



# Health & Wellness



Summer 2023

Newsletter for Job Corps Health & Wellness Staff

## Solutions

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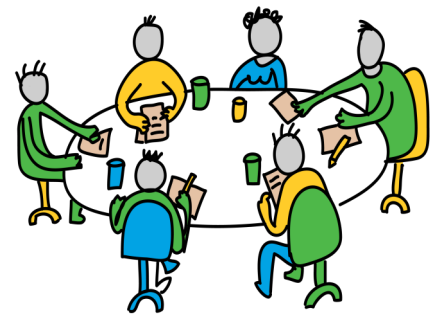
### Interdisciplinary Collaborations with Oral Health Personnel

*Submitted by: Pamela Alston, DDS, Job Corps Lead Oral Health Specialist*

Job Corps Health and Wellness Centers are well suited for collaboration across departments. The behavioral health, medical, and oral health programs are typically located in the same building. Co-located programs offer the potential for face-to-face communication and access to the interdisciplinary student health record (SHR). Interdisciplinary collaboration takes place with off-center dental facilities, too. Center nurses make sure that off-center oral health providers know which Oral Health and Wellness Program (OHWP) components are provided on center. They also ensure that students with oral health referrals from the medical staff are scheduled.

An effective referral/feedback system is especially important when the dental facility is off center. For example, Jacobs Creek JCC does not have an on-site dental facility; so, the health and wellness director (HWD) and nurses collaborate with Healing Hands, a non-profit organization. Healing Hands provides oral examinations and basic oral care. The center nurses provide the oral health education component of the OHWP, including the Dental Readiness Inspections.

Jessi McCoy, HWD (Jacobs Creek JCC), explains, “Wellness works with the students on some of the [dental disease] preventive aspects. For instance, we have the students complete the ‘dental habits questionnaire’ and provide counseling. Then we have them fill out the ‘Choose 2 Steps to Being Cavity Free.’ It gives students a better idea of how they can improve their dental habits. These forms are given to the students as a reference. And copies are kept in the SHR for the other Wellness providers to see.”



Schenck JCC, on the other hand, has a dental facility on center. The nursing and oral health personnel collaborate via a dental tracker. The dental tracker is a spreadsheet that the wellness center created and is filed in the SHR. It tracks information for each student, including date of birth (to indicate minor students), oral exam consent or refusal, priority level, date of x-ray and initial exam, dates of basic oral care, dates of dental hygiene appointments, and notes.

Stephanie Williams, HWD (Schenck JCC), explains how the dental tracker works. “The nurses who complete the Dental Readiness Inspection identify those students who have obvious dental concerns or symptoms. They are prioritized for a dental appointment before others in their intake group. Our nursing staff, dental hygienist, and dental assistant constantly update the trackers. This way, everyone is aware of the oral health needs of our students. This spreadsheet helps us track which students require appointments for treatment, their priority for treatment, and which students are referred to off-center dental providers.”

## Interdisciplinary Collaborations with Oral Health Personnel (continued)

Ocie Drake, Jr., DDS, believes the Detroit wellness center's whole patient approach to care promotes collaboration among the wellness programs. He cites the SHR as a key to learning about the students' health status. He is accustomed to reviewing all sections of the SHR to become familiar with the whole student. Dr. Drake states, "The Detroit JCC encompasses the whole-patient approach from the time the student first enters the wellness center. All adverse medical conditions and dental conditions are made known and documented in the SHR. This is how we have always worked. When providing overall care, no provider should have incomplete health information."



Pregnancy often impacts an expectant mother's oral health. Hormonal changes can affect their gums and potentially cause a condition known as pregnancy gingivitis. Morning sickness with vomiting can cause tooth enamel erosion, sensitivity, and even tooth decay. This occurs when there is repeated and prolonged vomiting. Vomiting exposes the teeth to the stomach acids. For these reasons, pregnant students need to see the center dentists for an oral examination and treatment of dental decay. They need to see the dental hygienist for dental hygiene services.

Share Fowler, RDH (Woodstock JCC), Mary Economy, RDH (Penobscot JCC), and Lisa Woodard, RDH (Gary JCC), agree that their center nurses diligently inform them when a student is pregnant. At their centers, they schedule pregnant students for clinical dental hygiene visits. During the visits they treat any gum disease, motivate the pregnant students to keep preventative care visits, provide oral health education, and help them improve their oral hygiene practices. Lisa Woodard, RDH, also recalls her pregnant students on a quarterly basis.

