



## Adverse Childhood Experiences Take Center Stage at Job Corps Centers

Adverse Childhood Experiences (ACEs), like parental separation or divorce; emotional and verbal abuse; physical abuse; and neglect, affect many of our Job Corps students. Over the fall and early winter, Job Corps centers implemented lessons learned from the ACEs study.

The ACEs study originally involved 17,000 participants in the mid-1990s, and has expanded and been replicated over the years. ACEs uses a ten-item survey of childhood traumatic experiences, then follows health outcomes of participants throughout the rest of their lives. The study found the higher the ACEs score, the more likely a person would have negative outcomes including addictions, mental health problems, and physical health problems.

This past fall, Allison Diaz, CMHC at San Diego JCC, provided a center-wide intervention based on ACEs to staff and students. She started with a one-hour all-staff training on ACEs, trauma, adolescent brain development, and emotional regulation. The following week, she led a student assembly to talk about ACEs and the importance of resilience. Students were given the ACEs survey and brief resilience survey. Resilience skills and mindset were taught.

During the final one-hour session, staff were given another training to troubleshoot and practice intervention skills to help students improve emotional regulation skills. Staff were also given the opportunity to be surveyed for ACEs. It was determined that many staff also have elevated ACEs scores, and they discussed how it can challenge and strengthen their ability to teach emotional regulation.

**Of the students who took the ACEs survey, 77% responded with one or more ACEs.**



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## Adverse Childhood Experiences (continued)

Dr. Milo Milburn, one of the CMHCs at Pittsburgh JCC, also conducted a training on ACEs for staff. The training identified ways in which the Job Corps program already offers trauma-informed care, Pittsburgh JCC's strides to become a trauma-informed organization, and the importance of self-care and care for the care-givers. The training concluded with one person's story of developing resilience and overcoming tremendous childhood trauma to thrive as an adult.



At Pittsburgh JCC, Altha Stewart, MD summed up the major takeaway of the training as "Risk factors are not predictive factors due to protective factors." Through increased knowledge of ACEs, these centers are better able to address the needs of students, and ultimately help them live healthier, happier lives.

## The Ring Theory

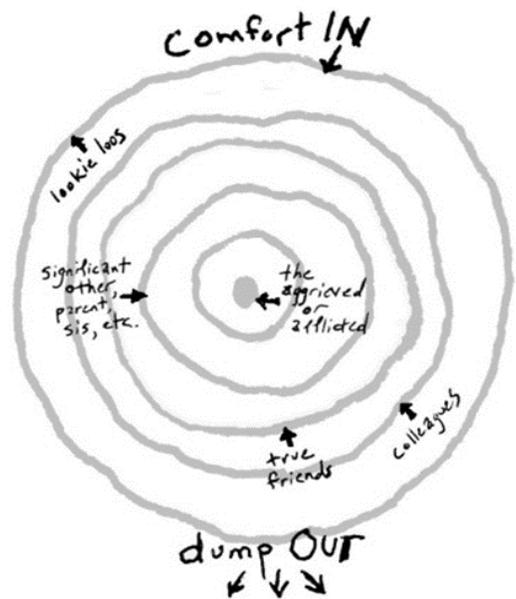
We live in an interconnected society, where a crisis never affects just one person. If a Job Corps student experienced a traumatic event, it can be difficult for those on center to navigate how to deal with both the student's trauma and their own hurt and confusion. Everyone is going to feel the impact of the event in a different way, but from whom can they seek comfort?

Clinical psychologist Susan Silk and arbitrator and mediator Barry Goldman theorized a way to know from whom it is appropriate to seek comfort and support. When Susan had breast cancer and was in the hospital, one of her friends really wanted to visit her, despite Susan's own wishes. This got Susan thinking, of course her friend needed comfort – one of her close friends had breast cancer! But is it appropriate for her to seek comfort from Susan, the victim?

In comes Ring Theory: take a pencil and draw a small ring. Inside that ring, write the name of the person directly affected by the event. Now draw a slightly larger ring and write in those that are closest with that person – parents, siblings, significant other. A slightly even larger ring will contain close friends, then classmates, then everyone else. When seeking comfort, someone can look to anyone in a ring larger than theirs. When someone is approached by anyone from a ring smaller than theirs, they can only give comfort, not receive it.

