



Spring 2017
 Newsletter for Job Corps Health & Wellness Staff

Solutions

Community Service at Frenchburg Job Corps

Chris Cox, TEAP Specialist at Frenchburg Job Corps Center, decided to teach students a lesson in service. He took a group of TEAP enrollees, SGA members, and Culinary Arts students to Lighthouse Ministries, an organization that helps the homeless and other young men, many of whom have been released from prison or jail, to receive drug counseling and get back on their feet. The organization, created by Dan Henderson, a one-time armed robber and heroin addict turned advocate for homeless and troubled young people, and led by his wife Tay since Dan's death, has served men in Lexington, Kentucky for 12 years.

The Job Corps students visited to cook and serve food, to do general clean-up, and to meet the clients served by Lighthouse Ministries. While culinary arts students had the opportunity to show off their skills in the kitchen, the other students assisted in preparing and serving the food.

Students left this experience feeling like they made a difference in the community. They enjoyed interacting with the clients and learning about their lives.

Mr. Cox plans to return to Lighthouse Ministries with other groups of students three more times this year. According to Mr. Cox, "Set your goals HIGH and don't stop until you get there."



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Learn more about Lighthouse Ministries at <http://thelighthouseministries.org/>



Preventing Brain Injuries in Young Adults



According to Centers for Disease Control and Prevention (CDC) statistics, approximately 1.7 million people sustain a Traumatic Brain Injury (TBI) each year in the United States, usually through falls, motor vehicle crashes, or assault. The risk of having a brain injury is especially high among adolescents and young adults. In fact, it is males age 14 to 24 who are at the highest risk for sustaining a brain injury, followed by infants and the elderly.

A TBI can happen to anyone, whether it happens while in combat from an improvised explosive device (IED), playing sports, or just slipping on an icy sidewalk. Injuries can range from mild (also known as a concussion) to severe. TBI is a contributing factor to a third (30.5%) of all injury-related deaths in the United States.

Fortunately, the majority of TBIs are mild and individuals make a full recovery within weeks.

The good news is that there are several ways to help prevent a brain injury. For some general guidelines:

- Always wear a seat belt in a motor vehicle.
- Always wear appropriate safety gear when participating in sports and recreational activities. Wear a helmet while riding a bicycle, skateboard, motorcycle, snowmobile, or all-terrain vehicle. Also wear appropriate head protection when playing baseball or contact sports, skiing, skating, snowboarding, or riding a horse.
- Be more visible to traffic by carrying a flashlight or wearing reflective clothing at night and wearing bright colors during the day.
- Don't drive under the influence of alcohol or drugs, including prescription medications that can impair the ability to drive. Limit alcohol consumption if you plan to walk. Don't fool yourself about your ability to walk in traffic safely. Stay safe. Protect your head, protect your brain – it matters.

For more information, contact...

The **Brain Injury Association of America (BIAA)** focuses on prevention, research, education, and advocacy. BIAA has a national network of more than 40 state affiliates across the country and hundreds of local chapters and support groups. Call BIAA toll-free at 1-800-444-6443 or visit BIAA on the Web at www.biausa.org.

HEADS UP is a series of educational initiatives, developed by CDC, that all have a common goal: Protect kids and teens by raising awareness and informing action to improve prevention, recognition, and response to concussion and other serious brain injuries. For more information visit HEADS UP at <https://www.cdc.gov/headsup/index.html>.

Oneonta Job Corps will be a Smoke and Tobacco Free Campus

Oneonta Job Corps Center will be a smoke and tobacco free campus on April 18, 2017. It all began in a business meeting on January 9, 2017 with the Center Director, Mr. Kuhn, announcing a 100-day campaign to a healthier and smoke-free center.

The Facility Maintenance Department built a large countdown meter designed as a cigarette. Each week, the giant cigarette was smoked down a little further. A Tobacco Use Prevention Program (TUPP) committee was formed to spearhead this challenge.

Each week in the business meeting, the TEAP Specialist presented on a variety of topics, including benefits of quitting smoking, benefits of a smoke-free workplace, negative consequences of smoking, health hazards, tools and resources, and nicotine dependency. The center emphasized the “5 Ds” to quit smoking:

1. Delay
2. Drink water
3. Do something
4. Deep breaths
5. Discuss

Students were provided with information on the 5 Ds and motivation to quit smoking throughout center. Fact sheets were distributed to the academic staff with statistics on the dangers of tobacco use. Weekly tip sheets were posted on center through emails, bulletin notices, and flyers for the dorms. Weekly, students and staff were offered Smoking Cessation groups using the American Cancer Society Fresh Start Program. Self-help materials were also available to staff in human resources, the Health and Wellness Center, and the staff lounge.

The center is poised to celebrate becoming smoke free. They are going to have a special luncheon followed by a host of events in the Recreational Building. The American Cancer Society will present on the long-term health effects of smoking. AO Fox Hospital, a local hospital, will educate staff and students on CO2 and the dangers of it in a smoker’s body. A CO2 monitor will be able to detect CO2 levels. Leatherstocking Education on Alcoholism/Addictions Foundation (LEAF) will be on site to provide a presentation.

