

A CMHC's Reflection on His Life: Part 1 — Montgomery Job Corps (continued)



The next home was just a temporary placement, but I enjoyed being there. At this placement, there were eight other children who were awaiting adoption. I used to ride bikes and flip on dirty mattresses in a vacant lot with my foster brothers. During this time, I remember taking a picture for a newspaper feature called "Adoption of the Month."

After the article was published, I was placed in my third foster home. Throughout my placement I can recall being depressed and sad. I would have temper tantrums because of the anxiety of possibly being removed and placed in another home. The cycle of moving from one foster home to another continued. From the ages of 3 to 8, I was placed in five foster homes and one children's shelter.

Many of my childhood environments were stressful and negative. Throughout much of my childhood, I felt hatred, anger, and distrust toward adults and authority figures. Sometimes this part of my childhood affects my mental health and I become angry, depressed or anxious, especially when I see things on the news dealing with children or adults that have been abused or exploited.

However, some of my childhood placements were more positive. When I was placed into a nurturing environment, my thoughts and feeling began to change and I was able to focus on the positive things in life. The positive moments, along with trials and tribulations of my upbringing, made me who I am today. Because of my past, I am genuine, empathetic, flexible, and observant. In short, my childhood clearly made me a therapist who is better able to relate to our students.

My childhood also shaped my practice as a mental health professional, especially when working with people who lived through similar situations, like many of our Job Corps students. I can think outside the box during our sessions and meet them where they are at that moment. I can easily develop a rapport with Job Corps students because I can identify with their resistance and distrust towards staff members and peers. In short, my childhood clearly made me a therapist who is better able to relate to our students.

Stay tuned for the summer edition to learn more about Mr. Moten's life and how he applies his childhood experiences to his work as a CMHC."

2022 Wellness Initiative — Management & Training Corp.

Submitted by: Chris Hunter, RN, Wellness Director, MTC

Management & Training Corporation (MTC) has embarked on a yearlong campaign to help students focus on their health. The new initiative is happening at all MTC Job Corps centers throughout the country.

The 2022 campaign focuses on four areas, one per quarter:

- 1st Quarter – Healthy Eating
- 2nd Quarter – Fitness
- 3rd Quarter – Mental Health
- 4th Quarter – Environmental Health

"It's no secret that making a few small changes to our diet or being a little more active can go a long way in our overall health," says Chris Hunter, MTC Wellness Director. "MTC's mission is to help people succeed in life. We deeply care about our students and want them to be healthy during their time with us and throughout their lives."

2022 Fit for Life

MTC cares about your health! That's why we're launching Fit for Life. The goal is to help students and staff take small but meaningful steps to improving their overall health. Each quarter this year, we will focus on a different aspect of healthy living.



1ST QUARTER Healthy Eating

What we put in our body matters. Let's make some slight adjustments to reduce the amount of unhealthy food we consume, watch our portion sizes, and eat more fresh fruits and vegetables.

2ND QUARTER Fitness

Let's get moving! Even a few extra steps a day can make a difference. Research shows people who work out even once a week tend to be in better moods.



3RD QUARTER Emotional and Mental Health

Our emotional and mental well-being are vital. It affects how we handle stress and relate to others. Let's be BIONIC and support each other in good and bad times.

4TH QUARTER Environmental Health

The final quarter we will focus on the quality of air, water, and natural light; changes to facilitate better sleep; clean and well-maintained facilities; and reductions of waste and energy consumption.



MTC Fit for Life

We hope you will join us on this journey to healthier and more fulfilling lives. We invite you to be Fit for Life!

Kindness Week — Excelsior Spring Job Corps

Submitted by Liz Jarski, LCSW, Center Mental Health Consultant

During Kindness Week (February 14-21), the CMHC, TEAP Specialist, and HEALS teamed up to offer several student activities. The focus was on spreading positive messages and brightening people's days, including:

- **Positive Messages for Students** — Staff wrote 170+ cards with positive messages. Cards were distributed to students in a HEALS treat bag that included healthy snacks.
- **Heart Attack Day** — Students wrote positive messages on hearts during their lunch period and posted them around center.
- **Self-Love Valentine Wall** — Students wrote Valentine's to themselves and posted them on the cafeteria wall for the week.
- **Kindness Walls** — Kindness Walls were created for staff and students in high traffic areas in the administration and vocations buildings.
- **Kindness Rocks** — The CMHC facilitated an afternoon activity for students to paint kindness rocks that were then placed around center.