Some studies have suggested poor glycemic control can negatively affect the periodontal health of patients. Gum disease can negatively affect glycemic control in students with diabetes. Janet Jones (Mississippi JCC), who functions both as an LPN and a dental assistant, speaks with all students with diabetes before obtaining their consent for an oral health visit. Dr. Kelly Buttrick (Northlands JCC) sees students with diabetes for oral exams, then she refers them to the registered dental hygienist. An effective referral/feedback system between the Medical and Oral Health programs benefit the students with diabetes.

Inviting available oral health personnel to the administrative meetings that the HWDs convene is helpful. Dana Crews, RDH (Brunswick JCC), sometimes attends these interdisciplinary meetings. She contributes and benefits when she attends such meetings. It is an opportunity for her to share an oral health perspective.

### Iroquois JCC

Before they provide care, the center dentist and dental hygienist ask diabetic students if they know their latest glucose A1C reading. They ask the date and time the glucose reading was last done. They reinforce the importance of knowing one's glucose levels and the reason why they are important for the oral health personnel to know.

They go on to explain why they need this information. Students are surprised to learn that uncontrolled diabetes can slow down healing. That is why the oral health personnel place students with diabetes and gum disease on a 3-month recall. As Type 2 Diabetes is one of the most common diseases in the U.S., the oral health personnel take the time to educate the students with diabetes about the benefits of diet and exercise. They encourage them to adopt healthful lifestyle practices. They show them how to brush and floss properly. The oral health personnel advise all students to brush after meals and brush and floss prior to bedtime. They explain the importance of keeping bacteria to a minimum to prevent plaque build-up.

Cynthia Hopkins observes, "I personally think it is important to discuss the mental health of students and the stigma that sometimes goes along with having diabetes. It is important not to 'blame' the disease on the student. Depression, anxiety, and diabetes have to be managed together."

Communication must be bi-directional: physicians must be apprised of oral manifestations of the disease to help them regulate blood glucose levels, and dentists must be updated on glycemic control to help them maintain a patient's oral health. Treating patients with diabetes also represents an opportunity to expand a dentist's referral base.

## Interdisciplinary Collaborations with Oral Health Personnel (continued)

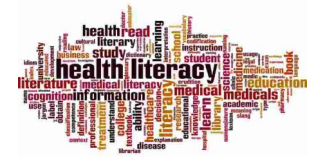
### Summary

Interdisciplinary collaboration between the medical, nursing, and oral health staff improves student health and oral health outcomes. Bi-directional communication is essential. Co-located Wellness programs, Wellness providers documenting in a single SHR, and an effective referral/feedback system contribute to productive collaboration. Face-to-face communication between Wellness staff is a benefit, but often the center physicians and oral health personnel are part time and may not work on the same days. Therefore, documentation in the SHR and an effective referral/feedback system are a means of communication. In a future newsletter feature, oral health personnel will share their collaborations with the mental health consultants and the TEAP specialists.

## Advancing Health Literacy and Healthcare Integration

Submitted by: Brian J. Swann, DDS, MPH, Job Corps Regional Oral Health Specialist

Here are excerpts from an article that Dr. Swann co-wrote in 2021; the suggestions are still vital and applicable today within the Job Corps Health and Wellness departments.



*Health literacy is defined as the degree to which individuals have the ability to find, understand and use information and services to inform health-related decisions and actions for themselves and others.*

*Health equity is defined as the act of granting everyone access to achieve the maximum state of physical, mental and spiritual wellness without interference. It is a culture in healthcare that is non-judgmental, receptive and understanding.*

*Healthcare is multifactorial: all patients, regardless of background and culture, must be understood, feel respected and must know that they are receiving the best treatment available. COVID-19 has dramatically demonstrated that all segments of our community need and must receive care and attention. A virus makes no distinction of age, gender, or social economic status. In order to contain disease such as COVID and to keep our communities free of pandemics, all healthcare entities must work together. This model applies to our Health and Wellness departments. The aim is to improve and reinforce health literacy and equity by offering our patients a user-friendly and culturally sensitive environment in which they will be heard and feel welcomed. Healthy People 2030 emphasizes the importance of health literacy at the organization levels. There lies the possibility to intersect health literacy across healthcare disciplines. Working across disciplines can play a pivotal role in providing primary preventive care and secondary care in the form of early detection. This model has been shown to reduce outside referrals by doing warm handoffs internally.*

