



Fall 2019  
 Newsletter for Job Corps Health & Wellness Staff

# Solutions

## The Dangers of Vaping



As of October 1, 2019, 1,080 lung injury cases and 19 deaths associated with using e-cigarette or vaping products have been reported to CDC. Approximately 70% of patients are male and 80% of patients are under 35 years old.

Vapes/e-cigarettes are handheld battery-powered vaporizers that simulate smoking without burning tobacco. They work by heating a liquid to produce an aerosol that is inhaled into the lungs. Cartridges typically contain nicotine and some contain THC (the active ingredient in marijuana). All patients with lung injury have reported a history of using e-cigarette or vaping products and most report using THC- containing products.

Medical investigators have yet to identify what actually causes the lung damage. It is not clear if the source of the damage is the vaping liquid, something released from the materials used to make the vaping device, or a defective device. The lung damage caused by e-cigarettes reportedly resembles chemical burns, such as occur in toxic chemical spills or mustard gas used as a chemical weapon in World War I.

The CDC is now warning all people to avoid the use of all vaping products, especially products containing THC, while the investigation continues.

To learn more visit the following web resources:

- CDC’s Smoking & Tobacco Use — Outbreak of Lung Injury Associated with E-Cigarette Use, or Vaping  
[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)
- CDC’s Smoking & Tobacco Use — Electronic Cigarettes  
[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm)
- Surgeon General — Know the Risks E-Cigarettes & Young People  
<https://e-cigarettes.surgeongeneral.gov/>

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## Bringing Awareness to Suicide Prevention

September was Suicide Prevention Awareness Month. Job Corps centers across the country helped raise awareness to prevent suicide.

### Muhlenburg Job Corps Center

As part of Suicide Prevention and Awareness Month, **Muhlenburg JCC's** CMHC opened up about his own tragedy, in hopes of saving others. His son killed himself 17 years ago. The CMHC wrote a heartfelt tribute to his son in the center's newsletter, sharing warning signs and encouraging students to get help and to help others.



### Whitney M. Young Job Corps Center

**Whitney M. Young JCC** celebrated Suicide Prevention Week. They began by educating students on signs of suicide and ways to get help. Students were given ribbons imprinted with #ReasonToLive on one side. On the other side, they wrote things that motivate them to live and thrive and wore them for the week. After the week, staff and volunteer students formed the word HOPE with the ribbons on the wall by the cafeteria exit.



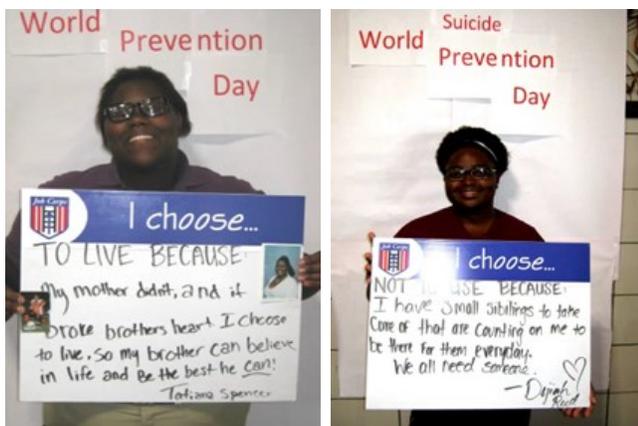
### Clearfield Job Corps Center

**Clearfield JCC** released balloons to show awareness for suicide prevention and in honor of those lost to suicide. Students who had lost someone wrote tributes on the balloons.



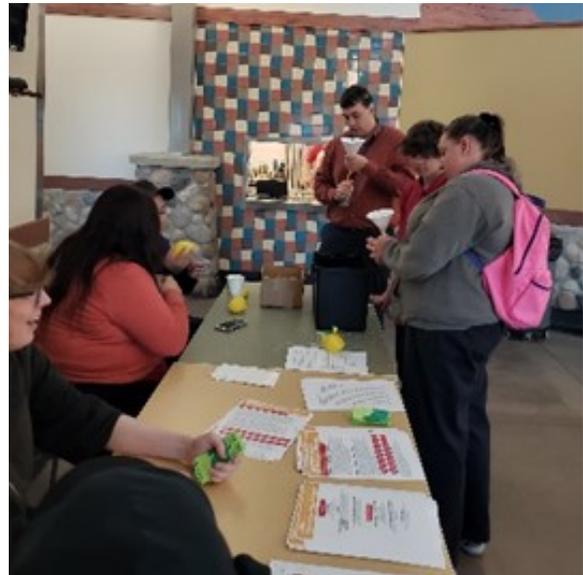
## North Texas Job Corps Center

On September 10, **North Texas JCC** celebrated World Suicide Prevention Day and National Recovery Month and held an “I choose” event on center. Students were given placards on which to write why they choose to live or why they choose to remain sober and their pictures were taken with the placards. All participants got t-shirts that said either “Suicide Sucks: Choose Life,” or “I Choose Not to Use.” The two students with the best statements were given \$25. The center had a wonderful turnout.



