



Health & Wellness



Summer 2020

Newsletter for Job Corps Health & Wellness Staff

Solutions

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Virtual Learning



How do you keep students engaged with Health and Wellness during the pandemic? A few Job Corps centers have created virtual learning opportunities for students. The following are examples of the creative ways that health and wellness staff have initiated virtual learning.

Blue Ridge — Google Classroom

Blue Ridge JCC has connected with students and kept them engaged. When phone calls and Facetimes with students didn't feel like enough, the Health and Wellness Manager developed a Google Classroom for health and wellness. The health and wellness center provided an open discussion board for students to connect.



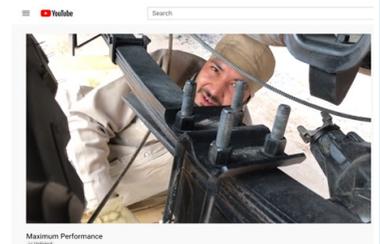
Collbran — Facebook and Google Classroom

Shana Appelhanz, TEAP Specialist, posts information and resources on the Collbran Facebook page. She is also setting up a Google Classroom where she can virtually meet up and touch base with students.

DL Carrasco — YouTube

DL Carrasco JCC has created a series of YouTube videos to keep in touch with students during the Virtual Learning period.

- **Maximum Performance**
<https://www.youtube.com/watch?v=9l8AxZImUDQ&feature=youtu.be>
- **TEAP Specialist**
https://youtu.be/JmOkg_1PWmc



Pittsburgh & Old Dominion — Google Classroom

Dr. Callie Scott, Pittsburgh JCC, and Dr. Hillary Walsh, Old Dominion JCC, have created a Google Classroom (GC) for topics Coping Skills and Strategies for Anxiety, Depression, Anger; Self-Care; Social Distancing with Friends, etc. Each topic poses a question, gives instructions, provides worksheets, and includes videos as personal growth "assignments." When a student opens GC there are resources on what to do if they are feeling hopeless, suicidal, or need to talk to someone. The GC is shared with counselors and explained how they can use it with students.

Students Celebrate Recovery Month



It is never too late to acknowledge the work that staff and students perform on center. Last September, students and staff celebrated *Recovery Month* with various activities and events. The 2019 *Recovery Month* theme, “*Join the Voices for Recovery: Together We Are Stronger*,” emphasizes the need to share resources and build networks across the country to support recovery.

Recovery Month continues to promote the critical message that prevention works, treatment is effective, and people recover. The theme is meant to emphasize that while the road to recovery may be difficult, the benefits of preventing and overcoming mental and/or substance use disorders are significant and valuable to individuals, families, and communities.

Andrea Summerlin, TEAP Specialist, and Patty Frazier, Mental Health Counselor, sponsored a table during lunch hours on September 19th. Many students stopped by the table to gather materials and gain information about *Recovery Month*. Students were invited to share the message of “*Together We Are Stronger*” with others on Center and in their lives and enter the poster contest with a message of hope and inspiration.



Andrea Summerlin, TEAP Specialist, and Patty Frazier, Mental Health Counselor, celebrating Recovery Month at the Dining Hall.

Students attended the 8th annual Walter Ackerson Jr. Hands across the Bridge event and community barbeque at the Seashore Family Literacy Center. The Wellbriety Celebration featured live music, food, activities, information tables, and those sharing their recovery stories. One student, Sierra Libel, stated “It was inspiring to hear the personal stories of how those in recovery have transformed their lives. It was amazing to be a part of the Hands Across the Bridge event and I was proud to represent Angell Job Corps.”

During the 30th anniversary of *Recovery Month*, communities across the nation reflected on their positive strides and plans to make recovery support services more accessible so people can live meaningful and productive lives. *Recovery Month* is intended to share inspiring stories to help thousands of people from all walks of life find the path to hope, health, and overall wellness.

Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. The observance also aims to reduce stigma around addiction and mental health that may discourage people from seeking help.

