



Spring 2023

Newsletter for Job Corps Health & Wellness Staff

Solutions

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Fentanyl Overdose Prevention

Our country is facing an opioid crisis, fueled by fentanyl. Fentanyl, heroin, and morphine are all opioids; however, fentanyl is 50 times stronger than heroin and more than 100 times stronger than morphine.

Unlike heroin, which is a naturally occurring substance extracted from the seed pod of certain varieties of poppy plants, fentanyl is a synthetic drug, manufactured in a laboratory. Fentanyl was first developed by Dr. Paul Janssen in 1959 under a patent held by his company, Janssen Pharmaceutical. It is a potent analgesic and was quickly adopted for use in medical settings because of its effectiveness.

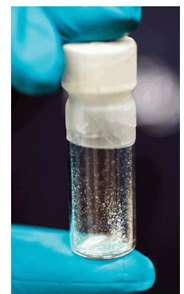
Fentanyl manufactured for medical use is not the primary problem fueling the opioid crisis. Dr. Janssen’s discovery has been coopted and manufactured illicitly. It is the illicitly-manufactured fentanyl that has permeated the street drug supply because of its potency and cheap cost.

There are significant differences between these two types of fentanyl. Medical-grade fentanyl is manufactured in a sterile environment, carefully blended with precise and consistent doses, and then safely administered for pain control. Illegally-made fentanyl is manufactured in unregulated environments with inconsistent doses and is responsible for the majority of drug-related deaths at this time in the United States.

[According to the CDC](#), illicitly made fentanyl is involved in more deaths of Americans under 50 years old than any other cause, including heart disease and motor vehicle accidents. And among adolescents and young adults, overdose deaths linked to synthetic opioids, like fentanyl, have tripled in the past 2 years. In 2022, the [Drug Enforcement Agency](#) (DEA) laboratory testing found that 6 out of 10 fentanyl-laced counterfeit prescription pills contained a potentially lethal dose of fentanyl. It is nearly impossible to detect whether a pill has been contaminated with fentanyl. These counterfeit pills are easy to purchase and widely available on social media and e-commerce platforms. Many of these counterfeit pills are designed to look identical to prescription drugs such as oxycodone (trade name: Percocet), hydrocodone (Vicodin), and alprazolam (Xanax) or even stimulants like amphetamines (Adderall).

And finally, but very important — make sure naloxone (Narcan) is easily available for center staff. In addition, staff must know where the Narcan is stored and other center-specific information.

- [Health Care Guidelines \(HCGs\)](#) on the [Use of Intranasal Narcan for a Suspected Opioid Overdose](#) should be utilized for training.
- [Get Naloxone Now](#) is a resource for training on Narcan administration.



[PRH Exhibit 5-4 Required Staff Training](#)

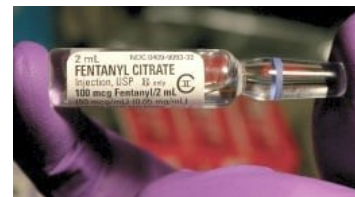
New Staff Orientation

- Alcohol, Breathalyzers, Other Drugs of Abuse, Suspicious Behavior, and **Narcan Administration**
- 1st 90 days
- Yearly
- All center staff

(Additional resources continued on next page)

Fentanyl Overdose Prevention (continued)

What can we do? We need to increase public awareness about the dangers of fentanyl through prevention/education activities, using available resources, and ensuring Narcan is widely available. Now is the time to plan prevention and education activities for all students and staff on center. Here are ideas and suggestions:



- [National Fentanyl Awareness Day](#) is May 9
- [National Prevention Week](#) is May 7 - 13
- The Drug Enforcement Agency (DEA) has an innovative educational campaign called [One Pill Can Kill](#)
- [International Day against Drug Abuse and Illicit Trafficking](#) is June 26 and sponsored by the United Nations
- [International Overdose Awareness Day](#) is August 31

If you have planned something for students and staff let us know. **Send in your center activity (brief paragraph and some pictures), by June 16th, to: Julie Luht, MPH, at julie.luht@humanitas.com.**

There are many other resources online and available at no cost that can be used to increase awareness and help save lives. Here are additional resources:

- [National Institute of Health/National Institute on Drug Abuse: Fentanyl](#)
- [SAMHSA: Opioid Overdose](#)
- [Drug Enforcement Agency: Fentanyl Awareness](#)
- [US Department of Health and Human Services: Prevention Programs & Tools](#)
- [CDC Prescription Awareness Campaign](#) featuring stories of real-life individuals
- [Team Awareness Combating Overdose \(TACO\)](#)
- [Natural High Organization: The Risks of Fentanyl Poisoning To Teens](#)
- [Drug Awareness Resistance Education \(DARE\): Fentanyl FAQ and Talking Points](#)
- [Song for Charlie: Real Talk about Fake Pills](#) offers video resources
- [National Harm Reduction Coalition: Fentanyl](#)

White House Press Releases . . .

- [Biden-Harris Administration Designates Fentanyl Combined with Xylazine as an Emerging Threat to the United States](#) — April 12, 2023
- [Biden-Harris Administration Launches Campaign to Raise Awareness About the Dangers of Fentanyl and the Life-Saving Effects of Naloxone in Partnership with the Ad Council](#) — April 6, 2023
- [Dr. Gupta Applauds FDA Announcement to Make First Naloxone Product Available Over-the-Counter](#) — March 29, 2023

Health Fair — Flatwoods JCC

Submitted by: Angela Ferris, BSN, MSN, RN, Health and Wellness Director

On February 15th, the Flatwoods Health and Wellness Department and HEALS Committee hosted a Health Fair for our students and staff. Community partners representing six agencies presented information about Healthy Eating and Nutrition; Smoking and Cancer; Drugs of Abuse; Family Planning including birth control, STIs, HIV and PrEP; Mental Health; and Disability and Reasonable Accommodations. COVID-19 vaccines and boosters were also administered to students and staff.

The community agencies present included:

- The Health Wagon — COVID-19 Vaccines and Flu Shots
- Frontier Health — Mental Health Information
- Wise County Health Department — Family Planning, Reproductive Health, Condoms
- Ballad Health Cancer Center — Drugs of Abuse and Smoking Demonstration
- Virginia Cooperative Extension Program — Nutrition and Health
- The Junction Center for Independent Living — Disabilities and Reasonable Accommodation

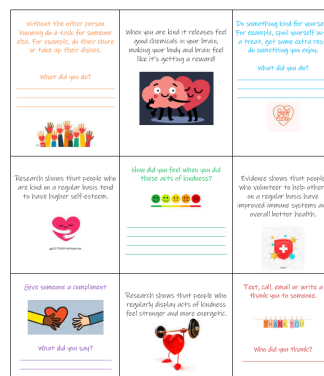


Kindness Week — Excelsior Spring JCC

Submitted by: Elizabeth Jarski, LCSW, Center Mental Health Consultant

Excelsior Springs celebrated Kindness Week with several center-wide activities focused on spreading kindness. During the center weekly business meeting, students were presented with information about the mental health benefits of being kind by Dianna Hall, CMHC, and then took a few minutes to write down an inspirational saying, quote, or thought that was meaningful to them. These messages were displayed on several large windows around center.

Students also completed a kindness bingo activity, and then submitted their bingo card in a drawing to win prizes. In order to mark squares off their bingo cards, the students had to engage in an activity such as thanking someone, doing a task for someone else, or giving a compliment.



Health Education — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

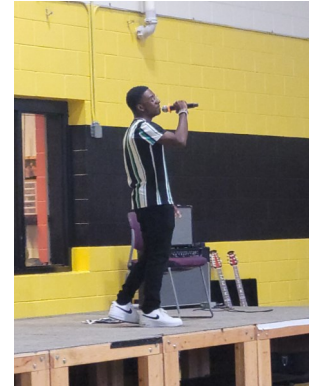
On January 13th, Stephanie Soileau, Wellness Director, organized an information table for students. The Wellness Department provided education and giveaways for students about health-related matters and services.



October Fall Festival — Jacksonville JCC

Submitted by: Mia R. Wilson, Center Mental Health Consultant

On October 28th, the Jacksonville JCC had an all-day October Fall Festival headed by Dr. Mia Wilson, CMHC. The festival promoted mental health with activities for both staff and students to help reduce stress and increase productivity. Dr. Wilson had collaboration from every department on campus and the support from Center Director Paul Wykoff.