## Wind River Job Corps Center

**Wind River JCC** hosted a Suicide Prevention Day where students received support resources, resources for LGBTQ-specific issues, smart phone apps, and websites. They also were able to make their own stress balls.



## Sacramento Job Corps Center

**Sacramento JCC's** Destiny Robbins, CMHC, and Wanda Jackson, TEAP Specialist, brought awareness to Suicide Prevention Week on center. They made a “Fallen Butterflies” board where students were asked to sign their name if they had thought about suicide or if they were aware of a friend or family member who had thoughts of, attempted, or completed suicide. Students made stress balls and wore suicide prevention pins.

At an assembly, Ms. Robbins and Ms. Jackson played the suicide-prevention focused song 1-800-273-8255 by Logic and Ms. Robbins performed poetry. The trainees were engaged and commented they had never experienced an event like this before.



## Job Corps Center Happenings

Job Corps staff have hosted events to help students manage stress, adopt healthy lifestyle habits, get immunized, find motivation, avoid substance abuse, and adopt hygiene practices essential for employability.

### New Haven Job Corps Center

**New Haven JCC** has been busy helping students. They now host weekly meetings on Self Love, Conflict Resolution, and Affect Management. A behavioral health and domestic violence educator from BHCare spoke with students in September and TEAP held an essay contest on saying “no” to drug and alcohol use.

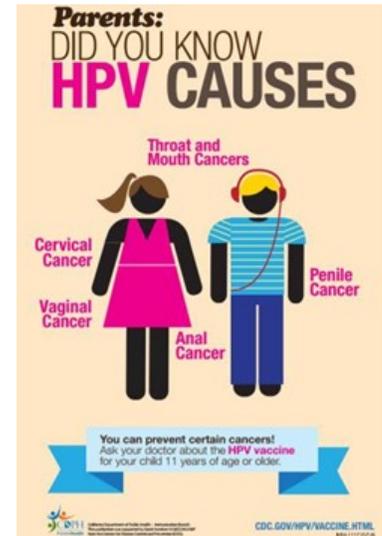
### South Bronx Job Corps Center

**South Bronx JCC** hosted Mothers Against Drunk Driving (MADD) to educate students about the perils of drinking and driving. Students learned that someone dies in a drunk driving crash every 51 minutes and that the average drunk driver drives drunk an average of 80 times before their first arrest. Students left knowing that drunk driving crashes are 100% preventable and that the safest choice is to plan ahead and designate a non-drinking driver.



### Northlands Job Corps Center

**Northlands JCC** has focused on human papillomavirus (HPV) education. Over 70 student signed up for HPV vaccinations.



### Earle C. Clements Job Corps Center

The HEALS committee at **EC Clements JCC** hosted their annual 5k on September 13. Mental Health and TEAP set up booths that offered brochures, information, sidewalk chalk drawings and the drunk goggles to show students how being impaired can affect them. The Army brought out a rock wall and students were able to complete a pre-military obstacle course race.



## Flatwoods Job Corps Center

On May 28<sup>th</sup>, **Flatwoods JCC** hosted a Depression and Anxiety Screening Day for Mental Health Awareness Month. This event was held in collaboration with Frontier Health Prevention Services. A total of 57 students completed the screenings and each had a brief, follow-up meeting with CMHC to discuss scores and schedule further appointments as needed.



## Flatwoods Job Corps Center

**Flatwoods JCC** hosted **Blue Ridge JCC** for a mental health stress buster event. The students danced, ate, socialized and had a great time!



## David L. Carrasco Job Corps Center

**DL Carrasco JCC** hosted a career week. Wellness Manager Victor Lopez and CMHC Georgina Espinoza presented on health practices to promote employability including dental care and personal hygiene practices.



## Miami Job Corps Center

**Miami JCC** hosted a lunchtime flu clinic where 30 students received their flu shot. Walgreens sponsored the clinic and gave vouchers for free flu shots to students who did not have insurance.



