



Summer 2017
 Newsletter for Job Corps Health & Wellness Staff

Solutions

Spring Events at Job Corps Centers

Cincinnati Job Corps Center

On May 12th, 2017, Cincinnati JCC’s Counseling Department, Wellness Department, and Recreation Department organized for 20 students to attend the Mental Health Resource Fair located in downtown Cincinnati, Ohio. The resource fair was sponsored by the Mental Health America of Northern Kentucky and Southwest Ohio and Recovery Center of Hamilton County. Our students gained knowledge of the various resources that are available to them and their families within their own communities. Additionally, our students took advantage of this opportunity by sharing information about the Cincinnati Job Corps program with the vendors.



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New Haven Job Corps Center

New Haven JCC celebrated its 3rd Annual “Bubble In” as a part of promoting Mental Health Month. During the event, students learn about the benefits of deep breathing, including staying calm and making better decisions. One of the best ways to practice deep breathing strategies is by blowing bubbles. The center added a hula hoop contest to the “Bubble In” to promote physical activity as an additional stress management strategy for students and staff. The center’s month long focus on mental health has also included a daily email blast about how to improve one’s overall wellness.



Spring Events at Job Corps Centers (continued)

Ramey Job Corps Center

Ramey JCC performed a series of activities throughout the month of April for Autism Awareness Month. The staff placed an information booth in the center's cafeteria with information on autism. The center provided a training for students and staff about the Surf4DEM initiative with a psychologist named Dr. Giovanni Martinez. He and his team offer therapies for youth with autism utilizing simplified surfing techniques. Ms. Maryluz Villanueva, disability coordinator, organized and activity with the participants of the Reading to Lead initiative. Ms. Villanueva along with the Spanish and English teachers, Mr. Rosado and Ms. Lara, visited the Luis Muñoz Rivera Elementary School and performed the play *La planta Carnívora y el Carnicero* (The Carnivorous Plant and the Butcher). They performed for a group of eleven students with autism. The Culinary Arts students were also involved in this activity by baking cookies for the students. A copy of the book and an autism newsletter were given to each student and teacher.



Roswell Job Corps Center

At Roswell JCC hosted a health fair and informative event for Mental Health Month. The center's CMHC, Dr. Whitlock, did a 20-minute presentation to each group entitled, "How Bullying Affects Your Mental Health." Booths and tables included Mental Resilience, Laughter is the Best Medicine (Red Noses), Support Networks Inside and Outside of Job Corps, Self Esteem, Sleep Hygiene (lavender scented bags), Safe Sex/STD Prevention, How Smoking Affects your Overall Health, and Stress Management (stress balls/rock painting).



Westover Job Corps Center

On April 7th, Westover JCC hosted a health and disability fair. The center's TEAP specialist, Paul Parsons, coordinated the program, which included area representatives including mental health, drug, alcohol and other therapeutic/counseling services; health and nutrition representation; Massachusetts Rehabilitation Commission (vocational rehabilitation services) from Springfield and Holyoke, MA; Springfield and Holyoke Community Colleges Disability Servicers Programs; Westover TEAP Specialist, Center Mental Health Counselors, and Disability Services. In all, approximately twenty agencies were represented. Students across our center were scheduled, in groups, from 10 am – 2 pm to visit along with their instructors.



2017 Health Observances

July

- UV Safety Month
<https://www.cancer.org/healthy/be-safe-in-sun.html>

August

- National Immunization Awareness Month
<https://www.cdc.gov/vaccines/events/niam.html>
- Contact Lens Health Week, August 22-26
<https://www.cdc.gov/contactlenses/contact-lens-health-week.html>

September

- National Preparedness Month
<http://www.ready.gov/september>
- Fruits & Veggies—More Matters® Month
www.PBHFoundation.org/
- National Food Safety Education Month
www.fightbac.org
- National Recovery Month
www.recoverymonth.gov
- RAINN (Rape, Abuse & Incest National Network) Day September 21
<https://www.rainn.org/articles/rainn-day>

Measles Outbreak After Anti-Vaccination Campaign

The New York Times (5/5, Subscription Publication) reported that Minnesota health officials are “grappling with the largest outbreak of measles” since 1990, and the disease “is mainly sickening young children of Somalian immigrants who fell under the sway of anti-vaccination activists.” The Times said Minnesota “has reported 41 confirmed cases of measles since April 11, and the outbreak is the largest this year in the United States, which had essentially eradicated the disease in 2000 before discredited research stoked fears of a link between vaccines and autism.” Read the full article at: <https://www.nytimes.com/2017/05/05/us/measles-minnesota-vaccines.html>



More Teens Sent to ERs After Pot Legalized, Study Finds

On its website, NBC News (5/4) reports that research indicates “the number of teenagers sent to” emergency departments (EDs) “more than quadrupled after marijuana was legalized in Colorado – mostly for mental health symptoms.” Investigators “found 639 teenagers who went to one hospital system in Colorado in 2015 had either cannabis in their urine or told a physician they’d been using cannabis.” NBC News adds that “that’s up from 146 in 2005, before the use of marijuana was legalized in Colorado.” The findings were presented at a meeting of the Pediatric Academic Societies. Read the full article at: <http://www.nbcnews.com/health/health-news/er-visits-kids-rise-significantly-after-pot-legalized-colorado-n754781>



Resources

- New SAMHSA Information Sheets are now available for download at: <https://store.samhsa.gov/list/All-New-Products?sortBy=3>
- The Netflix original series, *13 Reasons Why*, has garnered criticism for glorifying suicide. Learn how to talk with students about this series at: https://www.save.org/wp-content/uploads/2017/04/13RW-Talking-Points-Final_v6.pdf



Upcoming 2017 Webinars

July

- July 11 & 13
Assessing Students who are at High Risk of Substance Abuse
- July 19
Evidence-Based Interventions: Mood and Depressive Disorders

August

- August 8
TEAP Hot Topics:
Breathalyzers, Opiates and Elephants
- August 15
MAT for Opioid Use Disorder

New on the Job Corps Web



Information Notices

- IN 16-30 Student Leave System - Frequently Asked Questions
Release Date: April 28, 2017
- IN 16-29 Instructions and Clarification Regarding Use of AlcoBlow Breathalyzers and Continued Use of a Secondary Alcohol Detection Method
Release Date: April 28, 2017
- IN 16-28 Upcoming Observances Related to the Mental Health and Wellness Program
Release Date: April 17, 2017
- IN 16-26 Upcoming Webinar Training on Completing Significant Incident Reports
Release Date: April 17, 2017

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

Webinars

- TEAP Specialist Orientation — June 6 & 7, 2017
- Oral Health Staff Orientation — May 30, 2017
- Evidence-Based Interventions for Students with Mental Health Conditions to Support Employability: Part 2: Personality Disorders — May 25, 2017
- Male Reproductive Health — May 2, 2017
- A Team Approach: Managing the Oral Health and Wellness Program — April 12, 2017
- Responding to Medical Emergencies on Center — April 4, 2017
- Evidence-Based Interventions for Students with Mental Health Conditions to Support Employability: Part 1: Anxiety Disorders — March 28, 2017

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

Health Documents

- Treatment Guideline for Use of Intranasal Narcan for Suspected Opioid Overdose — May 2017
- Symptomatic Management Guidelines for Use of Intranasal Narcan for Suspected Opioid Overdose — May 2017
- Updated Treatment Guidelines for Otitis Externa, Pneumonia, URI, and UTI — May 2017

Health care guidelines are available at: <https://supportservices.jobcorps.gov/health/Pages/HCGuidelines.aspx>