



# Health & Wellness



Fall 2024

Newsletter for Job Corps Health & Wellness Staff

## Solutions

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### What is Peer-led Learning? Can It Work in a Job Corps Setting?

**What is peer-led learning?** Peer-led learning is a teaching method where a student or a group of students teach other students. Students are not entirely on their own but are supervised by their class instructor. The instructor and student agree on a topic, and the instructor guides the student in developing a lesson plan and objectives.

**What are the benefits of peer-led learning?** For Job Corps students, the benefits are many and can carry over into real work experience. Some of the benefits include confidence in material, public speaking, leadership, teamwork and, probably just as important, it can be lots of fun! It is even better when this type of learning is done as a group so that the responsibility is shared among the students.



There are many moments during a Job Corps student's enrollment where peer-led learning can be applied. One example is during health observances coming up this fall and winter (see Health Observances & Resources); students can take the lead in organizing a center-wide event. These upcoming October health observances can provide students with a chance to get more involved in center health activities:

- Domestic Violence Awareness Month
- National Bullying Prevention Month
- National Dental Hygiene Month

### Center Spotlight: Schenck JCC hosted peer-led cooking classes!

**Stephanie Williams, Health and Wellness Director, Schenck JCC,** submitted a peer-led HEALs initiative that is a collaborative effort between Ms. Maurer, Culinary Arts Instructor, and Ms. Teasley, RN, HEALs Coordinator.

Ms. Maurer leads the Culinary Arts students to research and master healthy recipes. They then teach these recipes to their peers, sharing their culinary skills and healthy eating tips. Classes are interactive and provide a real-world, hands-on experience for students! This initiative is a wonderful opportunity for students to enhance their cooking abilities while promoting a healthy lifestyle within the center. These cooking classes are a great way to engage, learn, and eat well together!



## Mental Health Awareness Month and National Prevention Week — Flatwoods JCC

Submitted by: Rachel Carter, LPC, Center Mental Health Consultant

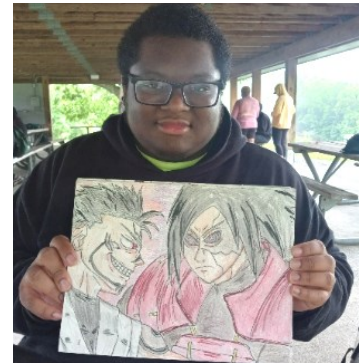
Flatwoods JCC highlighted Mental Health Awareness Month and National Prevention Week with a host of activities to provide education and stress relief to the campus community.

On June 6th, our students and staff traveled to Natural Tunnel State Park in Duffield, Virginia, for a mental health/prevention education day. There were a variety of stations set up for students that were all accompanied by education to support mental health and sobriety. These stations included art, hiking, cycling, coping skills bingo, frisbee throw to "knock-out" negative ways of coping, water balloon toss to demonstrate the importance of managing emotions and not letting them "burst" in unhealthy ways, and stress bingo. Students and staff also enjoyed football, corn hole, and a picnic lunch provided by our campus dining hall.

The students learned about mental health, substance use and their impact on employability, and job sustainment. The event highlighted physical activity, which also supports the HEALS Program, mindfulness, and the importance of self-care and stress relief. This event was in collaboration with all campus departments and was a huge success!

Other events throughout the month of May included:

- Mental Health First Aid training for all staff-facilitated by Frontier Health Prevention Services
- Mental Health at A Glance training for all students by Frontier Health Prevention Services
- Holistic Health and Expression Through Art facilitated by Ms. Anderson, TEAP Specialist
- Move for Mental Health Work-Out with Ms. Carter, CMHC
- Weekly meditation groups facilitated by the CMHC
- Relapse Prevention and Smoking Cessation groups facilitated by the TEAP department



## Pride Parade — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

The CMHCs partnered with the student government for a Pride Parade.

The picture on the right is Ann Brown-Prier, CMHC, with students.



## Center Partner Visit — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

On August 29th, the Hays-Caldwell Women’s Center, center partner, held a psychoeducational activity about consent to include a game about what behaviors are and are not considered consent.

In addition, student were given freebies — tote bags, pens, stress balls, and a pocket size brochure.



## Summer Luau — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

Ann Brown-Prier, CMHC, attended and participated in a summer luau that was held for students and staff. The center organized games, activities, food, and lots of fun!!!



## Art Therapy Group — Great Onyx JCC

Submitted by: April Mistelske, BSN, RN, Health & Wellness Director

The center has started a mental health awareness and art therapy group that meets on Tuesdays and Thursdays and is available to all students.



## Cancer Prevention Awareness and Heart Health Month — Great Onyx JCC

Submitted by: April Mistelske, BSN, RN, Health & Wellness Director

On February 29th, HEALs and health and wellness presented for Cancer Prevention Awareness and Heart Health Month information tables with handouts and activities.



## Sexual Assault Awareness & Prevention Month — Great Onyx JCC

Submitted by: April Mistelske, BSN, RN, Health & Wellness Director

On April 29th for Sexual Assault Awareness & Prevention Month, the center hosted Hope Harbor, a sexual trauma recovery center.

