



Health & Wellness



Winter/December 2024

Newsletter for Job Corps Health & Wellness Staff

Solutions

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Year in Review . . .

It's that time of year when we make our New Year's resolutions, but it should also be a time for reflection of the past year. Job Corps is always looking for ways to improve how we deliver wellness services to our students, and this year has been no exception.

As we close out the year, it's important to look back at the new health and wellness policy and program changes of the past year:

- New National Director — John Hall
- New Regional Oral Health Specialist for Boston and Dallas — Joni Forge, DDS
- New Guidance for Managing Respiratory Virus (including COVID-19) ([Program Instruction 23-09](#))
- Revisions to the Zero Tolerance Policy Regarding Marijuana ([PRH Change Notice 23-03 and attachments](#))
- Expedited Applicant Enrollment ([PRH Change Notice 24-04 and attachments](#))
- New national laboratory provider, LabCorps/Center for Disease Detection (CDD), began providing services on December 6th. The lab testing process training slides can be found on the [Webinars](#) webpage.

The upcoming year will bring new changes to the program and, as always, the National Office Health Support team will provide guidance and support to center health and wellness staff.



Suicide Prevention Awareness — Excelsior Springs JCC

Submitted by: Dianna Hall, LCSW, Center Mental Health Consultant

The Excelsior Springs Mental Health Consultants collaborated with HEALs and Recreation to bring suicide prevention awareness to the center. All students were given pocket cards with warning signs and tips for support, temporary tattoos, and buttons promoting awareness. The CMHCs prepared baskets for all the dorms and presented micro training to the ILA Team to share with all students during roll call.

Students were also given the opportunity to sign up for the Out of Darkness community walk, sponsored by [American Foundation for Suicide Prevention](#). On September 7th, students participated in the walk, and staff raised over \$200. CMHCs also “showered” the center with [988 Suicide and Crisis Lifeline](#) magnets, making this information highly visible in all locations and areas around center.



HEALs Trunk or Treat — Excelsior Springs JCC

Submitted by: Jennifer Moore, RN, Health and Wellness Director

The Excelsior Springs HEALs team hosted a center-wide Trunk or Treat. Staff set up trunks across the 22-acre campus creating a hill climbing walk around campus to gain access to all the trunks.



Breast Cancer Awareness — Excelsior Springs JCC

Submitted by: Jennifer Moore, RN, Health and Wellness Director

On October 31st, Excelsior Springs held a Breast Cancer Awareness Event for students. Students received awareness materials for both males and females and “Together We Are Tougher Than Cancer” pink t-shirts.



Wellness Fair — Excelsior Springs JCC

Submitted by: Dianna Hall, LCSW, Center Mental Health Consultant

On November 7th, the Excelsior Springs Wellness Team (CMHCs, TEAP, Dental, HEALs, and Nursing) all worked together to host the Annual Wellness Fair. Groups of students rotated through the fair throughout the day. Community representatives from North Kansas City Hospital, Swope Health, Greater KC National Alliance on Mental Illness, Drug Enforcement Agency, Beacon Mental Health, and Synergy Services were present and brought resources, referrals, and fun giveaways for students.

Students enjoyed learning about career opportunities as well as various health information. Students had meaningful discussions with community representatives about mental health, heart health, and substance use among other topics.



Suicide Awareness Month — Flatwoods JCC

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

On September 8th, students created posters in advance for the Community Suicide Awareness and Recovery Walk.



On September 12th, a small group of students and staff attended the Help, Hope, and Healing Conference, an annual event in Abingdon, Virginia, that aims to raise awareness and reduce the stigma associated with mental health and suicide. Speakers included:

- Jacob Moore, Founder of NoStigmas and Creator of the 5 Bridges to Wellness System, Passion & Profits Without Burnout Podcast, Author, and Speaker
- Candace Washington, MSW, LMSW, Founder and CEO of Restorative Minds Therapeutic and Wellness Services. Mother, Author, Minister, Board-Certified Licensed Social Worker, Psychotherapist, Suicide Survivor, Production Therapist, and a United States Air Force Veteran
- Paris Scobie, BA, MBA, Live Well Bipolar Podcast, Speaker, Author



Students and staff were able to talk with each speaker individually during and after the conference. Jacob Moore has agreed to come to Flatwoods the next time he is in town to present to all students and staff.

