

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.

*Note that text in **green** indicates new items and updates to the collection in 2024.

Our Collection

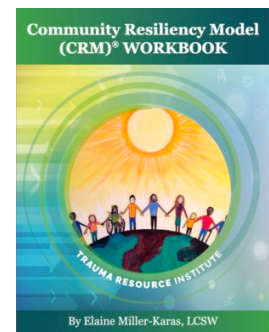
R1 Learning Discovery Card Kits, which include:

- The **ACEs** card deck and worksheet will help you identify which of the ten (10) ACEs you experienced and which of the seven (7) Resilience Practices helped/help you endure, survive, and thrive.
- The **Emotions & Feelings** card deck and worksheet will help you explore and communicate what you are feeling.
- The **Trauma-Informed Care (TIC)** card deck and worksheet will help organizations, staff, and practitioners assess services in conjunction with SAMHSA's TIC 6 Guiding Principles and improve the outcomes for individuals served.



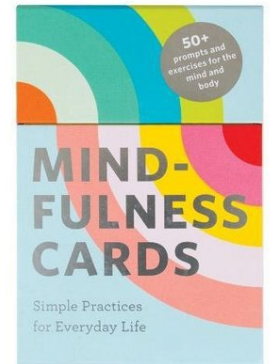
Resiliency Model Workbooks and Cards

- **Community Resiliency Model (CRM)® Workbook:** The workbook explains the 6 skills of the Community Resiliency Model: Tracking, Resourcing, Grounding, Gesturing, Help Now!, and Shift and Stay. It includes simple exercises that a person can practice at home and in the workplace that incorporate these skills.
- **Community Resiliency Model (CRM)® Pocket Cards (English/Spanish):** The CRM Pocket Cards have been used worldwide to help practitioners reinforce the skills of the Community Resiliency Model (CRM)®. This set includes pages in both English and Spanish, side-by-side.
- **Trauma Resiliency Model (TRM)® Workbook:** This paperback workbook clearly explains how trauma impacts the mind and body after a traumatic event. It includes simple exercises that a person can practice at home and in the workplace that incorporate the 6 wellness skills of TRM: Tracking, Resourcing, Grounding, Gesturing, Help Now!, and Shift and Stay. Therapists have found the workbook a very helpful adjunct to individual and group therapy.



Icebreaker and Mindfulness Cards

- Icebreaker Deck: If you're hosting a party, leading a team-building exercise, hanging with extended family, or simply want to have more meaningful conversations with the people around you, the Icebreaker Deck is an awesome tool to get people talking, laughing, and sharing stories.
- Mindfulness Cards: Simple Practices for Everyday Life: This engaging deck makes it easy to bring awareness, calm, and joy to everyday life. Each card includes an inspiring phrase on the front and a bite-size mindfulness exercise on the back.
- Rethink Card Deck Mindful Conversation Starters: Whether you're at home, in the classroom, or running a clinical practice, these conversation cards are meant to get people thinking and talking about who they are, what they like, and how they interact with the world around them. Each question targets different skills and areas of life, but all the questions have one primary purpose: to get you discussing the important fundamentals of an emotionally balanced, mindful, and compassionate way of living.
- Stress Relief & Self-care Cards: This unique Self Care Deck contains 52 extremely effective exercises for mindfulness, meditation, anxiety relief, stress management, self-care, relaxation, & more. These powerful exercises can be quickly memorized and used at work, office, school, commute, counseling, yoga, at your desk, & even before going to sleep.



Community Resilience Initiatives Resources

- Building Resilience to Trauma Book: During and after a traumatic experience, survivors experience a cascade of physical, emotional, cognitive, behavioral, relational, and spiritual responses that can make them feel unbalanced and threatened. The second edition of Building Resilience to Trauma explains common responses from a biological perspective, reframing the human experience from one of shame and pathology to one of hope and biology. Using two evidence-informed models of intervention that are trauma-informed and resiliency-informed – the Community Resiliency Model (CRM) and the Trauma Resiliency Model (TRM) – chapters distill complex neuroscience into understandable concepts and lay out a path for fostering short- and long-term healing.
- 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

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

- For a limited time, **FamilyWise Services will cover delivery and return shipping fees.** Please contact FamilyWise Services before you return the item and we will send you a no-cost return shipping label via email.
- All shipping requests must be within Minnesota
- Available items should arrive within 7-10 business days of check-out request

Hold

- 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

- Material must be renewed **before** the due date
- Any library material may be renewed once, unless another patron has already placed a hold on the material
- Material on which a fine is owed may not be renewed until the fine is paid
- 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 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