For more information, contact...

The **American Cancer Society Workplace Solutions Fresh Start** program is designed to help employees plan a successful quit attempt by providing essential information, skills for coping with cravings, and group support. For more information visit Fresh Start at <http://www.acsworkplacesolutions.com/freshstart.asp>.



2017 Health Observances

April

- Alcohol Awareness Month
<https://www.ncadd.org/>
- National Distracted Driving Awareness Month
<http://www.nsc.org/pages/home.aspx>
- Sexual Assault Awareness and Prevention Month
<https://www.rainn.org/>
- April 3–7, 2017 National Youth Violence Prevention Week
<http://nationalsave.org/event/national-youth-violence-prevention-week/>

May

- Mental Health Month
<http://www.mentalhealthamerica.net/may>
- National Asthma and Allergy Awareness Month
<http://www.aafa.org/page/asthma-and-allergy-awareness-month.aspx>
- Melanoma/Skin Cancer Detection and Prevention Month
<http://www.spotskincancer.org>

June

- Men's Health Month
<http://www.menshealthmonth.org>

Learn More about Research

Research America is the nation's largest not-for-profit public education and advocacy alliance committed to making research to improve health a higher national priority. They provide fact sheets and information about new medical and health research. For more information and factsheets visit <http://www.researchamerica.org/polls-and-publications/fact-sheets>.



Zika Virus



As mosquito season approaches, learn more about the Zika Virus. The April 2017 issue of *CDC VitalSigns* reports on Zika Virus — Protecting Pregnant Women and Babies. Read or download the full issue at

<https://www.cdc.gov/vitalsigns/index.html>.

Study Shows Flu Vaccine Saves Lives

A new CDC study published today in *Pediatrics* is the first of its kind to show that flu vaccination significantly reduced a child's risk of dying from influenza. The study, which looked at data from four flu seasons between 2010 and 2014, found that flu vaccination reduced the risk of flu-associated death by half (51 percent) among children with underlying high-risk medical conditions and by nearly two-thirds (65 percent) among healthy children. The study findings underscore the importance of the recommendation by CDC and the American Academy of Pediatrics that all children 6 months and older get an annual flu vaccine. Read the full press release at <https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html>.



CDD Reminder



Always follow Center for Disease Detection (CDD) guidance when submitting specimens. If you have any questions related to submitting specimens, contact your CDD Client Care Representative at (888) 858-8663.

Upcoming 2017 Webinars

April

- Managing The Oral Health Program — April 12

May

- Male Reproductive Health — May 2
- Evidence-Based Interventions: Personality Disorders — May 25
- Oral Health Orientation Webinar — May 30

June

- TEAP Specialist Orientation — June 6 & 7
- Conducting the Health Care Needs Assessment of Applicants with Mental Health Conditions — June 14
- Cultivating Empathy in Job Corps Students and Staff — June 22

New on the Job Corps Web



PRH Change Notices

- PRH Change Notice 16-12 Release of Job Corps' Electronic Policy and Requirements Handbook (ePRH) Covering ePRH Chapter 1, ePRH Chapter 2, ePRH Chapter 3, ePRH Chapter 4, ePRH Chapter 5, and ePRH Chapter 6
Release Date: April 3, 2017
- PRH Change Notice 16-10 Clarification of Drug Infraction: Possession or Distribution of Drugs on Center or Under Center Supervision
Release date: February 24, 2017
- PRH Change Notice 16-07 Policy and Requirements Handbook (PRH) Revision to Sections and Exhibits Related to the Student Conduct System
Release date: December 14, 2016
- PRH Change Notice 16-06 Policy Modification for Student Declination of the Entrance Physical Examination and Waivers of Medical Care
Release Date: December 12, 2016

Information Notices

- IN 16-25 Upcoming Observances Related To Trainee Employee Assistance Program
Release Date: April 4, 2017
- IN 16-22 Complying with Environmental Protection Agency's Final Rule on Effluent Limitations Guidelines and Standards for the Dental Category
Release Date: January 23, 2017

Program Instructions

- PI 16-30 Safety and Security – Cooperation with Law Enforcement
Release Date: March 27, 2017
- PI 16-27 Transition to Employees' Compensation Operations and Management Portal for Documenting Student Injuries and Occupational Diseases
Release Date: December 20, 2016

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

Webinars

- Evidence-Based Interventions for Students with Mental Health Conditions to Support Employability: Part 1: Anxiety Disorders — March 28, 2017
- PrEP: A Daily Pill to Prevent HIV — March 15, 2017
- Compassion Fatigue — March 7, 2017
- Medical File Review: Appendices 609 and 610 — February 28, 2017
- Supporting Students with Mental Health Conditions in Job Corps – Part 5: Trauma and Stress-Related Disorders — February 16, 2017
- The Basics of Safely Using Mood Stabilizers with Job Corps Students — February 7, 2017
- Center Mental Health Consultant Orientation — January 24, 2017
- TEAP Specialist Orientation — January 17, 2017
- From Hemp Oil to Purple Haze Lollipops: The Brave New World of Cannabinoids — January 10, 2017

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