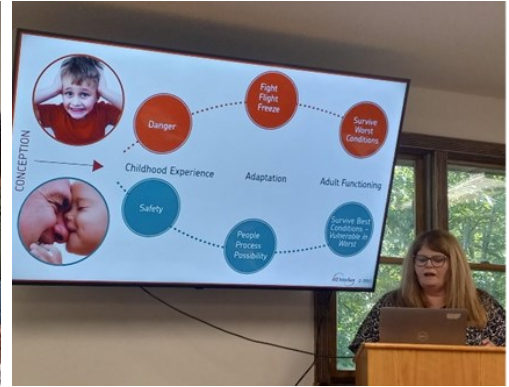
On September 18th, the center hosted a Community Suicide Awareness and Recovery Walk in downtown Coeburn, Virginia. This event was in collaboration with our town council, police department, and Frontier Health, our local community services board. Several members of the community thanked us and shared their personal stories of addiction, recovery, and losing loved ones to suicide. This event also is part of the HEALs Committee activities.



ACES Training — Flatwoods JCC

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

On September 19th, Frontier Health Prevention Services facilitated ACES (Adverse Childhood Experiences) training for all center staff. This training provided education on how childhood experiences affect overall mental and physical health. This is reflective of a Trauma-Informed Care approach in working with students.



Education Day — Flatwoods JCC

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

On September 26th, students participated in A Celebration of Life: Suicide Awareness and Alcohol and Drug Addiction Education Day at Natural Tunnel State Park. Students received training from Frontier Health Prevention Services on the link between addiction and suicide. Students participated in a variety of activities to promote stress relief and well-being which included hiking, cycling, frisbee, flag football, cornhole, hammocks, meditation, stress bingo, coping skills bingo, and much more! This event is also part of the HEALS Committee activities.

Also, the CMHC opened up HAMMOCK HAVEN for students to engage in relaxation, meditation, personal reflection, connection with nature, and



Wellness Fair — Frenchburg JCC

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

On October 1st, Ms. Diehl organized the Wellness Fair to include resources for our students across areas of physical and mental wellbeing, as well as, addictions services. The event was planned between Suicide Awareness Month and Bullying Awareness Month and was a great time to focus on all things wellness. The event included several educational vendors from our community that students were able to visit with. The Center provided bounce houses as a fun activity and also conducted fundraising alongside SGA to provide funds to students to be able to enjoy food trucks that came on Center for the day. Lastly, we implemented a behavioral incentive program during the month of September called "Prizes for Positives." Students received raffle tickets for points earned across the month that they could use to enter drawings for items that staff had donated for the event! They had opportunities on that day to win additional raffle tickets in some carnival-style games and got to enjoy a photo booth and face painting.



Suicide Prevention Awareness — Gary JCC

Submitted by Hildy Dinkins, Psy.D., Center Mental Health Consultant

During the month of September, two events were held on center for staff and students. Mr. Perez and Ms. Fleck, CMHCs, handed out goodie bags with information about Suicide Prevention Awareness Month to staff as they drove into the center. In addition, a student activity was held in the cafeteria where they made bracelets for the same observance.

In addition, Taylor Maserang, CMHC, conducted student training on sexual boundaries and consent.



National Depression Screening Day — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

In October, the Gary Job Corps Center CMHC's held a National Depression Screening Day for the students. Students took inventories, received information and treats, and spoke with the CMHCs.



Halloween — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

For Halloween, the Gary Job Corps Center CMHCs dressed up as the emotions from the movie Inside Out 2. The CMHCs visited with students in the cafeteria and handed out information about emotions and Halloween candy.



Red Ribbon Week — Grafton JCC

Submitted by: Jane Presti, TEAP Specialist

On October 23rd, Grafton JCC kicked off a celebration for Red Ribbon Week by welcoming speakers from the Worcester County Justice Support Center. The presentation was on the underlying social inequities contributing to drug and alcohol use and the intersection of social justice practices and barriers to employability for those suffering from substance use disorders. In addition, students took the opportunity to plant red tulips in honor of Red Ribbon Week.



“The Great American” Smoke-out — Grafton JCC

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

On November 21st, Jane Presti, TEAP Specialist, organized “The Great American” Smoke-out by joining in a presentation booth highlighting the Tobacco Use Prevention Program here on center. The students were introduced to an organization called the “84” that will soon have more of a presence on campus as it highlights the vaping and tobacco industry’s campaign to engage our youth in tobacco consumption promoting nicotine addiction. Students were encouraged to take literature on smoking and vaping and were offered promotional products emphasizing a tobacco-free lifestyle.