*As an example, looking beyond the head and neck, and by conducting a brief medical interview, oral physicians or dentists become cognizant of behavioral health needs such as signs of abuse, attention deficient syndrome, depression and PTSD issues. When the primary care physician or nurse conducts an oral evaluation by just looking into the mouth as a part of the physical examination, they can determine whether there might be an abnormality. Adding oral health questions to the review of systems provides useful and often, important clues about the patient's overall health. Such questions include whether you have pain in or around the mouth, does that pain keep you awake, do you have swelling, can you chew properly, and do you wear an oral appliance? The pharmacist is also an excellent source of information about drug interactions, vaccines and about smoking cessation. Mental or behavioral health specialists are experts in counseling patients with high anxiety levels and fear about dental visits and injections, or concerns related to personal appearance and hygiene. Practicing in this capacity impacts how we function within our departments and benefits us as providers and the students we treat as our patients. As knowledge is shared among peers, families ultimately to communities, it earns the title as the Halo Effect.*

### References

1. Healthy People 2030
2. Ryan Lee, Brian Swann, "How and Innovation Health Literacy Strategy Advances Health Equity", Journal of the California Dental Association, 2021



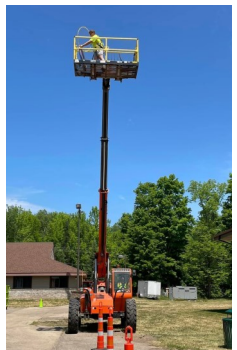
# Health and Wellness Fair — Blackwell JCC

Submitted by: Angelica Lemerande, RN, Nurse

On June 6th, the Blackwell Health and Wellness Department hosted a Health and Wellness Fair for the students. Educational information and resources available to the students consisted of emergency medical care, summer wellness education, farm to table benefits, sexual abuse and domestic violence resources, workplace safety education, STI/STD education and condoms, rock painting, choosing healthier beverages with less sugar, benefits to your wellness when you donate your time and services, benefits of reading, and information on illegal drugs and drug testing. The students also enjoyed lunch from Taco Dan's Food Truck and a treat from Shark Bite Italian Ice!

Shout-out and a big thank you to the following participants:

- Tri-County Council on Sexual Abuse and Domestic Violence
- Forest County Health Department
- Forest County Drug Task Force
- Laona Beautifying Committee
- Town of Laona
- Forest County Chamber of Commerce
- Laona Rescue Squad
- Shark Bite Italian Ice
- Taco Dan's Food Truck
- Blackwell Job Corps Staff





## Wellness Center Provider Meetings — Clearfield JCC

*Submitted by: Tyler Elwood, DMD, Center Dentist*

As a new Job Corps Center dentist, I was able to experience my first interdisciplinary meeting here at Job Corps on February 14<sup>th</sup>. This meeting has taken place weekly for many years at the Clearfield Job Corps Wellness Center and is a great opportunity for the health care providers on the Job Corps campus to get together to discuss the needs of the students.

All of the wellness center providers gathered to discuss the students that were seen during their initial intake exams earlier in the morning.

Each provider had the opportunity to discuss each individual student and their medical, mental health, and oral health needs. All individuals present at the meeting had a list that included the names of each of the students that were seen and shared the information pertaining to their area of expertise.

The weekly meetings provide an opportunity to collaborate as health care professionals and emphasize the overall well-being of each student. They allow each provider to address their specific area of expertise and how it relates to the well-being of the student as a whole.

As a dentist, this was very refreshing because, unfortunately, the mouth has often been viewed separate from the rest of the body. The interdisciplinary collaboration of wellness center providers dismisses that notion and helps to reiterate the mind/mouth/body connection and how these disciplines are all interconnected and integral to providing comprehensive health care to the students that are here.

I enjoyed having this opportunity and look forward to continuing to build relationships and rapport with all of the health care staff. This will enable me to become a better, more well-rounded dentist that continues to treat and help people, not just teeth. Here's to many more wellness center provider meetings!



