



HEALs in Action

Muhlenberg Job Corps Center

Muhlenberg JCC hosted a 90-day weight loss challenge for students and staff. The organizers first identified barriers that were keeping staff and students from living healthy, including not having enough time during the day to exercise, not knowing which foods were healthier than others, not utilizing the healthy snacks available, lack of knowledge on what constitutes being “healthy”, and creating motivation within an individual.

To break these barriers, the center provided 30-minute sessions in the gym/weight room where staff and students were able to use facilities without interference from activities on center. The center also allows 30 minutes each day during scheduled hours for staff to exercise during their work day. This has led to a drastic increase in staff taking advantage of the workout facilities.

The kitchen staff now displays nutritional information for all foods at each meal and provides free healthy snacks to students whenever they want.

All students and staff have access to health packets, which provide education on calorie intake, healthy foods, exercise, and benefits of healthy living. The center offered incentives for both staff and students.

The challenge has been a great success. To date, staff have lost 270 pounds combined and students have lost 70 pounds combined. Staff and students have encouraged and motivated each other. Competition between departments has created focus among individuals, and having staff/students speak about health is an accomplishment in itself.

Oneonta Job Corps Center

Oneonta JCC continues to prioritize healthy eating and activity on center. They offer HEALs Meals in the cafeteria, hold regular healthy fun days, and have recently acquired a climbing wall from the Army.

Recently, the center’s Women’s Group introduced students to goat and aerial yoga to keep fitness interesting.

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Clarification on Issues related to Urine Toxicology Screening

Two issues have recently come up on centers around the difference between observed and a supervised urine collection, as well as the difference between a student who refuses to provide a urine sample and the student who cannot produce a urine sample.



Difference between refusal and inability to produce a urine sample

As always, we want to ensure that decisions are based in Job Corps Policy and Procedures. ePRH Chapter 6, 6.11, R1e Drug and Alcohol Testing states, "If a student refuses to provide a specimen or has an unexcused absence from his or her follow-up drug test, he or she shall be presumed guilty of the Level I infraction. Drugs: Use of drugs as evidenced by a positive drug test. Students who state they are unable to produce a specimen must be referred to the center physician or designee for follow up."

Students who are unable to produce a urine sample should be offered water and remain in the Health and Wellness Center (HWC) until they can produce a sample. This can take a few hours and it is important they stay in the HWC during this time. They should be counseled by the center physician or their designee to determine if there are medical issues interfering and to assist in resolving these issues. Having the student meet with the TEAP specialist is also recommended. All of these interventions and efforts should be clearly documented in the student health record (SHR).

On the other hand, if a student refuses to provide the urine sample after they have been counseled by the center physician or their designee (likely the TEAP specialist, if available), then a referral should be made to the disciplinary officer for further action. It is important to take time to sit with the student to understand their concerns and determine if they can be resolved given the serious consequences of refusing to provide the sample. Further, it is very important to ensure there is documentation in the SHR of the interactions with the student and the response of the Health and Wellness staff.

Difference between observed and supervised urine collection

Centers are required to ensure that the collection of urine for drug testing is in accordance with chain-of-custody principles. There are two different methods for collection of urine to ensure that the sample being provided is from that student and has not been altered in an attempt to prevent detection of drug use. These two methods are supervised collection and observed collection.

Most urine collections are supervised (listed below are the elements for this type of collection process) unless there is reason to suspect that the integrity of the urine collection process has been threatened (e.g., the student produced a sample with a temperature that fell outside of the recommended parameters or it appears the something has been added to adulterate the sample). If this is the case, then an observed urine collection procedure is recommended (meaning that the observer watches the urine stream leaving the body and enter the specimen cup).

Each center should have written guidance on how they manage urine collections and this should apply to all students. Information regarding the specifics of the student's urine collection process should then be documented in the SHR, especially if there has been a variation from the standard practices.

The TEAP Desk Reference Guide has guidance regarding the important elements of a supervised urine collection and these include:

- Removal of all cleaning products from the collection room area
- Performing visual and temperature checks on all samples. The sample temperature should fall between 90.5° Fahrenheit and 99° Fahrenheit

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Clarification on Issues related to Urine Toxicology Screening (continued)

- Visually the sample should appear free of possible contaminants
- Turning off additional water sources in the immediate collection area when possible. If not possible, then clearly instructing the student to not use the water until after they hand you the specimen cup
- Placing a bluing chemical in the toilet tank to color the water
- Having the student wash their hands (with water only) and clean under nails
- Having the student remove outer garments (e.g., coats, sweaters, jackets)
- Prohibiting bags, packages, or purses in the collection area
- Having the student provide the specimen while in an examination gown, if urine collection is part of a medical exam
- Having collection personnel stand close to the door and be aware of unusual sounds when conducting a routine supervised collection
- Making sure the student hands the specimen directly and immediately to collection personnel

Centers are reminded that providing an adulterated urine is not analogous to a refusal to produce a urine specimen. Rather, this circumstance should be managed by having the student remain in the HWC until they can produce another urine sample and ensuring that the second urine collection is done in an observed manner.

