Library materials may be checked out for a period of 45 days, and renewed for an additional 45-day period.

## Fines and Charges

Library users will be expected to pay replacement costs for library items in the following situations:

- An item is reported lost
- An item is returned damaged, beyond reasonable wear and tear
- An item is returned more than 14 days overdue

The user will receive an invoice from FamilyWise Services, requiring payment for the replacement cost of items in these situations. If payment is not received, borrowing privileges will be suspended until the replacement costs are paid.

## Loan Limits

- Each borrower may loan up to two items at any one time
- Users will lose the right to loan new items until they have resolved outstanding fines
- Borrowing privileges may be restored when all charges are cleared

## Due Date

Library material is due at the end of the loan or renewal period. This date will be specified on the electronic transaction receipt.

## Return of Library Material

Library material is considered returned when it is returned to the physical property of FamilyWise Services either through in-person drop off or via mail at:

FamilyWise Services  
Attn: More Resilient Minnesota Lending Library  
3036 University Ave SE  
Minneapolis, MN 55414

## Shipping and Returns

- All shipping requests must be within Minnesota. FamilyWise Services will cover delivery shipping fees; however, return shipping fees must be covered by the Collaborative borrower.
- Available items should arrive within 7-10 business days of check-out request

## Holds

- Library users may place holds on material that is checked out
- If two or more holds exist on any material, then the order of priority for availability shall be based on a first-come, first-served basis

## Renewal of Library Material

- Any library material may be renewed once, unless a hold has been placed on the material
- Material on which a fine is owed may not be renewed until the fine is paid
- Material must be renewed **before** the due date
- Library material can be renewed online at <https://www.libib.com/u/familywise>

## Email Reminders About Due Dates

Users will receive automated email reminders about the lending due date on the following schedule:

- 1 week prior to the due date
- 1 day after the due date
- 1 week after the due date
- 2 weeks after the due date

# Lending Library Borrower Instructions

**Children’s Mental Health and Family Services Collaborative Coordinators** and **FamilyWise Services staff** are allowed to use this library. To borrow items, users can go to the lending library webpage at <https://www.libib.com/u/familywise>. A user account is required to borrow items.

To verify if you have a user account, enter your email address and select “Need Password?”

- If you have an existing patron account, an email will be sent with a password to login
- If your email is not recognized, please contact FamilyWise Services at [LendingLibrary@familywiseservices.org](mailto:LendingLibrary@familywiseservices.org) so that you may be added into our system

To check-out an item:

- Click on the desired item and select “add hold”
- Exit out of the highlighted screen and your item will be displayed at the bottom; then click “complete” to request your item
- A notification will be sent to the FamilyWise Services staff to process your request for shipping to the address provided on your account