Back Row (Left to Right): LuAnn Maughan (TEAP counselor), Gail Rugg (TEAP counselor), Ryan Hancock (Wellness Center Director), Darwin Crosland (MH)

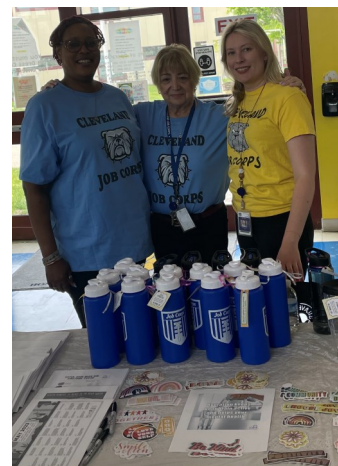
Front Row (Left to Right): Diane Wilson (MD), Cindy Haacke (FNP), Scott Walker (MH), Tyler Elwood (DMD)

## Mental Health and Hydration — Cleveland JCC

*Submitted by: Kailyn Juth, Center Mental Health Consultant*

The center organized a mental health event revolved around the connection between hydration and how it can support our mental health. Students were invited to come up and select a water bottle, decorate it to make it their own, and to motivate them to drink more! The center distributed informational handouts describing the importance and impact of hydration. In addition, TEAP collaborated and promoted the importance of hydration and sobriety.

The [Hydration and Mental Health: How Are They Related?](#) article provides more information about the importance of hydration on your physical and mental health.



Left to right: Ms. Pennington (TEAP); Ms. Veneziano (CMHC); Ms. Juth (CMHC)

## Mental Health Awareness Event — Finch Henry JCC

*Submitted by: Dr. Ashley Anderson, LCSW, Center Mental Health Consultant*

The Health and Wellness Department hosted a center-wide Mental Health Awareness Program. Ms. Wilks (CMHC) spoke about healthy ways to promote and improve mental health. The center provided appetizers and desserts and had a professional massage therapist provide everyone 1-minute massages. At Finch-Henry we believe, "There is hope, even when your brain tells you there isn't." —John Green.



Left to Right: Dr. Anderson, CMHC; Ms. Wilks, CMHC

## Mental Health Awareness Event — Flatwoods JCC

*Submitted by: Rachel Carter, Center Mental Health Consultant*

Flatwoods JCC hosted a variety of center-wide events for Mental Health Awareness Month. These events were facilitated by the CMHC in collaboration with other departments on center. We kicked off the month with a "Mental Health and Employability" presentation for all students, followed by banner making with finger paint to "Stop the Stigma" of mental illness. These banners were displayed in academics, the dining hall, and in all dorms.

We held weekly "Creating Calm" meditations as well as an outdoor meditation entitled, "A Walk in the Forest." Students and staff participated in a mental health walk around center while wearing awareness bracelets and stickers to support mental health. During the walk, students and staff were able to read positive messages that were written with sidewalk chalk to help uplift their mood, inspire, and bring awareness to mental health.

Students participated in Stress Bingo and Coping Skills Bingo and won some great prizes while learning about effective ways to cope with stress. We ended the month with "The S'More You Know" stress buster bonfire and smores. Our Center Director, Safety Officer, and CMHC also addressed mental health awareness in the Monday morning meetings with all students and staff. Mental Health Awareness handouts were placed in the dining hall and in bulletin boards in dorms throughout the month. Green streamers were used in various departments to highlight the color for mental health awareness. We had excellent student and staff participation.





## February Health Awareness Events — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

During the month of February, the Gary JCC held two table events for students.

The Hays-Caldwell Women’s Center, a Gary JCC partner, held a table event on February 14<sup>th</sup> to provide education to students about [Teen Dating Violence Awareness and Prevention Month](#).

Gina Terrell, TEAP specialist, and Dr. Seahorn, CMHC, held an event in February that answered questions and distributed information about the TUPP program.



Teen Dating Violence Awareness and Prevention Month



TUPP Program

## Mental Health Month — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

Gary JCC CMHCs, Dr. Seahorn, Ann Brown-Prier, Chasity Shugart, Dr. Fleck, and Dr. Dinkins, held numerous events for “May is Mental Health Month” with the SGA and their sponsor, Ms. Hope Powell. Students enjoyed Feelings Bingo, Art Contest, an art show with student art and posters of celebrities who have disclosed mental health challenges, a ‘Wellness Warriors’ self-care workshop, ‘All the colors of feelings’ tie dye shirt event, and Memorial rock painting with Dedication Ceremony. Students received care packages during May and staff received information about Mental Health Month as they arrived on campus one morning.