If you, or someone you know, is struggling with addiction or mental illness contact a staff member on center or use the following resources:

- [Substance Abuse and Mental Health Services \(SAMHSA\) National Helpline](#)
(800)-662-HELP (4357)
A free, confidential, 24/7, 365-day-a-year treatment referral and information service in English and Spanish.
- [National Suicide Prevention Lifeline](#)
(800) 273-TALK (8255)
Offers free and confidential support for people in distress, available 24 hours a day 7 days per week.



Nikki Libel and Brianna Avila at the Hands Across the Bridge event.



Alex Kintero on stage playing music at the event .

If you are looking for ideas for this year’s Recovery Month, in September, you can visit [SAMHSAs Recovery Month](#) website.

Five Things About Staying Mentally Healthy During the COVID-19 Outbreak — YouTube (2 mins 7 secs)

In the midst of the battle against the novel #coronavirus (#COVID19), it's understandable that many Americans may experience heightened distress or anxiety, affecting our thoughts and emotions.

Dr. Joshua Gordon, Director of the National Institute of Mental Health, offers five steps you can follow to maintain your mental health and well-being during the novel coronavirus outbreak.



If you or someone you know is having thoughts of suicide you can call:

- [National Suicide Prevention Lifeline](#)
(800) 273-TALK (8255)
Offers free and confidential support for people in distress, available 24 hours a day 7 days per week.

Find more mental health information at the [National Institute of Mental Health \(NIMH\)](#), and find the latest on COVID-19 at [CDCs Coronavirus \(COVID-19\)](#) webpage.

Job Corps Center Happenings

Earle C. Clements — E-mail Blast



Cassy Chandler, Center Mental Health Consultant, sends an email blast each Friday that includes a flyer for the week along with 2 attachments. Each flyer briefly addresses what resources are being shared for the week and highlights the month-long promotion.

In May students submitted an email entry to the CMHC on how to stay mentally well. The student entries were entered into a drawing for gift card prizes. All ideas were compiled anonymously and shared during the first week of June.

Gary — Outdoor Exercise

Gary JCC had seven students that remained on center during Spring Break/Virtual Learning. The center set up an outdoor boxing area to help students get exercise and destress.



Gary — Weekly Zoom Talks and Spotify Playlist

The Gary JCC mental health team — Hildy Dinkins, Rickie Fleck, Patty Dodson, and Silvana Casas-Perez — have started weekly Zoom calls with students called “*Wellness Presents Weekly Live Zoom Talks with Your Mental Health Team.*” The first call’s topic was “*Music and Mood.*”

In addition, the mental health team created a Spotify playlist “[For Your Mood](#)”. The playlist features Black Eyed Peas, Miley Cyrus, Selena Gomez, and others. They have chosen artists who have been open about struggling with mental health, substance use, and/or having a history of trauma.



* Posters designed at www.postermywall.com

Job Corps Center Happenings (continued)

Inland Empire — Positive Affirmations

Jozalyne Ray, Center Mental Health Consultant, created a video with positive affirmations from the staff to the students along with ways the staff are taking care of their mental and physical health. It will be distributed via email. We will encourage them to use some of our ideas while also asking them to share how they are taking care of their mental and physical health while away from center. We also plan to distribute tips each week with additional [May is Mental Health Awareness Month Tools 2 Thrive](#) resources.



New Haven — Daily E-mail Blasts

Juli Cioffi-Smith, Center Mental Health Consultant, sends daily email blasts to all staff and students. The emails focus on mental health promotion, facts, and strategies and tie into the national promotion for May is Mental Health Awareness month. She does a mix of information on general statistics, coping strategies, and uplifting messages.



Penobscot — Wellness Newsletter

Penobscot JCC sent newsletters to students on mental health-related topics, focusing on mental health in response to COVID-19.

Since May is Mental Health Awareness Month, we decided to start a Wellness Newsletter to send to both students and staff as a way to stay connected during this trying time. Stephanie Paul, Center Nurse, puts all of our input together and makes beautiful PDF's that are distributed to all.

