



Health & Wellness



Summer 2024

Newsletter for Job Corps Health & Wellness Staff

Solutions

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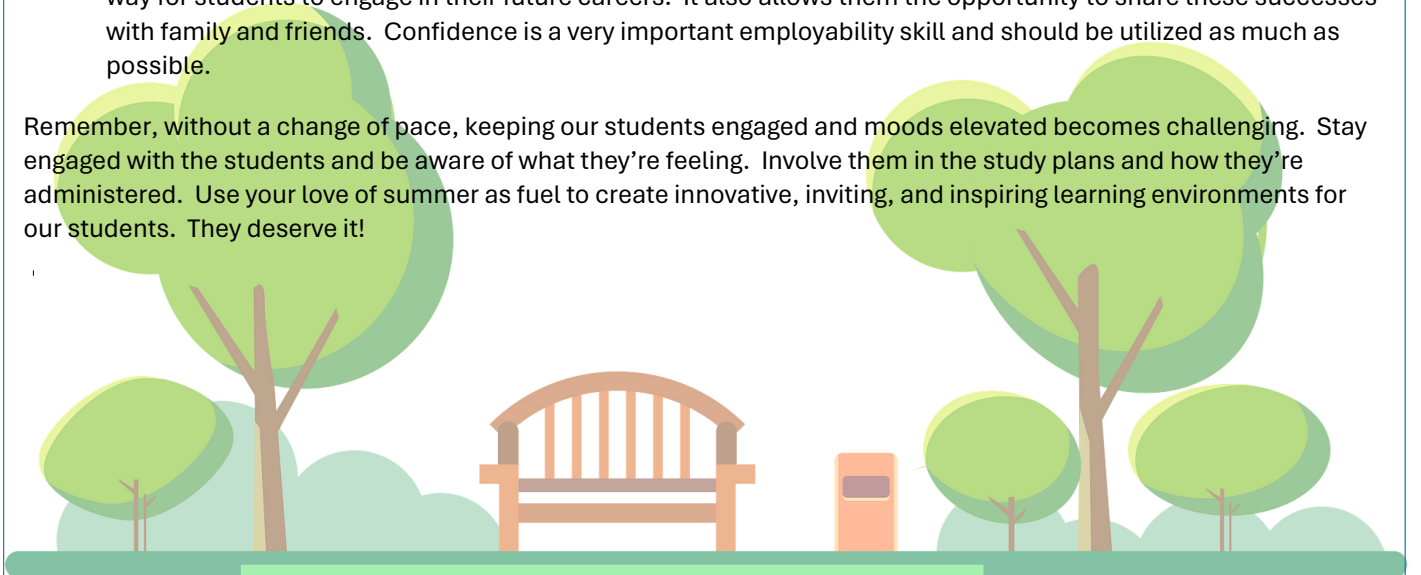
Summertime Blues

Submitted by: Jason Young, RN, Assessor/Nurse Specialist

Summertime is here! It's a time to enjoy vacations, grilling, swimming, camping, family get-togethers, etc. These things become part of our weekly entertainment and we LOVE it! We count the seconds until our shift ends and go home to our families after a hard day's work. Unfortunately, our students don't always experience these things during the summer months. They're hard at work on their trade, but thoughts of friends and family enjoying the summer enter their thoughts. So, how can we make the summer enjoyable for our students too? Here are a few things that centers can do to keep the students' attention and help ease the "summer blues" experienced by many of them.

- Book a community guest to speak with the students. New faces are a powerful tool in keeping the students' attention and helping them stay engaged. Visitors working in similar fields can inspire students to set career goals and ask questions regarding their field.
- Have classes outside on nice days. Use the weather as a means of benefit to capture students' attention. Recreation events utilizing summer events, such as grilling and swimming, can also lighten the load our students carry. Healthy activity can help improve mood and may be effective in preventing or treating mild depression.
- Create awards for students to win! Acknowledgment of a student's advancement in their trade is a tremendous way for students to engage in their future careers. It also allows them the opportunity to share these successes with family and friends. Confidence is a very important employability skill and should be utilized as much as possible.

Remember, without a change of pace, keeping our students engaged and moods elevated becomes challenging. Stay engaged with the students and be aware of what they're feeling. Involve them in the study plans and how they're administered. Use your love of summer as fuel to create innovative, inviting, and inspiring learning environments for our students. They deserve it!