## Mental Health Awareness Event — Grafton JCC

*Submitted by: Susan Search, RN, BHSA, Health & Wellness Director*

While May is officially recognized as Mental Health Awareness Month, Grafton JCC, is committed to raising mental health awareness and promote well-being throughout the entire year. The goal is to equip students with the necessary tools, knowledge, and resources to navigate their mental health journeys and seek help when needed.

On May 24th, the wellness staff team set up a Mental Health Awareness table in the cafeteria offering valuable resources and information to students and staff. Students had a chance to meet Mr. Kohl's therapy dog, Juniper! Therapy dogs have proven to be a valuable resource in enhancing emotional well-being, reducing stress, and providing comfort and support to individuals dealing with various mental health challenges. In addition, the CMHC and two nurses assisted students with making stress balls from play-doh and balloons!



## HEALS Event — Grafton JCC

*Submitted by: Susan Search, RN, BHSA, Health & Wellness Director*

On May 25th, Grafton JCC celebrated a HEALS (Healthy Eating and Active LifeStyles) Day by getting the entire campus involved in activities to promote physical and mental health. The morning started with a presentation from the CMHC discussing the importance of taking care of our mental health. Students have many resources available to them — it is important to seek them out and to be comfortable asking for help.

The students and staff headed outside for various activities: a 5k race, a push-up/pull-up/sit-up competition, basketball, jump rope, relay races, hip-hop abs, hula hoops, soccer, and more. Students also participated in journaling, arts and crafts, and meditation activities. The Culinary Arts students made fruit smoothies for all.

The students had a great time. Everyone got their sweat on and pushed themselves to complete and try new things. Two classes teamed up to put on a relay-style obstacle race and a tire-lifting competition. The best part of the day was the community engagement, students and staff getting healthy, and having fun together!



## Sexual Assault Awareness Month — Iroquois JCC

*Submitted by: Stephanie Jackman, LCSW-R, MS, Center Mental Health Consultant*

In recognition of [Sexual Assault Awareness Month](#), in April, the Iroquois Mental Health Consultants Stephanie Jackman and Zachery Sargent cofacilitated group trainings on informed consent, healthy relationships versus unhealthy relationships, understanding the role of boundaries within relationships, and empowerment over one's body. The students were engaged in the 50-minute training sessions.



## Sexual Assault Awareness Month — Iroquois JCC

*Submitted by: Stephanie Jackman, LCSW-R, MS, Center Mental Health Consultant ; Zachery Sargent, Center Mental Health Consultant*

Iroquois JCC conducted a Mental Health Awareness Month center-wide event. The staff and students participated in activities such as basketball, volleyball, slip and slide kickball, and yoga. This year's Mental Health Awareness theme was 'Anxiety.' Staff and students participated in mindfulness activities, such as yoga and nature walks, in an effort to learn how to self-regulate. The day wrapped up with a barbeque and ice cream truck for staff and students.

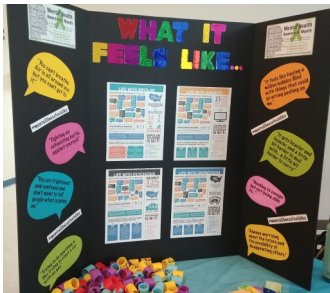




## Mental Health Awareness Booth — Keystone JCC

Submitted by: Camille Zions, Center Mental Health Consultant

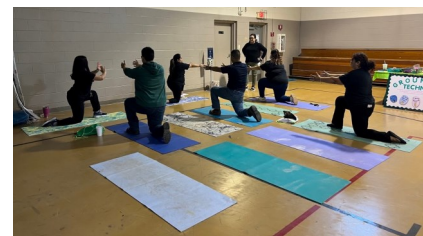
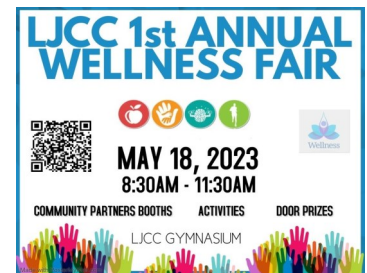
On May 24th, Keystone JCC set up a Mental Health Awareness booth during the students' lunch period. The theme was *Mental Health Matters: Take Care of Yourself*. Dr. Zions had two displays — celebrities who have been outspoken about their own mental illness, and what having a mental health disorder feels like with quotes from real people. The center also had give-aways focused on self-care: mental health handout (helpful apps and hotlines), 33 Ways to Improve Your Sleep bookmark, star-shaped stress balls with inspirational sayings, Pop-it keychains, mini Slinkys, mini bouncy balls, coloring sheets, word searches, silicone bracelets reminding student that they are not replaceable, and slow breathing stickers (textured stickers you put on the back of your phone and you use your finger to follow the path which prompts you to breathe, hold, and release). Students were engaged and learned of the different ways to use some of the give-away items. Overall, this event was pretty successful!