Santa Visit — Gary Job Corps

Submitted by: Martina Cisneros, MSW, LCSW, and Heather Blankenship, MSW, LCSW, Center Mental Health Consultants

The Gary JCC arranged a visit by Santa to provide some Christmas cheer to students and staff in December 2021.



HEALS Workout Session — Iroquois Job Corps

Submitted by: Lance Tlustos, Advanced CASAC, ICADC, TEAP Specialist

The Iroquois JCC HEALS program implemented workout sessions for all students every Monday, Wednesday, and Friday from 4pm to 5pm. Students meet at the Recreation Hall to participate in strength and cardiovascular training. Students have volunteered to lead the group in various exercises, including jumping jacks, running laps, push-ups, lunges, and sit-ups. On average, 10-15 students participate in the exercise sessions.



National Drunk and Drugged Driving Prevention Month — Iroquois Job Corps

Submitted by: Lance Tlustos, Advanced CASAC, ICADC, TEAP Specialist

In observance of National Drunk and Drugged Driving Prevention Month, the Iroquois TEAP program invited Deputy Sheriff Jason Barnum from the Orleans County Sheriff Department to educate students on the dangers of driving while impaired or intoxicated. Deputy Barnum simulated a field sobriety test with a student and provided a glimpse into the legal process. Students were given [marijuana goggles](#) which Deputy Barnum explained are “green-tinted goggles designed to simulate the distorted processing of visual information, loss of motor coordination, and slowed decision-making and reaction time resulting from recreational marijuana use”.

Students also tried [Drunk Busters goggles](#), which simulated a blood alcohol level between .08 and .15. They were able to experience the effect of impairment while utilizing the Impaired Driving Simulator. Deputy Barnum stated, “These goggles can result in an impactful reality check for those who believe that alcohol won’t alter them physically or mentally.” Furthermore, students tried making free throws and passing the basketball to each other while wearing goggles.

The event was a great success, and students had a lot of questions for Deputy Barnum.



National Drug and Alcohol Fact Week — Iroquois Job Corps

Submitted by: Lance Tlustos, Advanced CASAC, ICADC, TEAP Specialist

Iroquois JCC observed [National Drug and Alcohol Fact Week](#) by hosting various events on March 25th. National Drug and Alcohol Facts Week[®], (NDAFW) is an annual, week-long health observance that inspires dialogue about the science of drug use and addiction among youth.

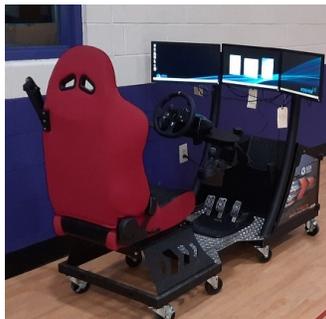
The TEAP program, in collaboration with the Iroquois Student Government Association (SGA), gave lectures on the dangers of substance use and addiction. Students were taught about various drugs such as bath salts, marijuana, prescription medication, vaping, smoking, and MDMA (aka Ecstasy or Molly) and the associated dangers. After the lecture, students tested their knowledge on the topics discussed. The SGA spoke to students about healthy lifestyles and getting involved in activities that do not include the use of alcohol and drugs.

The SGA involved students by holding an election to appoint a new executive board. In a Town Hall style atmosphere, first-time candidates and candidates running for re-election gave a 3- to 5-minute prepared speech addressing their qualifications for office and ideas to enhance student life on center. A Q and A session followed, and students cast their ballots for the candidates during lunch.