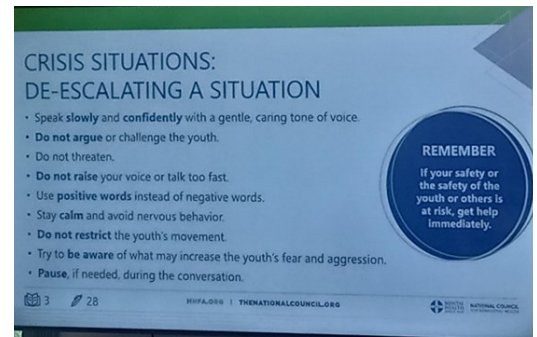
Mental Health Training — Flatwoods JCC

Submitted by: Rachel Carter, Center Mental Health Consultant

In observance of Mental Health Awareness Month, Flatwoods JCC hosted Frontier Health Prevention Services to provide [Youth Mental Health First Aid](#) (YMHFA) training for all staff, as well as a 1-hour training for all students.

The YMHFA training was very informative and highly interactive. The training objectives are:

- Describe the purpose of YMHFA and the role of the First Aider
- Recognize the signs and symptoms of mental health challenges
- Explain the impact of traumatic experiences and the role of resilience on adolescent development
- Apply the appropriate steps of the YMHFA Action Plan (ALGEE) to non-crisis and crisis situations
- Choose appropriate methods for self-care following application of YMHFA in a crisis and non-crisis situation



Mental Health Awareness Month — Frenchburg JCC

Submitted by: Tiffany Diehl, MS, LPP, BCBA, Center Mental Health Consultant

The Frenchburg JCC organized several activities for Mental Health Awareness Month. Ms. Diehl spotlights a weekly mental health topic with flyers for Frenchburg staff to share with students. The center also celebrated Mental Health Action Day on May 16th, with a "[Be Seen in Green](#)" challenge across the center. In addition, goodies were handed out to all students during an all dorm meeting, and staff were welcome to stop by and grab themselves a bracelet or pin to wear on Thursday as well.

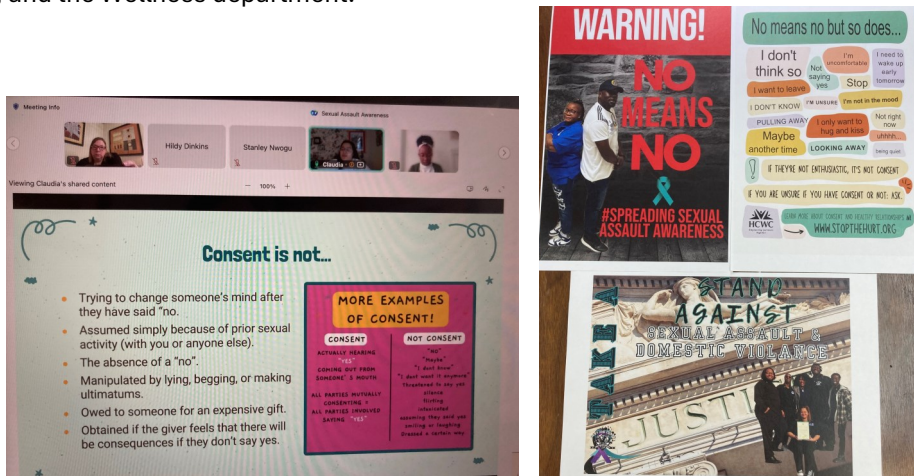
In joining the "[Be Seen in Green](#)" challenge, students were not just wearing a color, but shining a light of hope and support on mental health for millions of people.



Sexual Assault Awareness Month — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

The Gary JCC CMHCs held several activities in April for Sexual Assault Awareness Month (SAAM) for students and staff. On April 12th, the center organized a staff training on Sexual Assault Awareness Prevention, with presenters from our partners—the Hays-Caldwell Women’s Center. On April 19th, CMHCs distributed literature, “The Key is Consent” bracelets, with a decorative key and teal-colored beads to students and staff. Also, the Student Government and Wellness collaborated to make posters, with staff and students posing as actors. The posters were placed around the center, each dorm, and the Wellness department.



