



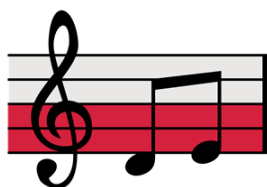
Health & Wellness



Fall 2017
Newsletter for Job Corps Health & Wellness Staff

Solutions

Hip Hop Therapy



Sometimes it is challenging to get young people to open up about their histories, trauma, and problems. Angela Priester, PhD, CMHC at Woodland JCC, has begun using Hip Hop Therapy with her students to encourage students to share their stories with her.

Hip Hop Therapy is gaining traction with counseling professionals who work with young people in urban areas. Hip hop songs, popular with youth, often deal with heavy topics that are salient to youth who have experienced trauma, including violence and loss of family members.

“Traumatized”, by Meek Mill, is a go to for many professionals who use Hip Hop Therapy. The song explores trauma, death, and substance abuse, with the lyrics:

*'Cause when my Aunt Rhonda died she looked Tock in his eyes
Saw death comin', when she seen it she just cried
Prolly part of the reason we drink and we get high*

Counseling professionals use this, and other songs, in a multitude of ways. Some use hip hop as an ice breaker, where they ask young people about their favorite songs to start a conversation. Others play a song in a group or individual session, and break apart the lyrics with the young people, who often see parallels between the songs and their lives.

Dr. Priester has been slowly introducing Hip Hop Therapy to her students at her center, situated between Baltimore and Washington, DC. Like many techniques, she has found that some students are receptive, and some are not.

Dr. Priester said, “The first student I tried this with was very receptive. He was resistant to talk at first, but when I asked him about his favorite rap song, he smiled, closed his eyes, and started to sing. I could see his whole body relax. It definitely helped to establish rapport with this particular student.”

Dr. Priester is continuing to use Hip Hop Therapy as a way to reach students. Have you used music to connect with students? Share your story by emailing Julie at julie.luht@humanitas.com.

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Centennial Celebrates World No Tobacco Day



Centennial Job Corps Center observed World No Tobacco Day by asking students to take a pledge to be tobacco free for 24. All students were invited to watch a video on tobacco and e-cigarette usage. A total of 178 attendees participated, and 47 committed to not smoke or use tobacco for the next 24 hours. Students who pledged to be tobacco-free were given goodie bags to help them through the 24 hours.

Gardens at Great Onyx

Great Onyx Job Corps Center plants a community garden every year. Residential staff members Chris Bush and Chad Jagers are in charge of the garden and students volunteer to work. Staff and students are allowed to partake in the fruits of their labor. They enjoy the vegetables grown in their garden very much. Students take some of the vegetables out into the community to the elderly and homeless shelters.



July Tabling Success for Treasure Island Wellness Center

At Treasure Island Job Corps Center, over 80 trainees and staff visited the cafeteria tabling event to learn more about Mental Health, Disability Awareness and Substance Use on July 31st.

July is Eating Disorder Awareness Month. Dr. Johnson (CMHC) focused on giving education about the most common eating concern, Binge Eating Disorder (BED). According to some studies, 11% of women and 8% of men meet criteria for BED in the United States. BED is unique as there are nearly equal numbers of men and women struggling with it. It is also undiagnosed and many people struggling with it do not think they have a serious problem. Around half of the people who meet the diagnosis also abuse alcohol. Dr. Johnson gave BED screenings and found that 25% of trainees endorsed symptoms matching BED. This included bingeing or eating significantly more than normal at least once a week for three months. It also includes eating quickly, until physically uncomfortable, or when not feeling hungry. BED includes feelings of shame after eating and general distress.

Elizabeth Carter, the center's disability coordinator, gave information about how smartphone apps can help students manage disabilities. She showed people a variety of resources from the Regional Center including apps that help people with autism and learning disabilities. She also invited Daniel Nevares of Bridges, a local organization that helps young people with disabilities find employment.

Ms. Colleen Jeffers, TEAP coordinator, gave information about how stress and substance abuse can be related. She gave out information about how common it can be to use substances to cope. For example, some people who struggle sleeping may take drugs or alcohol. Others who feel shy may use to feel more comfortable in work or social situations. The problem is that these substances are often masking deeper mental health concerns that are treatable.

Wolf Creek CCC Health Fair

The 2017 Wolf Creek Health Fair was held on June 23rd. The center hosted 14 local organizations this year, including Compass Behavioral Health, National Alliance on Mental Illness (NAMI) of Douglas County, and Mercy Medical Center Sleep Center. The organizations provided health and vision screenings. Students were enthusiastic about the fair and enjoyed the opportunity to learn about their health in a fun and interactive way.



Resources

Immunization Registries from the CDC—This CDC website lists the immunization registries for all 50 states and is available at: <https://www.cdc.gov/vaccines/programs/iis/contacts-locate-records.html>. If you cannot access an out-of-state registry, contact the HWM in one of the centers in that state for assistance.

Easy-To-Read Preteen/Teen Immunization Schedules—CDC has developed easy-to-read immunization schedules to which you can link from your website or download and print for free. The "Recommended Immunizations for Preteens and Teens (7-18 years)" schedule is available at <https://www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html#print>. This immunization schedule is available in [English](#) and in [Spanish](#).