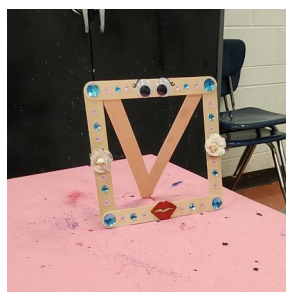


Teen Dating Violence Prevention Month — Paul Simon Chicago JCC

Submitted by: Jessica M. Brumfield, LCSW, Center Mental Health Consultant

The Wellness Department hosted several arts and crafts activities in February to promote Teen Dating Violence Prevention Month.

The “Color & Chill” event gave students the opportunity to choose coloring sheets, listen to lo-fi music, gather information on dating violence (i.e., gaslighting, relationship red flags and green flags, relationship spectrums, love languages), and enjoy hot cocoa and cookies. Another craft event was the “Picture Frame Craft” that had the students make picture frames with popsicle sticks. Staff and students participated in “Wear Orange for Love” day, and the picture below was taken at the SGA Student Business Meeting.



Left to Right: Jessica Brumfield, CMHC; Back Left: Mario Wade, Education & Training Dir.; Center: Student; Arlene Bell, CSI Mgr.; Tamanique Porter, TABE Testing Cdr.

Band O' Seadogs Festival — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

Tampa Bay has an annual street party celebrating buccaneers and swashbucklers; the Pinellas County JCC hosted a substance-free version that consisted of various games and competitions like: *Steal the Booty*, *Parrot Egg Toss*, *Tug o' Man o' War*, *Pin the Patch on the Pirate*, and *Duel on the Plank*. Participants were given pirate swag and experienced first-hand having a great time without substance use.



HEALS 30 for 30 Challenge — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

The Pinellas County JCC started a HEALS 30 for 30 Challenge — the commitment was to walk 30 minutes every day for 30 days. The challenge began on January 11th and ended on February 10th. The challenge started with 18 participants and ended with 5 students who went the distance.



National Nutrition Month — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

For National Nutrition Month, the Pinellas County JCC offered students a presentation on Mindful Eating. In addition, the center offered healthy lunchtime dessert options — fruit & yogurt parfaits.



HEALS Healthy Heart Volleyball Tournament — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

The Pinellas County JCC organized a HEALS Healthy Heart Volleyball Tournament for students. The center had 10 teams compete, and the tournament was single elimination. The winning duo beat eight teams to win the tournament!



Health and Wellness Fair — Woodland JCC

Submitted by: Yaa Gyebi, Health and Wellness Director

On February 14th, the Woodland JCC held a Health and Wellness Fair on center for students. The wellness fair was focused on self-love and mindfulness. Students engaged in writing positive affirmations on mirrors and stating these affirmations to themselves. They also wrote "letters to their future selves" and practiced mindful breathing and grounding through using their senses. Students talked with counselors, the TEAP specialist, and the CMHC about mental health and the importance of self-love and were given journals, pens, and calming trinkets to help them practice mindfulness and self-love independently.



Health Observances & Resources

April

- [Sexual Assault Awareness Month](#)
 - * [National Sexual Violence Resource Center](#)
 - * [RAINN](#)
- [National Public Health Week](#)
April 3 - 9

May

- [Mental Health Awareness Month](#)
 - * [SAMHSA](#)
 - * [National Alliance on Mental Illness](#)
 - * [Mental Health America](#)
- [National Allergy & Asthma Awareness Month](#)
- [National Prevention Week](#)
May 7 - 13
- [National Fentanyl Awareness Day](#)
May 9

June

- [National Safety Month](#)
- [National Migraine & Headache Awareness Month](#)
 - * [National Headache Foundation](#)
- [International Day against Drug Abuse and Illicit Trafficking](#)
June 26

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

- Preventing Medication Errors: Part 1 — March 29
- Reproductive Health and Job Corps — March 14 & 16
- Relapse Prevention in Job Corps — February 14 & 16
- Mental Health Applicant File Review (AFR) Overview — February 9 & 15
- The Link Between Oral Health and Chronic Conditions — January 11

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

Do you have a ...

Topic idea or want to highlight your center activity? **The deadline for the Summer 2023 newsletter is June 16, 2023.**

You can submit your suggestions to:

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