Mental Health Awareness Month — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

Gary Job Corps CMHCs held several activities for staff and students for May’s Mental Health Awareness Month. This year, the center added a focus on staff self-care. A bulletin board was decorated for the Wellness Center where staff could take a positive quote, read words of wisdom, use a Pop-It, take educational materials, or anonymously write a short thought or feeling.

The CMHCs also held a breakfast for the nursing and other Wellness staff members, and a self-care themed gift exchange.

Mid-month, a student activity titled “Wellness Workshop” was held. Self-care activities, such as making bath-scrubs, friendship bracelets, and calm-down bottles, were offered. There were puzzles to put together and take away, and painting was available. Snacks were served and it was enjoyed by all attendees.



Kick Butts Day — Grafton JCC

Submitted by: Susan Searah, RN, BHSA, Health & Wellness Director

Andrew DeMalia, former TEAP Specialist, coordinated a Kick Butts Day event for students at the Massachusetts State House. The event was hosted by [The 84](#), a program of the Massachusetts [Department of Public Health's Tobacco Cessation and Prevention Program](#), developed and managed in partnership with [Health Resources in Action](#). It is a Massachusetts youth organization fighting the tobacco and vaping industries.

Students participated in a leadership development training and met with public officials. The day included breakfast and lunch; face-to-face meetings with state representatives and senators; and an event and award ceremony with Massachusetts Department of Health leaders, public officials, and the press. Students were able to learn and practice leadership skills through public speaking opportunities and meetings with officials. They were able to interview Rep. Muradian, Mr. Leader, and Jeff Roy in the House Chambers about the process of voting and passing bills. Our students were able to advocate for a proposal for a bill to lower the age for the sale for nicotine patches to help youth kick the harmful habit of tobacco use. This was a chance to connect with hundreds of other youth who are motivated to make positive community change and promote healthy choices among their peers. This was a very inspiring experience. A couple of our students left feeling empowered by their ability to influence government issues that they are passionate about.

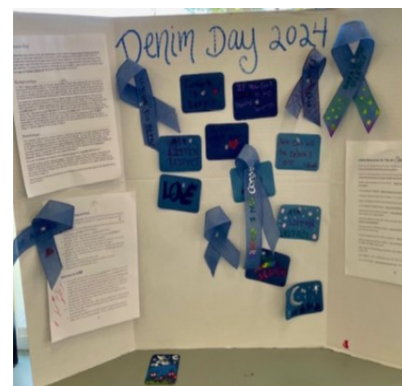


Denim Day: Wearing Jeans with a Purpose — Grafton JCC

Submitted by: Susan Searah, RN, BHSA, Health & Wellness Director

April 24th is [Denim Day](#), a global movement in honor of Sexual Assault Awareness Month. The movement began after a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices agreed with the defense lawyer that since the victim was wearing tight jeans she must have had to help him remove them, and thus given consent. This became known as a 'denim defense.' The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. Today, Italian courts do not recognize the denim defense and have established it as unconstitutional.

Grafton JCC participated in Denim Day by inviting staff and students to wear denim and decorated denim patches and ribbons during lunch with statements of support. Messages included "Ask, Listen, Respect," "Break the Silence," and "We can do better." Students also participated in activities that helped to recognize the influence the media they consume has on the culture surrounding consent. Every 68 seconds, an American is sexually assaulted (RAINN.org/statistics). We can make our campus safer by educating ourselves about sexual violence and ways to break the cycle.



Nature Walk — Loring JCC

Submitted by: *Mary Richard, Health & Wellness Director, and Misty Belanger, LADC CCS, TEAP/TUPP Specialist*

Our CMHC and TEAP Specialist have organized a weekly therapeutic walk every Wednesday from 3:00-4:30 pm. The students love it! We currently have 22 students participating, but the group is getting larger every week.

The center also hosted a self-care night that includes massages, mini-facials, drumming exercise class, and several other activities. Another fun event for students that was a blast!



Survivors of Suicide Seminar — Mingo JCC

Submitted by: *Scott Foster, Center Mental Health Counselor*

The Mingo JCC CMHC, Scott Foster, hosted a Survivors of Suicide seminar for students as part of Mental Health Awareness Month. Mr. Foster's sister came to the center to share the story of her daughter (Scott's niece) who died by suicide some years ago. She shares her story as both suicide awareness and prevention, as well as support for others who have lost a loved one to suicide.