Hope Harbor presented information about sexual assault for all students.



## National Autism Awareness Month — Great Onyx JCC

In April for National Autism Awareness Month, the health and wellness department provided information about awareness, acceptance, and celebrating neurodiversity and individual differences.



## Blood Drive — Great Onyx JCC

On May 29th, the center held a blood drive and collected 44 units!!



## Mental Health Awareness Month — Great Onyx JCC

On May 20th, the center held a Mental Health Awareness Month information event providing handouts, brochures, and goodies to all students who came to the event.



## Embracing the Spirit of Aloha — Hawaii JCC

Submitted by: Rachael Schiltz, Disability Coordinator

The Spirit of Aloha is unique to the Hawaii-based Job Corps centers. The word “aloha” moves beyond a simple greeting or farewell. The very essence of the Hawaiian way of life is reflected in the true meaning of “aloha.” The Aloha Spirit is built on four principles: love, compassion, respect, and unity. Hawaii Job Corps Center (HJCC) is highlighting one student who not only embodies Job Corps’ values, but also the Aloha Spirit: Elijah Moe.

Elijah began his Job Corps journey in August 2023. The transition to Job Corps was not without struggles. As a student with autism, Elijah has different learning needs. He found that video modeling is essential to successfully learning new skills. Unfortunately, HJCC did not have an extensive library of videos available for his trade, so Elijah turned to YouTube. He soon realized that this was not an ideal approach, which led him to become exceedingly frustrated with his lack of progress. Through encouragement from staff, especially the Student Affairs Specialist, Health & Wellness Director, and Disability Coordinator, Elijah effectively advocated for changes to his trade instruction. Elijah worked closely with his trade boss creating video tutorials and dedicating extra time to skills development. He faced adversity head on and did what was necessary to ensure his success.

Many students might have felt defeated if they were in Elijah’s shoes, but not Elijah. Instead, he engaged in the campus community participating in Y2Y as an ambassador, was appointed Business Administration Trade Manager, acted as a student representative to the HEALS Committee, worked part-time with Recreation and, most recently, was elected SGA President. On August 8th, 2024, Elijah stood before his fellow students, family, and friends delivering an inspirational graduation speech highlighting some of his challenges, while offering a message of positivity and hope. This was immediately followed by a trip to Washington D.C. with Center Director, Ellen May, as he represented HJCC at the Job Corps Student Leadership Summit. Elijah continues to grow and learn. He has evolved as a student leader listening to his peers and working diligently to address their concerns. In his own words, Elijah says, “I have grown to be a leader as a supporter for Job Corps students.” His leadership style and care of his fellow students truly reflects the Aloha Spirit.

Working with Elijah has given HJCC’s Disability Program a clear path forward. The center will begin building a video model library across the trades and residential life. Experts on self-advocacy will provide training to all students, not only those with disabilities, so students are equipped with the skills they need to go forth and advocate for their needs. We will continue to encourage students to

engage in the Job Corps community to enrich their campus experience. Elijah has directly impacted HJCC by inspiring change for the better. As Elijah prepares to complete the program, he leaves us with the following words of wisdom: “Being comfortable leads to laziness, but getting out of your comfort zone can boost a person’s morale.”

Please join us in congratulating Elijah on a truly remarkable journey!



## Olympic Games — Hawaii-Waimanalo JCC

Submitted by: *Shawna Baggs MSN, RN, CPN, Health & Wellness Director*

In a vibrant celebration of unity and athleticism, Job Corps Hawaii recently held its own Olympic Games, embodying the spirit of the global event with a local twist. Echoing the Olympic mission of fostering peace and promoting inclusivity through sport, this event brought together students and faculty in a display of camaraderie and competition.

Under the dedicated leadership of Eta Hristova, the Recreational Supervisor, and her committed team, the Olympic Games at Job Corps Hawaii were a resounding success. Partnering with the Health and Wellness team and our dedicated Job Corps staff, the event featured a diverse range of competitions designed to engage and inspire participants. From ping pong and volleyball to weightlifting, soccer, and basketball, the games showcased the varied talents of the student population at Job Corps.

As participants competed in these spirited events, the sense of community and sportsmanship was palpable. Each event was a testament to the adventurous spirits of the competitors, culminating in an awards ceremony where the national anthem was played. The winners were celebrated with bronze, silver, and gold medals recognizing their outstanding efforts and achievements.

The Olympic Games not only provided an opportunity for physical activity and competition, but also strengthened the bonds between students and faculty. The event underscored the importance of sports as a tool for education and personal growth, while fostering an environment where everyone could participate without discrimination.

Through this event, the center once again demonstrated its commitment to nurturing a supportive and inclusive community all while championing the values of peace, education, and sportsmanship.