Epilepsy Awareness Month — Grafton JCC

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

On November 25th, the Grafton Wellness team provided students with epilepsy information during their lunch period. A video on the first aid guidelines on what to do when an individual is having a seizure was available for students to watch.

Wellness staff distributed purple ribbons to indicate support for people with epilepsy and to increase awareness of this disorder.



Hope Garden — Loring JCC

Submitted by: Kristy Jo Nadeau, LCSW, Center Mental Health Consultant, and Christina Kinney, RN, Health & Wellness Director

For Suicide Prevention Month, the Loring center planted a new hope garden in front of the Wellness Center. Students were encouraged to plant a tulip representing either themselves, family, or a friend that has been affected by suicide.



HEALs Hiking Trips — Loring JCC

Submitted by: Christina Kinney, RN, Health & Wellness Director, and Misty Belanger, LADC CCS, TEAP/TUPP Specialist

The Loring HEALs team has organized several hiking trips for students to enjoy the beautiful Maine scenery.



Truck or Treat — Loring JCC

Submitted by: Christina Kinney, RN, Health & Wellness Director, and Misty Belanger, LADC CCS, TEAP/TUPP Specialist

The Loring center organized a truck or treat through wellness for students. Students could dress up as they went from truck to truck.



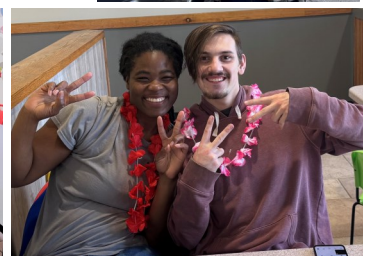
Red Ribbon Week — Loring JCC

Submitted by: Christina Kinney, RN, Health & Wellness Director, and Misty Belanger, LADC CCS, TEAP/TUPP Specialist

The Loring center organized activities for Red Ribbon Week for staff and students.

Students signed Anti-Drug Pledges that were posted on a center bulletin board.

Students were presented with information and fun toys for the week.



Suicide Prevention Seminar — Mingo JCC

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

On September 19th, Scott Foster, CMHC, along with Suicide Prevention Specialists with Family Counseling Center Behavioral Health, Southeast Missouri Behavioral Health, and Missouri Highlands Healthcare hosted an all-day suicide prevention seminar to coincide with Suicide Awareness Month.

The training was available to all staff and students and completely funded by the Family Counseling Center's grant. The training consisted of both QPR and CSSH.

- [Question. Persuade. Refer. \(QPR\) Training](#): QPR is a suicide prevention program designed to equip participants with the skills to recognize warning signs of suicide and engage in the conversation. By learning how to question, persuade, and refer individuals at risk for suicide, we can collectively make a difference.
- [Conversations for Suicide Safer Homes \(CSSH\) Training](#): CSSH is an essential training that guides the general public in having the difficult conversation around suicide plans and access to lethal means. By emphasizing the importance of putting time and distance between a person in crisis and the most easily accessible means, CSSH aims to save lives. This training is adapted from the [Counseling on Access to Lethal Means \(CALM\)](#) program.

The students and staff also enjoyed a break mid-day and were paired off in groups and made items with Legos related to the subject matter. The group with the best design and creativity won a gun safe, which was donated to SGA who, in turn, will raffle off the gun safe and donate the funds back to the mental health/wellness department to use at their discretion.

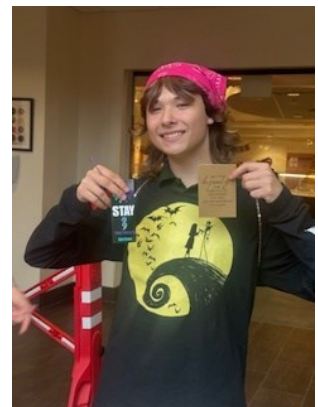
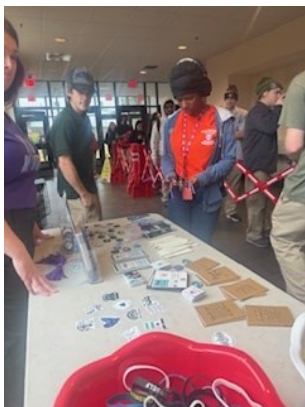


Both of these training courses are certified, and participants received certifications that can be listed on their resume.