Immunization Fact Sheets—CDC has developed a number of print (fact sheets and posters) and audio/video resources that stress the importance and benefits of preteen and teen vaccines. Visit the CDC web page, "Preteen and Teen Immunization Resources" at <https://www.cdc.gov/vaccines/partners/teens/index.html>.



Human Papillomavirus (HPV) Videos, Team Maureen: You've Gotta Do It Now—Team Maureen, a cervical cancer advocacy organization, in conjunction with Cape Cod Health Care, the Falmouth Hospital Cancer Committee, and Brian Switzer, created this video discussing the importance of getting the HPV vaccine at 11-12 years old, available at https://www.youtube.com/watch?v=R-S1h_pQOFU&feature=youtu.be.

Seven Days of Heroin: This is What an Epidemic Looks Like—Reporting on the heroin epidemic from the Cincinnati Enquirer available at <http://www.cincinnati.com/pages/interactives/seven-days-of-heroin-epidemic-cincinnati/>



2017 Health Observances

October

- National Bullying Prevention Month
<http://www.pacer.org/bullying/nbpm/>
- National Dental Hygiene Month
<http://www.adha.org/national-dental-hygiene-month>
- Mental Illness Awareness Week
October 2–8
<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Illness-Awareness-Week>
- Red Ribbon Week
October 23–31
<http://redribbon.org/>

November

- National Healthy Skin Month
<https://www.aad.org/>
- Great American Smokeout
November 16
<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

December

- World AIDS Day
December 1
www.worldaidsday.org/
- National Influenza Vaccination Week
December 3–9
<https://www.cdc.gov/flu/resource-center/nivw/index.htm>

New on the Job Corps Web

PRH Change Notices

- PRH Change Notice 17-04 Revisions to the Electronic Policy and Requirements Handbook (ePRH), Chapter 5, Section 5.4 and Exhibit 5-2, Related to Personal Safety and Security
Release Date: July 24, 2017
- PRH Change Notice 17-03 Revisions to the Electronic Policy and Requirements Handbook (ePRH) in Exhibit 6-5 Related to Center Mental Health Consultant Requirements
Release Date: July 14, 2017



Directives are available at: <https://supportservices.jobcorps.gov/health/Pages/PRHNotices.aspx>

Program Instruction Notices

- PI 16-42 Job Corps' Electronic Folder for Management of Student Records
Release Date: June 28, 2017

Directives are available at: <https://supportservices.jobcorps.gov/health/Pages/PINotices.aspx>

Information Notices

- IN 17-04 Job Corps Health Questionnaire, ETA 6-53, Instructions, and Documentation Guidance
Release Date: August 15, 2017
- IN 17-03 Strategies to Ensure the Protection of Health-Related Personally Identifiable Information
Release Date: August 3, 2017
- IN 17-02 Notification and Instructions Regarding Use of Medication Lockboxes (Mailbox Type)
Release Date: July 28, 2017
- IN 17-01 Significant Incident Reports (SIRs) Narrative Descriptions and Frequently Asked Questions
Release Date: July 10, 2017
- IN 16-35 Student Use and Possession of Products Containing Cannabidiol
Release Date: June 29, 2017

JCDC Notices

- JCDC Notice 17-050 Updated SPAMIS Medical Separation Codes
Release Date: September 6, 2017

Directives are available at: <https://supportservices.jobcorps.gov/health/Pages/InfoNotices.aspx>

Upcoming 2017 Webinars

September

- Medical Care for Transgender Students — September 27

October

- Tobacco Use: From Chewing to Vaping — October 4
- CMHC Orientation — October 12 & 19
- Evidence-Based Interventions: Schizophrenia — October 25

November

- Support Safety in Dental Radiography — November 2
- Centerwide TEAP Education — November 7 & 9

December

- Evidence-Based Interventions: Trauma — December 7

New on the Job Corps Web

Webinars

- The Best Solution To An Alcohol Problem Is Education — September 12 & 14, 2017
- Periodontal Screening and Reporting — August 30, 2017
- Medication Assisted Treatment (MAT) for Opioid Dependence in Job Corps — August 15, 2017
- TEAP Hot Topics: Breathalyzers, Opiates and Elephants — August 8, 2017
- Assessing Students who are at High Risk of Substance Abuse — July 25 & 26, 2017
- Evidence-Based Interventions for Students with MH Conditions to Support Employability: Part 3: Major Depressive Disorders — July 19, 2017
- Balancing Emotional and Cognitive Empathy — June 21, 2017
- Dermal Dilemmas — June 15, 2017
- Conducting the Health Care Needs Assessment of Applicants with Mental Health Conditions — June 14, 2017



Webinars are available at: <https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx>

Health Documents

- Health and Wellness Program Compliance Assessment Tool — September 2017
- Essentials of Job Corps Health and Wellness Charting (Medical, Oral Health, Mental Health and TEAP Charting) — August 2017

Health documents are available at: <https://supportservices.jobcorps.gov/health/Pages/Documents.aspx>

Mental Health Documents

- Sample Employability SOAP and BIRP Notes — August 2017
- Sample Applicant Clinical Interview Questions — August 2017
- Mental Health Intake Assessment Form — August 2017
- Mental Health Progress Note — August 2017
- Off-Center Appointment Verification Form — August 2017
- Mental Health Feedback and Case Management Form — August 2017
- Referral Request Form for Mental Health Service with Feedback — August 2017

Mental health documents are available at: <https://supportservices.jobcorps.gov/health/Pages/MentalHealth.aspx>