



Health & Wellness Solutions

Summer 2018
 Newsletter for Job Corps Health & Wellness Staff

Potomac Job Corps Center Hosts Blood Drive

Potomac JCC hosted a blood drive on March 18th. The center set a goal for 20 donors, and ended up receiving donations from 28 people. They collected 23 units which will help approximately 115 kids at DC’s Children’s Hospital. The center is happy to help with blood donations to help premature babies, patients with sickle cell disease, patients who need surgery, and patients with cancer and blood disorders.



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Cincinnati Job Corps Center Visits a Mental Health Fair

On May 9th, 2018 the Cincinnati JCC’s Counseling Department, Wellness Department, and Recreation Department organized for 16 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. Students gained knowledge of the various resources that are available to them and their families within their own communities. There was an activity for the students to get signatures from various vendors during the fair, called the Passport. By participating in getting the passport signed, it proved that they were actively communicating to the vendors and gaining knowledge of available resources. Once passports were completed, participants were to turn them in for a chance to win a prize. Job Corps student Cedric Cowns won the grand prize of a Coping Basket.



Roswell Job Corps Center Celebrates Mental Health Month



Roswell JCC celebrated Mental Health Month all month long. They educated students on stress, sleep, exercise, and nutrition, and wrapped up the month with a 30-minute presentation tying all of the topics together.

Treasure Island Job Corps Center Hosts Multiple Events

Treasure Island JCC hosted events all spring. In April, the center's TEAP Specialist, Colleen Jeffers, educated students about the harms of alcohol abuse.

April is also Autism Awareness month. Disability Coordinator Liz Carter presented on Autism Spectrum Disorder to students and staff. Finally, CMHC Dr. Johnson provided information on mental health issues and screening for symptoms.



What's More Important for Weight Loss and Health: Nutrition, Cardio, or Weight Training?

When many people want to lose weight or get in shape, they turn to cardiovascular exercises: running, walking, cardio classes; but these might not be the most effective for weight loss. The notion that cardiovascular exercise is best for weight loss and health has been accepted since the 1960s, but may not hold true.

More recent research has shown that resistance exercises, like weight lifting, have a much bigger effect on fat metabolism, and result in greater fat loss than cardiovascular activity. High intensity exercises that use heavy weights are the most effective. (Read more: <https://life.spartan.com/post/best-method-fat-loss>)

However, it turns out that nutrition is even more important than exercise. While exercise plays a role, and is important for overall health, eating the proper amount of calories matters much more for weight loss. Overall, exercise doesn't usually burn enough calories to make up for increased hunger caused by exercise. (Read more: <https://www.nytimes.com/2015/06/16/upshot/to-lose-weight-eating-less-is-far-more-important-than-exercising-more.html>)

Even if someone is at a healthy weight, diet matters for overall health. Poor nutrition seems to catch up to even the most elite athletes. Many endurance runners suffer from diet-related health issues later in life, even with extreme training. (Read more: <https://www.runnersworld.com/nutrition-weight-loss/a19726348/outrunning-a-bad-diet>)

The bottom line: Focus first on nutrition, then resistance training. Use cardiovascular training as an active recovery and to relieve stress.



2018 Health Observances

July

- July 16-22
National Youth Sports Week
<http://www.ncys.org>

August

- National Breastfeeding Month
<http://www.usbreastfeeding.org>
- National Immunization Awareness Month
<https://www.cdc.gov/vaccines/events/niam.html>

September

- Fruits & Veggies—More Matters Month
<https://www.fruitsandveggiesmorematters.org/September+is+Fruits+%26+Veggies--More+Matters+Month>
- National Childhood Obesity Awareness Month
www.acsm.org/about-acsm/initiatives/coam
- National Preparedness Month
<https://www.ready.gov/september>
- National Recovery Month
<https://recoverymonth.gov/>
- September 9-15
National Suicide prevention Week
<http://www.suicidology.org>

Suicides Spike Among Young People

Deaths among teenagers are on the rise. This spike is due to increased car accidents, drug overdoses, homicides, and suicides. (Read more: <https://www.cbsnews.com/news/why-are-deaths-among-u-s-kids-teens-on-the-rise>)



New research shows that the suicide rate is particularly troubling for black youth, where the rate of suicide is roughly twice as high as for white children in the same age group. (Read more: <https://www.nimh.nih.gov/news/science-news/2018/age-related-racial-disparity-in-suicide-rates-among-us-youth.shtml>)

Social media may play a role in the increase in suicides in adolescents. A recent study shows that cyberbullying and posts and depict “perfect” lives may affect teens’ mental health. (Read more: <https://www.cbsnews.com/news/rise-in-suicide-and-social-media-is-there-a-link/>)

Center staff should know the warning signs for suicide and involve mental health staff if they suspect a student may be considering suicide. The MY3 Suicide Prevention app may be helpful. (<http://my3app.org/>)

Webinars on the Job Corps Web

Upcoming Webinars

- Health and Wellness Manager Orientation — July 16 and July 18 at 2 pm
- School Shooters: The Dynamics of Violence — August 14 at 2 pm
- Ethical Decision Making for Nurses in Job Corps — August 21 at 10 am and 2 pm
- TEAP: Ethics and Boundaries to Enhance Effectiveness — September 18 at 10 am and September 19 at 2 pm
- Oral Health Hot Topics — September 24 at 10 am and 2 pm
- Ethical Decision Making for CMHCs in the Job Corps Environment — September 25 at 10 am and 2 pm

Webinar times are listed in Central Time. You must login and register at the Job Corps Citrix website at: <http://jcweb.jobcorps.org/EventBoard/EventList.aspx>.

Past Webinars

- All You Ever Wanted to Know About Applicant File Review and TEAP — June 5 & 6, 2018
- Changes in the Way We Think about Bullying, Violence, and Suicide Prevention — May 16, 2018
- “Embrace Your Voice”! Sexual Assault Agents of Change — May 9, 2018
- Relationship of Oral Health and Overall Health — April 17, 2018
- Center Mental Health Consultant Orientation — April 5, 2018
- TEAP Specialist Orientation — April 3 & 4, 2018

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