## 1st Annual Wellness Fair — Laredo JCC

Submitted by: Nikki Dyer, BSN, RN, Director of Health and Wellness, Strategix Management LLC

Laredo JCC officially had their 1st Annual Wellness Fair! All was done with our students in mind and how beneficial and crucial it was for them to learn about the wellness services the community has to offer. A big thank you to all that participated and contributed to making this event a success. A special thank you to our student leaders, the Counseling Department, Purchasing Department, and health & wellness team. This was a team effort!

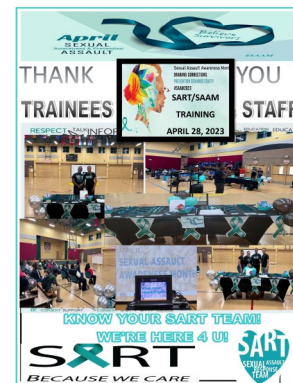




## Sexual Assault Awareness Month (SAAM) — Miami JCC

Submitted by: *Dr. Cassandra Wimes, Center Mental Health Consultant*

On April 28th, Miami JCC proclaimed its commitment to take action against sexual violence. The CMHC team and HR department collaborated to provide Sexual Assault Awareness Month (SAAM) and SART trainings. MJCC is proud to celebrate trainees and staff becoming advocates by signing 150 Sexual Assault Awareness Month Proclamations. In exchange, trainees and staff were rewarded with candy, eyewear, arm bands, beads, and pens to support this year's SAAM campaign themed "[Drawing Connections: Prevention Demands Equity](#)." The SAAM campaign calls on all individuals, communities, organizations, and institutions to change the systems surrounding us to build equity and respect within the community, workplace, and the future our youth hold. In addition, the CMHC team posted SAAM activities weekly in the Life Matters Google classroom to promote awareness.



## Mental Health Awareness Month — Mississippi JCC

Submitted by: *Anitha Powell-Crisler, Health and Wellness Director*

The Mississippi JCC organized a 2023 Mental Health Awareness Month information table on anxiety, depression, and stress with coping strategies provided by Dr. Haralson, CMHC, and his team including Dr. Brown, Dr. McMurtery, Dr. Johnson, and students.



## Mental Health Day — Ottumwa JCC

Submitted by: *Caren Roth, MSW, LISW, Center Mental Health Consultant; Ben Wyldes, TEAP Specialist; Kelsie Millard, RN, Wellness*

On May 31st, Ottumwa JCC celebrated Mental Health Awareness Month with various activities for students and staff. The center kicked off the festivities late morning with a group photo followed by Manny's BBQ Food Truck. Our indoor and outdoor activities followed lunch and included rock painting, coloring station, giant Jenga, sidewalk chalk, bags tournament, hammocks, flying kites, big bubbles, scavenger hunt, and an afternoon ice cream bar.

During the month of May, wellness held a weekly awareness activity during lunch at the cafeteria. Students who participated in the brief educational opportunity were able to receive a take-away prize, and their name was added to a grand prize drawing that was held at the end of the day.



# Inclusion, TEAP, and More — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist



As a community service activity, students in Pinellas County's LGBTQIA+ Support group, Q & A, wrote letters to show their support for kids attending CampOut Florida (a non-profit summer camp program for LGBTQIA+ kids).



The center partnered with Metro Inclusive Health (a local organization that provides quality health and wellness services). Metro Health Specialist, Rolando Reyes, will be facilitating our LGBTQIA+ support group twice a month.



For Alcohol Awareness Month, students participated in the center's 4th Annual AAM Ultimate Frisbee match. Ultimate is a fast-moving and challenging game that emphasizes teamwork.