## Mental Health Awareness Month — Iroquois JCC

Submitted by: Stephanie Jackman, LCSW, MS, and Zachery Sargent, Center Mental Health Consultants

In recognition of Mental Health Awareness Month, the Iroquois CMHCs hosted a Mental Health center-wide event on May 22nd for all staff and students. This year's theme was "Movement: Moving More for our Mental Health." The CMHCs discussed the importance of physical movement to improve our mental wellness. There were yoga classes, a basketball tournament, a caricaturist, and an ice cream truck!



## HEALs — Loring JCC

Submitted by: Christina Kinney, RN, Health & Wellness Director; Misty Belanger, LADC, CCS, TEAP/TUPP Specialist

On July 3rd, a non-training day, the Loring JCC organized a HEALs event for students and staff. The day involved cooking/grilling, healthy eating, being active, and being outdoors.



## Water Day — Roswell JCC

Submitted by: Andrea Ruenger, LPCC, CSAC-LADAC, MS, TEAP Specialist

On June 14th, the Roswell JCC staff and students took a break from work and studies to relax and have fun. Water day was a huge hit and just the right amount of fun in the sun! It's a reminder for both staff and students that fun is good for everyone's mental and physical health. A big thank you to all the staff and students who participated and a special shout out to our magnificent Center Director, Mohamed Shaial, for making this happen!





## May Mental Health & Wellness Celebration — Roswell JCC

*Submitted by: Mary Erard, RN, Health & Wellness Director*

The Roswell JCC held their annual Mental Health & Wellness Celebration Day on May 22<sup>nd</sup> by playing JEOPARDY. Students and staff assembled in the gym and took part in JEOPARDY. There were four categories: HEALs, Family Planning & STIs, TEAP/TUPP, and Mental Health. Prizes were distributed to the individual who gave the correct answer.

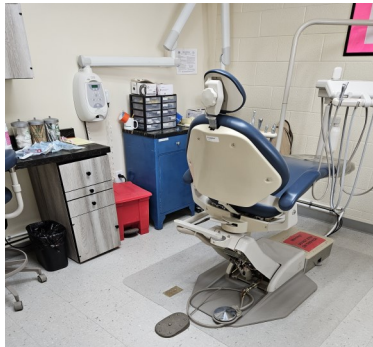
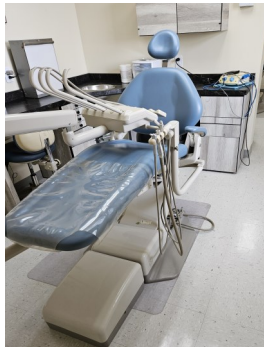
At the end of the 1-hour presentation, “brown bag specials” were handed out to each student as they left the assembly. The “brown bag specials” contained condoms, bracelets for TEAP/ TUPP, and treats.



## Health & Wellness Center Renovations — Roswell JCC

*Submitted by: Mary Erard, RN, Health & Wellness Director*

The Roswell JCC Health & Wellness Department has undergone a major facelift. Currently, the old blue carpeting is being replaced by new tile flooring, and walls are being painted. The photos below are of the first areas completed — the Dental and Infirmary areas. Also completed are the Health & Wellness Director’s and CMHC offices (not pictured).



## HEALs Running Club — Schenck JCC

Submitted by: Stephanie Williams, RN, BSN, Health & Wellness Director/Disability Coordinator

This year the HEALs Program started a student running club, and it is a hit! Students had the opportunity to run the trails in Pisgah National Forest for their regular practices. Every student who joined committed to running at least three times a week and recently took part in a 5k race at the beautiful Biltmore Estate in Asheville, North Carolina. Every single student finished the race and had an amazing time! The running club is a great example of how outdoor activities and fitness programs can really make a difference in students' lives and also be lots of fun!



### Health Observances & Resources

#### October

- [Domestic Violence Awareness Month](#)
- [National ADHD Awareness Month](#)
- [National Bullying Prevention Month](#)
- [National Dental Hygiene Month](#)
- [Mental Illness Awareness Week](#) (Oct 6–12)

#### November

- [Trans Awareness Week](#) (Nov 13–19)
- [Great American Smokeout](#) (Nov 21)

#### December

- [National Influenza Vaccination Week](#) (Dec 2–6)

### Do you have a ...

Topic idea or want to highlight your center activity? **The deadline for the Winter 2024 newsletter is December 6, 2024.** You can submit your suggestions to:



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

### Job Corps Webinars

#### Upcoming Webinars

As new webinars are scheduled, they are announced in the *JCDC News* newsletter. [Click here to register for an upcoming webinar.](#)

#### Past Webinars

- Cultivating Leadership in the Health & Wellness Center (HWC) — August 21, 2024
- MSWR Considerations for Students in TEAP — August 13 & 15, 2024
- Zoomers and Alphas: Multigenerational Mental Health — August 13, 2024
- HEALs: Ingredients for a Successful Program — July 24, 2024
- Health & Wellness Director's AFR Coordinator Responsibilities — July 23 & 25, 2024
- Improving HWC Student Satisfaction — July 17, 2024
- Anxiety and Psychotropic Medication — June 20, 2024
- Management Series: Recruitment and Retention for HW Staff — June 18, 2024

Webinars are available to [print/download](#) on the Health and Wellness website.