Cookies & Conversation — Paul Simon Chicago JCC

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

On March 14th & 26th, our Wellness event, hosted by the TEAP Specialist and CMHC, organized “Cookies & Conversation.” Staff recognizes that there is a lot going on in the world, and especially with our students. In an effort to provide a safe space to chat about some of the things that are on their minds, related to both on and off-campus stressors, we invited students to sign up to join us for Cookies & Conversation I & II.

Each session was an opportunity to share as well as to receive support from staff and fellow peers. Topics included: stress, dysfunctional relationships, difficulty adapting to change, self-

love, resilience, feeling stuck, and the impact of substances in decision-making. Each student was given a handmade, auction-style paddle, ‘yes’ or ‘no’ and variations thereof, to respond to questions and share in the group. Participants enjoyed cookies from Crumble Bakery and milk!



Teen Dating Violence Awareness Month — Penobscot JCC

Submitted by: *Laine Parsons, Center Mental Health Consultant*

The Penobscot JCC CMHC team coordinated the following National Teen Dating Violence Awareness Month (NTDVAM) activities:

- The members of the Healthy Relationships Group and Counselor, Ms. Cross, posted NTDVAM Flags around campus.
- “We Wear Orange” t-shirts purchased by the CMHC and worn by Wellness staff, the CMHC, Center Director, and [Partners for Peace](#) staff on National TDAVM Kick Off Day!
- On February 12th, Ms. Kathleen, Partners for Peace, our local Domestic Violence Project in Bangor, Maine, joined the CMHC to meet with students. Students were encouraged to help raise awareness among their peers on center, and offered educational and promotional items that included: orange beanie hats, custom bracelets, orange memory foam stars, Love is Respect stickers, color-changing pencils and pens, Chapstick, hotline imprinted wooden nickels, mini brochures on a variety of relationship topics, and more.
- The CMHC provided the Healthy Relationships Group with a giant wall-sized coloring page to work on together during one of their Thursday night meetings, which was themed around “Love is Respect 2024: Love Like This.”
- On February 29th, the CMHC coordinated with the Healthy Relationship Group and Partners for Peace to offer a “Healthy Relationship Bingo Night” in the recreation center. Between 50 to 75 students participated and enjoyed snacks made by the Advanced Baking Program students. Staff from Partners for Peace and Ms. Cross from Counseling Department facilitated this event.



National Prevention Week — South Bronx JCC

Submitted by: *George Cabrera, TEAP Specialist*

Alcohol prevention – National Prevention Week.

The South Bronx JCC distributed information from SAMHSA, “[Prevent Unsafe Drinking Behaviors On Campus](#),” for [National Prevention Week](#).



https://pubs.niaaa.nih.gov/publications/2k11/2k1101.pdf' 'NIAAA 10-20-2021 | Revised 2021'"/>

National Skilled Trades Day — Wolf Creek JCC

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

The first Wednesday in May educates us about National Skilled Trades Day. Across the nation, many businesses require highly skilled workers to fill a multitude of trades in the healthcare, construction, manufacturing/industry, and service categories. Learn trades in a variety of fields from machinery and construction to medical and beauty. Whether you're interested in being a chef or mechanic, working as a medical coder or helping others as an Emergency Medical Technician, a nursing aide, or a vet tech, choices are available.

Jobs A-Plenty! There are more jobs than workers, too! And the trend will continue for the next couple of decades. Therefore, National Skilled Trades Day is important today and in the future. Baby boomers retire faster than companies can fill job openings increasing the demand for skilled workers. Pair the drastic costs of a college degree, making education unattainable for many, and a skilled trade becomes the smart alternative.



Mental Health Awareness Month — Wolf Creek JCC

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

Wolf Creek JCC Youth to Youth (Y2Y) and SGA Secretary, Jesse Cozort, jump-started the week for “May is Mental Health Awareness Month!” Youth-To-Youth peer mentors and Student Government Association planned several activities and events for students and staff. The first week’s theme was “Visibility!” Great way to start the week...allowing people to be visible...seen. In recovery we say, “You only keep what you have by giving it away.”