Students were given a presentation from NOPE ([Narcotics Overdose Prevention Education of Pinellas](#)) on May 9th, National Fentanyl Awareness Day. Speakers included Laurie Serra and Mark Rudolph, who each have lost a son to an opioid overdose; Sgt. Dan LeFay, Pinellas County Sheriff's Officer, who has responded to opioid crisis calls; and Kim Gordon, a recovered addict who has turned her life around and now helps others struggling to recover.



The Medical Billing and Coding students got the opportunity to learn some stretching techniques and poses from our fabulous Records Department staff Michel Evans and Courtney Smith.



# Mental Health Awareness Month — Pittsburgh JCC

Submitted by: Melissa Baker, Center Mental Health Consultant

A variety of activities influenced by the 2023 Mental Health Awareness Month theme, “[Look Around, Look Within](#)” were offered to Pittsburgh JCC students during the second week of May in celebration of Mental Health Awareness Month.

Throughout the week, CMHCs held an educational table outside of the Café. CMHCs distributed Mental Health Toolkits and a Pittsburgh JCC Mental Health Awareness Month t-shirt during this event.

Students had the opportunity to participate in several groups with CMHCs during the second week of May. CMHCs engaged students in activities to explore thoughts and feelings regarding their living environment. CMHCs provided psychoeducation regarding emotional awareness, identifying feelings, and identifying changes that students can make to their surroundings to assist them to improve their mental health.

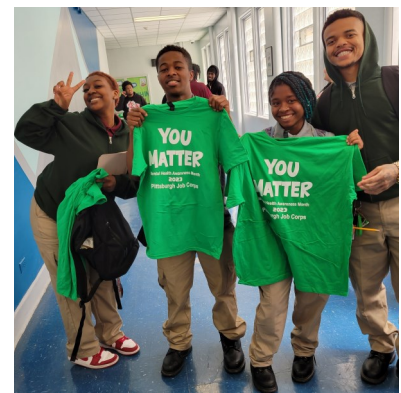
Two student art groups were held at the mental health building during the week. These groups were guided by the theme of environment, and exploring and examining the impact of our environment on our mental health. Student art produced will be displayed in the mental health building as an additional avenue towards influencing our surroundings and improving the aesthetic environment.

Students were also given several opportunities throughout the week to engage in a “30-minute walk for Mental Health” with a CMHC. Students were presented with psychoeducation regarding the connection between physical and mental health. A CMHC also engaged students in exploring the psychological benefits of being outdoors.

Students were invited to enjoy the outdoors and to learn about the importance of self-care as well as to share their own self-care strategies with their peers by taking part in a “Chalk the Block” Party. Students were encouraged to depict self-care activities through the medium of chalk outside of the wellness center.

Lastly, to end the week, students were given the opportunity to assist in beautifying and improving the environment in which they live by helping to plant flowers outside of the mental health building.

Additional education regarding the importance of mental health was coordinated and provided by various wellness staff: center physician, TEAP, and HWD via email each day throughout the week.





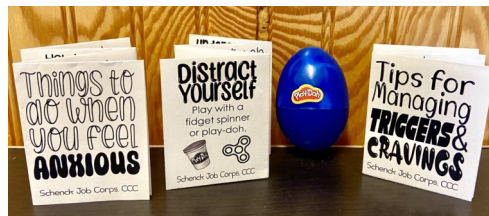
## Substance Use Prevention and Mental Health — Schenck JCC

Submitted by: Stephanie Williams, RN, Health & Wellness Director

On March 31st, the Schenck JCC Health and Wellness department sponsored an event to highlight substance use prevention and mental health. The HWD, TEAP specialist, and CMHC worked together to develop two pocket-sized flip books that provided examples of positive coping mechanisms:

- Tips for Managing Cravings and Triggers
- Tips for Managing Anxiety

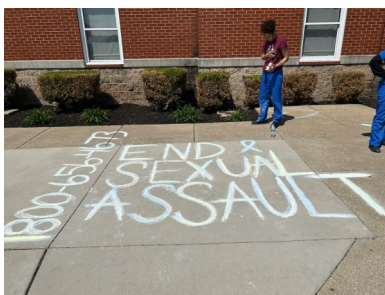
One tip in each flip book is to "distract yourself" with something tactile — a fidget spinner or Play-Doh. Students were invited to come take a flipbook and a Play-Doh egg, and speak with the TEAP specialist and/or CMHC about healthy coping mechanisms!