COVID-19 AND YOUR MENTAL HEALTH

While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

- Getting sick
- Passing the virus onto others, especially those that are high risk
- Adjusting to a new reality for an uncertain amount of time
- Taking care of and supporting your family
- Concern about the health of your friends and family
- Financial stress
- Not being able to connect with friends and family the way you're used to
- Shortages of certain common supplies

REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

YOUR MIND AND BODY

- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

YOUR HOME

- Your house, your bedroom, your closet, your kitchen - now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go

Tip: Try to limit screen time, take a break from social media & videogames to get some fresh air and sunlight!

Roswell — Mental Health Awareness Month

Roswell JCC celebrated virtual [May Mental Health Month](#). Students received mental health information, exercises, a sleeping mask, and an invitation to call in and speak with the nurses on an “open mic” call.



Woodstock — “Real Talk in Real Time”

Karyn Felder Moore, Center Mental Health Consultant, and Charlene Waters, TEAP Specialist, conduct a weekly “Real Talk in Real Time” Zoom Chat for all students to assess how they are doing and offer support.

REAL TALK IN REAL TIME

Join Dr. K (CMHC) & Ms. Waters (TEAP) on Zoom

Every Wednesday in May
5:00-6:00 PM
Meeting ID: 722 9250
Passcode: 123456
Zoom Link: [https://us02zoom.us/j/7229250?pwd=MTIzNDU2](#)

mental health check-in

USE AN EMOJI TO SHARE HOW YOU'RE FEELING TODAY.

- ❤️ really great!
- 🟢 starting to struggle
- 🟡 pretty good
- 🟠 having a hard time
- 🟡 okay, I guess
- 🟣 I need support

2020 Health Observances

July

- National UV Safety Month
<https://www.cancer.org/healthy/be-safe-in-sun.html>
- National Minority Mental Health Awareness Month
<https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=9447>

August

- National Immunization Awareness Month
<https://www.nphic.org/niam>
- National Health Center Week
August 9-15, 2020
<https://healthcenterweek.org/>

September

- National Recovery Month
<https://www.recoverymonth.gov/>
- Sexual Health Awareness Month
<http://www.ashasexualhealth.org/>
- Suicide Prevention Month
<https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>
- World Suicide Prevention Day
Sept. 10
<https://www.iasp.info/wspd2020/>

Do you have a ...

Topic idea or want to highlight your center activity. You can submit your suggestions to:

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



Job Corps Webinars

Upcoming 2020 Webinars

- Trauma Informed Care: Train the Trainer — July 29 & 30, 2020
- Strategies for Resilience: In SPANISH — August 5, 2020
- Preventing Medication Errors Part 1 — August 11, 2020
- Preventing STIs in Job Corps — August 19, 2020
- Preventing Medication Errors Part 2 — August 20, 2020

You can register at: <https://jobcorps.webex.com>.

Past Webinars

- Successful Family Planning — July 8 & 9, 2020
- Google Classroom for Mental Health — July 1, 2020
- Reemergence of Childhood Infectious Diseases — June 23, 2020
- Health and Wellness PRH Compliance — June 16 & 17, 2020
- CDC Guidelines Update for Dental Setting during COVID-19 — June 9, 2020
- Making Anxiety Work for You — June 2 & 4, 2020
- Virtual Learning and Mental Health — May 27 & 29, 2020
- Self-Talk & Time Management in the Age of COVID-19 — May 22, 2020
- Improving Employability Outcomes by Enhancing Self-Regulation for Students with Disabilities — May 19 & 21, 2019
- Motivational Interviewing: Part 2 — May 19, 2020
- Virtual Learning and TEAP — May 13 & 15, 2020
- Filling Up Your Tank: Resilience Strategies — May 11, 2020
- Motivational Interviewing: Part 1 — May 5, 2020
- Communicating with Students in the Time of COVID-19 — April 30, 2020
- CMHC Orientation Part 2: Medical Separations and Applicant File Review — April 29, 2020
- CMHC Orientation Part 1: Overview of PRH Requirements — April 23, 2020

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