## Clearfield Job Corps Center

**Clearfield JCC** hosted athlete and double amputee Kacey McCallister. Kacey is an inspirational speaker who speaks about rising above bad circumstances to be the best you can be. Students have talked about the presentation for months.



## Little Rock Job Corps Center

**Little Rock JCC** hosted an event on August 23<sup>rd</sup>, designed to help students learn coping skills to deal with interpersonal stressors, academic frustrations, and mental health concerns. A location was set up for students to rest their minds in a quiet space and to destress by coloring Mandalas or other designs. The center also provided physical activities including a potato sack race.



## Roswell Job Corps Center

In May and June, **Roswell JCC** hosted a HEALS event to help students lose weight and attain healthy lifestyles.

The winner was named the Ultimate HEALS achiever. The center also sends out quarterly HEALS newsletters that are a collaboration from wellness, recreation, food service, and dormitories.



2019 ULTIMATE HEALS

ACHIEVER

JUDE MORALES

TOTAL WEIGHT LOST IN 1 YEAR

55 POUNDS



## Tulsa Job Corps Center

The HEALS committee at the **Tulsa JCC** hosted a center wide health fair on September 18<sup>th</sup>. Booths included information on disclosing a disability to an employer, vital signs from the CNA class, make-your-own stress balls, healthy smoothies, workout ideas, and dental hygiene.



## Milwaukee Job Corps Center

The Wellness and CTR departments at **Milwaukee JCC** took 13 students to an event off center that focused on mental health awareness. The event was hosted by Froedtert and the Medical College of Wisconsin. The featured speaker was “Charlamagne tha God”, who is a co-host of the nationally syndicated hip-hop iHeart Radio program “The Breakfast Club”. He’s a leading public advocate for mental health awareness and has written two books that discuss his mental health struggles, particularly anxiety. The students were afforded the opportunity to listen and ask questions to a panel of local business owners, college students, teachers and community leaders surrounding mental health concerns and illnesses.

## Hubert H. Humphrey Job Corps Center

Once a year, **Hubert H. Humphrey JCC’s** Culinary Arts Instructor, Chef Chris O’Neil, teams up with the Ramsey County Sheriff’s Department to plan a picnic day of fun. Chef Chris has his students make all the BBQ food, and the sheriff’s department gives student’s boat rides—it’s a trade-off everyone can agree with. For the students it is a practical day of fun that not only lets them practice their skills but also interact with local law enforcement, giving the students positive role models. Job Corps student Natalie even made new friends with a local’s lizard.



## 2019 Health Observances

### November

- American Diabetes Month  
[www.diabetes.org/in-my-community/american-diabetes-month.html](http://www.diabetes.org/in-my-community/american-diabetes-month.html)
- National Healthy Skin Month  
[www.aad.org](http://www.aad.org)
- Great American Smokeout, November 15  
[www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/](http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/)



### December

- National Influenza Vaccination Week  
[www.cdc.gov/flu/nivw/](http://www.cdc.gov/flu/nivw/)
- World AIDS Day, December 1  
[www.worldaidsday.org/](http://www.worldaidsday.org/)
- National Handwashing Awareness Week, December 2-8  
[www.henrythehand.org](http://www.henrythehand.org)

## Do you have a . . .



Topic idea or want to highlight your center activity. You can submit your suggestions to:

**Julie Luht, MPH**  
Email: [julie.luht@humanitas.com](mailto:julie.luht@humanitas.com)

## Webinars on the Job Corps Web

### Upcoming 2019 Webinars

- Ways to Make the Most of the Expanded TEAP — November 5 & 12
- TEAP Specialist Orientation: Part 1 — November 13 & 20
- TEAP Specialist Orientation: Part 2 — November 19 & 21
- Vaping and eCigarettes — December 4
- Community Connections and Hot Topics for the Health and Wellness Center — December 6 & 11



You must login and register at the Job Corps Citrix website at: <http://icweb.jobcorps.org/EventBoard/EventList.aspx>.

### Past Webinars

- Navigating a Mental Health Crisis — October 16
- Mastering the Center Applicant File Review Process — October 8 & 10
- HWM Orientation Part 3 — October 2
- CMHC Orientation Part 2 — September 24
- Drug of Abuse from Opioids to Methamphetamine — September 17 & 19
- Caries Management by Risk Assessment in Job Corps — September 11
- HEALS: Motivation, Nutrition and Exercise — September 10
- Latent Tuberculosis (TB) Screening and Treatment — August 29
- Continuous Quality Improvement (CQI) in the Health and Wellness Center — August 20

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