Be the person who breaks the cycle. If you were judged, choose understanding. If you were rejected, choose acceptance. If you were shamed, choose compassion. Be the person you needed when you were hurting, not the person who hurt you. Vow to be better than what broke you—to heal instead of becoming bitter so you can act from your heart, not your pain.



Mental Health Awareness Month — Wolf Creek JCC

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

In the second week of May, during Mental Health Awareness Month, Wolf Creek focused on substance misuse. The Y2Y students and staff invited trainees to attend ADAPT’s “Art of Prevention.” It was an extraordinary evening celebrating the artistic talents of Douglas County’s youth. Everyone was captivated by the remarkable collection of 45 thought-provoking art pieces, which explored themes of substance misuse, suicide, problem gambling, and resilience. Not only was Wolf Creek welcomed, most of our Y2Y peer mentors networked the event, getting creative ideas for on-center activities, trainers, and guest speakers. A very special shout-out to residential living for allowing a second group of trainees to attend with Y2Y staffer, EJ.



Success Lasts a Lifetime — Wolf Creek JCC

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

Wolf Creek JCC's Open House 2024 felt more like a homecoming! Former students, politicians, Forest Service employees, former educators, physicians, staff, and community supporters showed up...and Wolf Creek students...SHOWED OUT!!!

Judge Sergio Gutierrez, an immigrant and former farmworker, 16 at the time, began attending the Wolf Creek JCC in the 1970's. After visiting an employment office, the Job Corps Program was recommended and, as a promise to his late grandma, he enrolled that day. Judge Gutierrez studied carpentry and earned his GED through Job Corps. He quickly became a leader among the students and says the structure, support, and serenity of the center "gave me an affirmation that I could do something with my life."



"I was not going down the right path, and the program literally saved my life," he said. "My life turned around when I enrolled in the Wolf Creek Job Corps Center in Glide, Oregon. Job Corps saved my life. I have a Bachelor of Arts degree from Boise State University and a Juris Doctor from the University of California, Hastings Law School. But I am most proud of the GED that I attained at Wolf Creek because it represented a new start in my life."



One Week on Center — Wolf Creek JCC

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

Congratulations to the students for completing one week on center! These students came in during Mental Health Awareness Month, and TEAP & Youth 2 Youth (Y2Y) responded with a week's focus on preventing substance misuse. The new students were encouraged to join Y2Y in all planned events and activities and become a Y2Y peer mentor. On April 30th, the center welcomed a brand new input group with eagerness! The CPP guide, ETHAN...was hand-picked by TEAP & Y2Y! He knocked it out of the ballpark! What a super great leader and young man. The May 14th group made the TEAP presentation, to especially include the NARCAN training, in-depth and enjoyable.



Denim Day 2024 is April 24th! — Woodstock JCC

Submitted by: *Alexandra Palencar RN, Health and Wellness Director, Woodstock Job Corps Center,*

[Denim Day](#) is a campaign on a Wednesday in April in honor of Sexual Assault Awareness Month. The campaign began after a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans, she must have helped the person who raped her remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. Peace Over Violence developed the Denim Day campaign in response to this case and the activism surrounding it. Since then, what started as a local campaign to bring awareness to victim blaming and destructive myths that surround sexual violence has grown into a movement. As the longest running sexual violence prevention and education campaign in history, Denim Day asks community members, elected officials, businesses, and students to make a social statement with their fashion statement by wearing jeans on this day as a visible means of protest against the misconceptions that surround sexual violence.



Woodstock JCC partners with [TurnAround](#), a nonprofit that provides counseling and support services for survivors of sexual violence, intimate partner violence, and human trafficking. On May 6th, TurnAround came on center and organized an activity for students. The students made buttons with empowering messages.



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 2024 newsletter is September 6, 2024.** You can submit your suggestions to:



Julie Luht, MPH

Email:

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

- Men's Mental Health — May 14, 2024
- TEAP Trends: Retaining Students, Relapse Prevention and Delta-8 THC — April 9 & 11, 2024
- Mitigating Oral Cancer Risk Factors: Leveraging an Interdisciplinary Approach and Behavior Modification for Young Adult Health — April 9 & 10, 2024
- Diabetes Update — March 28, 2024

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