When comforting those in a smaller ring, the goal is to listen to their problems, rather than to talk or offer advice. Comfort and support phrases include "I'm sorry this happened to you," and offering to help with chores or to spend time or eat meals together. It is important not to tell anyone on an inner ring how you are inconvenienced by the event. If you need to vent (dump), you need to seek someone on a ring larger than yours.

Always remember, comfort IN and dump OUT.



## Job Corps Center Happenings

### Gary Job Corps Center

**Gary JCC** CMHCs held a joint self-care event with TEAP the week Winter Break started. Students made S'mores (many for first time), drank hot chocolate, and put together homemade facial and body scrubs.



### Flatwoods Job Corps Center

**Flatwood JCC** CMHC introduced students to mindfulness through “Well-Being Wednesdays” where students had the opportunity to engage in guided meditation. The CMHC created November’s “Stallworthy News” to display information on mindfulness, which were hung in all bathroom stalls across center. The quote board also displayed a quote related to mindfulness and wellness.



### Earle C. Clements Job Corps Center

**Earle C. Clements JCC** celebrated HEALs Day 2019 with contests, health information, and sidewalk chalk. The focus was to raise awareness for health-related services for students. There were display tables for various Wellness programs — TEAP, TUPP, sexually transmitted disease awareness, dental, weight management, nutrition, and exercise programs (cross fit). Also, participating were other center departments including safety and recreation. In addition, outside agencies such as the Army and Matthew 25 Services (non-profit healthcare clinic) participated in providing information to students.

This year, the health fair kicked off the “Great American Smoke-out” with 160 students pledging to be smoke free that day.



## 2020 Health Observances



### February

- Teen Dating Violence Awareness Month  
<http://www.breakthecycle.org/teendvmonth>

### March

- March 30 - April 5  
National Drug and Alcohol Facts Week  
<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

## Health News

The AAP Julius B. Richmond Center of Excellence and Section on Tobacco Control shared a new resource, “**Nicotine Replacement Therapy and Adolescent Patients: Information for Pediatricians.**” This resource is intended to help pediatricians use nicotine replacement therapy (NRT) to help adolescents who wish to quit smoking and/or quit e-cigarette use. It is available for download here: [https://downloads.aap.org/RCE/NRT\\_and\\_Adolescents\\_Pediatrician\\_Guidance\\_factsheet.pdf](https://downloads.aap.org/RCE/NRT_and_Adolescents_Pediatrician_Guidance_factsheet.pdf).

**Ready, Set, PrEP Expands Access to Medication to Prevent HIV**—HHS news release announces free PrEP (HIV pre-exposure prophylaxis) medications for the uninsured. It is available for download here: <https://www.hhs.gov/about/news/2019/12/03/ready-set-prep-expands-access-to-medication-to-prevent-hiv.html>

**Millennium Health Donates Data to Help Fight the Drug Overdose Crisis**—HHS news release announces agreement with Millennium Health to provide near real-time drug testing data that will enhance efforts and targeted approaches in fighting the overdose crisis in the U.S. It is available for download here: <https://www.hhs.gov/about/news/2020/01/07/millennium-health-donates-data-help-fight-drug-overdose-crisis.html>

## Job Corps Webinars



### Upcoming 2020 Webinars

- Alcohol Detection—February 4 & 6
- HWM Orientation, Part 2— February 5
- HWM Orientation, Part 3—February 19
- CMHC Ethics—February 26
- TEAP Orientation, Part 1—March 10 & 12
- Non-Suicidal Self-Injury—March 12
- TEAP Orientation, Part 2—March 17 & 19
- CMHC Orientation, Part 1—April 23
- CMHC Orientation, Part 2—April 29

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

### Past Webinars

- Community Connections in the Health and Wellness Center — December 9 & 13
- Vaping and eCigarettes — December 4
- Suicide Prevention In Job Corps: What’s Going On And What Can We Do About It? — November 26
- Ways to Make the Most of the Expanded TEAP Hours — November 12

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

## Do you have a ...

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

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