At the conclusion of the event, cash prizes were awarded for the first three correct submissions of NDAFW quiz. Students received \$50 for first place, \$35 for second place, and \$15 for third place. The winner of “Name the Student

Store” was awarded \$35 for the most original name. Going forward, the IJCC student store will be known as “Wolf’s Den.” Additionally, students who attended and participated in all events on center were eligible to enter their name for a drawing to win \$50, \$30, \$25, \$25, \$10 in Wolf’s Den Coupons.

Students then were informed of the newly elected Iroquois Job Corps Student Government Officers who in turn thanked the student body for their votes and reemphasized their commitment to the students.



Dorm Floor Banner Challenge — Los Angeles Job Corps

Submitted by: Chris Hunter, RN, Wellness Director, MTC

The Los Angeles JCC implemented Management & Training Corporation (MTC) first quarter health initiative (see page 2), “Healthy Eating” with a Dorm Floor Banner Challenge. The banners were displayed in the courtyard for all to see. A big thank you to all those who helped to make this possible — Ms. Twyla Dunham, Ms. Maria Garcia, and the entire Residential and Property departments.



3rd floor – Most Theme-Centered: “Food War”



4th floor – Most Creative: “Healthy Nature, Healthy Bodies”



5th floor – Most Colorful: “Nutrition”

Tie Dye T-Shirts — Pinellas County Job Corps

Submitted by: Cate Courtney, CAP, TEAP Specialist

The Pinellas County JCC organized a t-shirt tie dyeing activity for students led by arts guru Debbie Garrett.



Better Together — Pinellas County Job Corps

Submitted by: Cate Courtney, CAP, TEAP Specialist

The Pinellas County JCC have new students take a pledge. The pledge card says:

I pledge to support the Job Corps: Better Together initiative at my center. My fellow students, staff, friends, and family can count on me to do the following:

- Follow my center's health safety protocols
- Do my part
- Help maintain a culture on my center
- Work alongside everyone on campus



Healthy Break Wagon — Pinellas County Job Corps

Submitted by: Cate Courtney, CAP, TEAP Specialist

The Pinellas County JCC created a Healthy Break Wagon of fresh fruit in March for [National Nutrition Month](#).



Nutrition Month — Pinellas County Job Corps

Submitted by: Cate Courtney, CAP, TEAP Specialist

As part of [National Nutrition Month](#), the Pinellas County JCC held the Fruit Olympics. Students competed in five different events: Longest Peel, Berry Run, Lemon Bands, Banana Relay, and Steal the Melon. The students and staff had a good time, and the fruit was delicious!

Longest Peel



Lemon Bands



Berry Run



Steal the Melon



Banana Relay



What Do You Treasure? — Pittsburgh Job Corps

Submitted by: Tammy L. Gatto, RN, Health and Wellness Director and Dr. Callie Scott, Center Mental Health Consultant

The Pittsburgh JCC wanted the center to ponder the question... *What do you treasure?* Students and staff were given a series of questions to get them to think about what is really important to them.

- What do you pour the most energy and effort into?
- What are you constantly thinking about?
- What brings you joy?
- What do you feel will enrich your life?

Students who live on center had the opportunity to take a “treasure kit” out of the treasure box located in the Wellness Center. The goal was to give a greater sense of living in the moment and a focus on things that are truly important.



Emotions and Nutrition — Ramey Job Corps

Submitted by: Dra. Militza Rosado Pellot, M.A, Psy D., Center Mental Health Consultant

Submitted in Spanish:

Durante el mes de marzo de 2022 los CMHC'S en conjunto al Programa HEALS se llevaron a cabo varias actividades entre ellas una actividad Psicoeducativa, en la que junto a la Educadora en Salud del Programa APS, la Lcda. María Rivera se llevó a cabo la charla Emociones y Nutrición. Como medida de seguridad ante el C-19, la actividad se programó en el área de la cafetería y estuvo dirigida a 25 estudiantes.

Translated to English:

During the month of March 2022, the CMHCs and HEALS Committee carried out several activities, including a Psychoeducational activity in which María Rivera gave a talk on “Emotions and Nutrition.” To protect against COVID-19, the activity was scheduled in the cafeteria area and was aimed at 25 students.



