

Building Stronger Texas Communities: The City of Sundown Library Story

A'ndrea McAdams, Library Director

The Challenge: Maximizing limited resources in rural Texas, esp health access

Spotlight: Sundown Library Promoting Wellness

Power of Partnerships: Libraries + City Services + Community

Unique Programs: From Creative Sparks to Scarcity Solutions

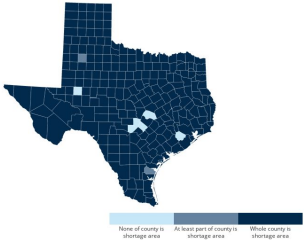
Impact: Stronger Connections





KEY POINTS

The Challenge: Rural Realities in Texas

Health Professional Shortage Areas: Mental Health, by County, July 2025 - Texas



■ None of county is shortage area
 ■ At least part of county is shortage area
 ■ Whole county is shortage area


Source: data.HRSA.gov

2022 Libraries4Health pilot program

Supporting Community Mental Health in Libraries

A Toolkit for Implementing Evidence-Based Approaches

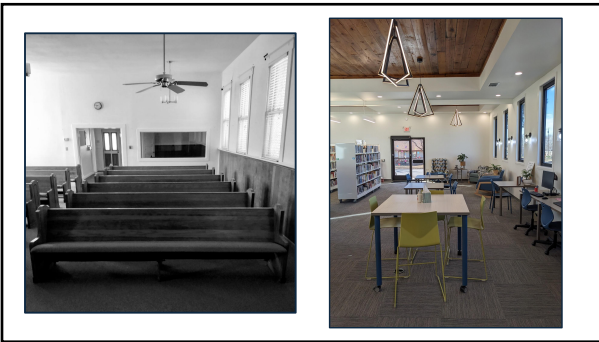


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- BUILD COMMUNITY CAPACITY FOR MENTAL HEALTH & WELL-BEING
- EMBED MENTAL HEALTH SUPPORT IN THE TRUSTED SPACES OF LIBRARIES

● [Link to toolkit](#)







PROMOTING WELLNESS & DECREASING STIGMA

- 1) Teletherapy free, private access: seen within a week
- 2) Mental Health First Aid Certified staff
Death by suicide rates in rural Texas are significantly higher than in urban areas.
- 3) Targeting high-burnout careers to encourage & educate (teachers, first responders, medical, etc.)



BUILDING COMMUNITY
 Mental Illness Awareness Week
 Oct. 5 – Oct. 11, 2025

52.1%
 of U.S. adults with mental illness received treatment in 2024

PHOTO: NAMI.org/MIAW



PROMOTING WELLNESS: in this together

Our former police chief meets needs among colleagues through the "Responders' Retreat."

- A respite, includes coffee, snacks, ramen
- Also has travel-sized hygiene items in restroom
- Space to fill out reports, relax
- Library providing books to support well-being & bags for them to keep in their vehicles with encouragement for them or someone in need.



2023 Texas State of the Arts Report

ART CAN IMPROVE HEALTH AND WELL-BEING

The arts and Creative Arts Therapies are improving physical, mental, and emotional health, encouraging healthy behaviors, reducing stress, and increasing social interactions. **Attending just one cultural event a month reduces the risk of developing depression by 48%.**





BUILD COMMUNITY CAPACITY FOR MENTAL HEALTH & WELL-BEING
Kindness Rock Garden with High School Social Action Class





POWER OF PARTNERSHIPS

Library +
City Services +
Community







Impact of Food and Nutrition on Mental Health

Food not only impacts physical health but mental health as well.





"We need to remember what's important in life: friends, waffles, work. Or waffles, friends, work. Doesn't matter, but work is third." -Leslie Knope



Sharing volunteers & spaces




Wellness = Active



CONTACT ME



TEXAS MUNICIPAL LEAGUE
113th Annual Conference and Exhibition
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FOUNTAIN WORLD