## Sexual Assault, Youth Violence Prevention and Mental Health Awareness — Whitney M. Young JCC

Submitted by: Amy Worthington, LCSW, Center Mental Health Consultant

For Sexual Assault Awareness Month, Whitney M. Young JCC held their 2nd Annual Take Back the Night Rally (chalk messages and signs decorated by students), participated in the National Wear Denim Day, and made a visual display that represented the number of students that will experience sexual assault in their lifetime. The center also had NAMI Club members decorate t-shirts for a Youth Violence Prevention Clothesline Project that was displayed in our cafeteria. We have some very talented artists! Lastly, students participated in Mental Health Awareness activities and completed depression/anxiety screenings with awareness bracelets. Also, Ms. Worthington presented information to staff regarding mental health awareness.



## May Mental Health Awareness Month and HEALS Smoothie Day — Wolf Creek JCC

Submitted by: Troy D. Davidson, ICSAC, CADCI, Alcohol & Drug Abuse Counselor

The Wolf Creek JCC has a great interdepartmental communication and collaboration that is evident in the following center activities:

- Monday Morning “Pump-Up!” — Wellness Center/Nurse
- Leadership Summit — Providing training and support to our leaders, off campus, promoting best practices and positive change. Residential Living/Counseling/Center Nurse/WPO/ CPP Coordinator/ TEAP
- Counseling — Andrea and Tony have amped services with groups and effective intervention strategies.
- Career Success Standards: “Are You Okay?” (animated presentation) — Process the significance of checking in on emotional needs of peers. Residential Living/TEAP
- National Prevention Week (SAMHSA) — TEAP trips, classes, and activities. TEAP/Counseling/Education
- Community Service/Recycling — Mental health focus on the benefits of a productive and contributing member of society. TEAP
- Evening/Weekend Studies: “Inside Out” (animated presentation) — Plot: Within the mind of a young girl named Riley, there are the basic emotions that control her actions: joy, sadness, fear, disgust, and anger. Her experiences become memories, stored as colored orbs, which are sent into long-term memory each night. TEAP/ Education
- Wellness Walks — Spring has sprung, and what a great opportunity to bask in the sunny wonders of the Umpqua National Forest as a healthy break in the day. Education
- Morale, Welfare, & Recreation — Portland Zoo Visit and Season’s first campout (May 5 - 7). Acting Center Director, Residential Living
- Pizza Feed — Great job recognition for the 98% on the SEA survey. Yeah! May 9, Papa Murphy’s YUM! Residential Living/TEAP
- Smoothie Social (HEALS/Cafe/Cafeteria) (May 12) — Thanks to the cafeteria staff and Nicole for the back-up! Mr. Davidson reached out to the Drug, Alcohol, and RX Taskforce (DART) is a team of local community members that represent approximately 16 Douglas County agencies. The taskforce seeks to fight stigma, support change, and prevent overdoses. Membership is open and participation is voluntary. DART meets monthly and interim work is divided into subcommittees.
- Mental Health Fun Day (May 19) organized by our VDS — Center-wide activity
- Weekly Sunday CODA (Codependency Anonymous and Narcotics Anonymous) meetings. TEAP
- Safety Officer — Each Safety meeting always starts with a positive mental health check-in.
- “Mind over Matter” — TEAP invited to the worksite as the firefighting candidates performed chainsaw skills. Medical, Residential Living, and Forestry team
- Special games, prizes, and treats for trainees who visit TEAP with informative videos and materials to distribute.



## Health Observances & Resources

### July

- [BIPOC Mental Health Month](#)

### August

- [National Immunization Awareness Month](#)

### September

- [Fruits & Veggies—More Matters® Month](#)

## Do you have a ...

Topic idea or want to highlight your center activity? **The deadline for the Fall 2023 newsletter is September 8, 2023.** You can submit your suggestions to:

**Julie Luht, MPH**  
Email: [julie.luht@humanitas.com](mailto:julie.luht@humanitas.com)



## 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

- Program Update Q&A: COVID and Opioids — June 9 & 13, 2023
- Applicant File Review for CMHCs — May 23 & 25, 2023
- We are Better Together: Interdisciplinary Health and Wellness Case Studies — May 17 & 18, 2023

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