Health & Wellness Fair — Sierra Nevada Job Corps

Submitted by: Michelle Braun, RN, Health & Wellness Director

On December 17, 2021, the Sierra Nevada JCC held a Health & Wellness Fair for students. The center organized information tables and activities, including flu vaccine, health insurance information, an international holiday decorations contest (to promote cultural awareness), Last Man Standing (physical activity contest), raffles, and prizes.



Teen Dating Violence (TDV) — South Bronx Job Corps

Submitted by: George Cabrera, TEAP Specialist

The South Bronx JCC TEAP department presented “[Preventing Teen Dating Violence](#)” for two separate student groups, with a total of 21 trainees. Students learned four types of TDV behaviors and six strategies to stop TDV before it starts. A special thanks to Kendra Watson, Center Director, and the Wellness Department for their support and for supplying snacks and beverages, and to SRA Sara Garcia for helping out.



Gingerbread House Contest — St. Louis Job Corps

Submitted by Chantell Mixon-Gregory, Wellness Manager

The St. Louis JCC CMHC team engaged in two creative and fun projects during the holiday season for students — a gingerbread house contest and a mindfulness project.

The pictures show the results of the gingerbread house contest.

For the mindfulness project, students created essential oil scents for calmness, breathing, relaxation, etc.

Students really enjoyed both projects!



1st place — Diamond Bear

2nd place — Jeremy Merrit

In the News



- The [American Nurses Association](#) expanded National Nurses Week to [National Nurses Month](#) in May. The theme this year is, “**Nurses Make a Difference.**” The month will be divided into four weekly focus areas — Self-Care, Recognition, Professional Development, and Community Engagement. The ANA provides information about the [month-long celebration of the nursing profession](#).
- Johnson & Johnson and the American Nurses Association have launched [SEE YOU NOW](#), a podcast that spotlights nurses who are driving innovative solutions for today’s most challenging healthcare problems.

2022 Health Observances

April

- [Sexual Assault Awareness Month](#)

May

- [Hand Hygiene Day](#) — May 5
- [Food Allergy Awareness Week](#) — May 8 - 14

June

- [National Safety Month](#)
- [National HIV Testing Day](#) — June 27

Do you have a . . .

Topic idea or want to highlight your center activity. **The deadline for the Summer 2022 newsletter is June 4, 2022.** You can submit your suggestions to:

Julie Luht, MPH
Email: julie.luht@humanitas.com



Job Corps Webinars



Upcoming Webinars

- Sun Protection and Skin Cancer Prevention — May 19
- Nursing Ethics — May 25
- Center Physician Orientation: Part 1 — June 13
- Sodium Diamine Fluoride — June 14
- Center Physician Orientation: Part 2 — June 16
- Cultural Competence and Humility — June 22
- Vaping in the era of COVID-19 — June 28

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

Past Webinars

- TEAP Orientation — April 20, 2022
- Evidence-Based Mental Health Assessment Tools — March 23, 2022
- Masks and Masking for Oral Health Personnel — March 17, 2022
- Inclusion on Campus (Transgender Inclusivity in Job Corps) — March 16, 2022
- TEAP Orientation — March 9, 2022
- COVID-19 Update — March 2 & 3, 2022
- Applicant File Review for CMHCs — February 23, 2022
- Medication Assisted Treatment with Buprenorphine: Oral Health Risks and their Management — February 16, 2022
- Creating a Successful Family Planning Program in Job Corps — February 3, 2022
- Medication Management in Job Corps Part 2: Common Concerns and Case Studies — February 2, 2022
- Medication Management in Job Corps Part 1: Preventing Medication Errors — January 26, 2022
- CMHC Orientation Part 2 — January 13, 2022
- CMHC Orientation Part 1 — January 12, 2022
- Implementing a Trauma Informed Approach (TIA) at Job Corps — January 5, 2022
- Job Corps Oral Health Personnel Orientation — December 15, 2021
- New Uses for Formalized Assessment Measures for All TEAP Specialists — November 16 & 17, 2021

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