Beware of the Tide Pod Challenge

The Tide Pod challenge refers to a “dare game” where individuals are encouraged to eat laundry detergent packets. These multi-colored packets were introduced by Proctor and Gamble in 2012 as an alternative to traditional laundry detergent. Almost immediately on various social media outlets there were comments about their resemblance to candy because of their colorful appearance and packaging. By December 2013, there were numerous videos posted online about the “challenge” of eating the pods and The Onion had two satirical articles about this challenge. While this started as a joke, over the last several years individuals, mostly teens, have attempted to bite into the pods or eat them. These incidents have sometimes been posted to YouTube and other video sharing sites.



In January 2018, the Washington Post reported that between 2012 and 2017, there were over 64,500 calls regarding Tide Pod incidents to the American Association of Poison Control Centers. The calls peaked in 2015 and have been trending downwards since.¹ In January 2018, YouTube removed all videos promoting this behavior. There are serious health consequences to eating this highly concentrated laundry detergent. Its caustic nature results in esophageal burns; other symptoms include severe vomiting, burns to the eyes and skin and severe breathing trouble. Reportedly eight people have died from ingestion of these products (two children and six cognitively impaired adults).²

We have not had any known incidences of students at Job Corps of students consuming laundry detergent pods, although Health and Wellness staff have indicated they have heard students discussing this issue. Some centers, as a precaution, have moved to alternative methods for dispensing laundry detergent. We encourage you to become more informed about this health risk by consulting with your center physician or TEAP specialist. Information can also be obtained by googling this topic as there have been numerous articles published on this issue.

¹ See https://www.washingtonpost.com/news/wonk/wp/2018/01/16/there-were-over-10000-poison-control-calls-for-people-eating-laundry-pods-last-year/?utm_term=.f81cee48c42c

² See <https://www.consumerreports.org/laundry-cleaning/liquid-laundry-detergent-pods-pose-lethal-risk/>

2018 Health Observances

April

- Alcohol Awareness Month — National Council on Alcoholism and Drug Dependence, Inc. www.ncadd.org
- Sexual Assault Awareness and Prevention Month — Rape, Abuse & Incest National Network (RAINN) www.rainn.org
- STI Awareness Month — American Sexual Health Association www.ashastd.org

May

- Mental Health Month — Mental Health America www.mentalhealthamerica.net/go/may
- National Physical Fitness and Sports Month <https://www.hhs.gov/fitness/beat/active/npfsm2017/index.html>
- National Teen Pregnancy Prevention Month <https://www.hhs.gov/ash/oah/news/teen-pregnancy-prevention-month/index.html>

June

- Men's Health Month www.menshealthmonth.org
- National Safety Month — National Safety Council www.nsc.org/act/events/Pages/national-safety-month.aspx

New Directives on the Job Corps Web



ePRH 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

Program Instruction Notices

- PI 17-10 Enhancement of Health and Disability e-Folders
Release Date: October 16, 2017

Information Notices

- IN 17-26 Upcoming Observances Related to the Trainee Employee Assistance Program
Release Date: March 7, 2018
- IN 17-25 Upcoming Observances Related to the Mental Health-and-Wellness Program
Release Date: March 7, 2018
- IN 17-20 Job Corps Disability Program Report: Program Year 2016
Release Date: March 7, 2018
- IN 17-19 Job Corps Health and Wellness Report: Review of Selected Health Indicators, Program Year 2016
Release Date: March 7, 2018
- IN 17-17 New Effective Date for Student Health Leave and Applicant File Review Policy
Release Date: October 31, 2017

The National Office has postponed the implementation of the electronic applicant file review process outlined in Job Corps **Program Instruction No. 17-10 Enhancement of Health and Disability e-Folders and Information Notice No. 17-17 New Effective Date for Student Health Leave and Applicant File Review Policy**. Centers should continue to ship the paper applicant file to the Regional Office when recommending denial of enrollment due to direct threat or health care needs.

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

New Webinars on the Job Corps Web

Webinars

- Helping People With Autism Flourish — March 22, 2018
- Measures to Support Safety in Dental Radiography in the Digital Age — March 8, 2018
- Staying In Your Lane: "Practice Drift" Are You at Risk? — February 21 & 22, 2018
- Sleep: An Essential Ingredient for Success — January 29, 2018
- Managing for Success for Health and Wellness Managers — January 9, 2018

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