Suicide Prevention Awareness and Recovery Month — New Hampshire JCC

Submitted by: Martha Shaw, Health & Wellness Director

The New Hampshire CMHC and TEAP counselors provided some motivational and inspiring wrist bands, pins, stickers, book marks, notebooks, pens, and magnets, as well as candy, in honor of Suicide Prevention Month and National Recovery Month. The students enjoyed the items as well as the candy!!



Suicide Prevention Day — North Texas JCC

Submitted by: Kevin Steede, PhD, Center Mental Health Consultant

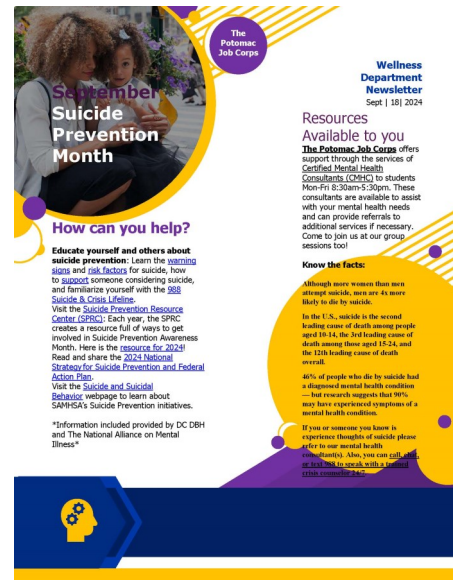
On September 10th, North Texas celebrated Suicide Prevention Day in the cafeteria. The mental health team (Dr. Steede, Anna White, and Sara Salinas) ran a booth during both lunches. Students completed the phrase “I choose life” on a whiteboard and had their pictures taken. Suicide prevention bracelets, stress balls, and brochures were handed out, and the two best efforts were awarded \$25 each. The winners were Ta’Kauria Pride and Asia Elliot out of nearly 70 participants.



Mental Health Newsletter — Potomac JCC

Submitted by: Carl Hilliard, Center Director, and Chelsea Dickerson, RN, Health & Wellness Director

The Potomac JCC shared a mental health newsletter for students. The September issue brought attention to [Suicide Prevention Month](#), campus resources available, and the center support available to all students.



Suicide Awareness Prevention Fair — Sierra Nevada JCC

Submitted by: Edward Shelley, LCSW, Center Mental Health Consultant

On September 19th, the Sierra Nevada CMHCs and college practicum students put on a Suicide Awareness/Prevention Fair. The center had a great turnout and received positive feedback from both staff and students. We took a few of the scenarios from Youth Mental Health First Aid training and had a staff member, along with a couple of students, act out storylines and then engage the audience with questions related to what they observed. We were able to do three 40-minute sessions. We had information and participation tables, along with food and beverage, for the students that attended. We also had a raffle and gave away earbuds and Walmart gift cards. For one of the practicum students, Miranda Fairfield, we conducted a pre- and post-test questionnaire and then crunched the numbers. The data gleaned showed us the skit presentations were effective and the students left with new knowledge.



National Recovery Month — Woodstock JCC

Submitted by: Alexandra Palencar RN, Health and Wellness Director, and Yvette Silas BA, CAC-AD, TEAP Specialist

The Woodstock TEAP team, in collaboration with Wellness and the CMHCs, hosted a vibrant National Recovery Month celebration at our center. This event emphasized our commitment to promoting a drug-free environment while celebrating the journeys of recovery. This year's theme—Health, Home, Purpose, and Community—served as a reminder of the essential elements that contribute to lasting recovery.

We were thrilled to have several guests join us for the celebration, including senior participants from Nuwave Health Services and representatives from the Baltimore County Peer Recovery Program (REACH). Their stories and insights enriched the event and highlighted the importance of engaging with local services.

Our goals for this month were to encourage involvement, raise awareness, and foster connections within our community. By supporting each other, we aim to build a stronger, more informed community that understands the impact of recovery. Together, we can make a meaningful difference in the lives of students and everyone involved. Thank you to all who participated and contributed to this important celebration!



Red Ribbon Week — Woodstock JCC

Submitted by: Alexandra Palencar RN, Health and Wellness Director, and Yvette Silas BA, CAC-AD, TEAP Specialist

For Red Ribbon Week, October 23rd — 31st, Woodstock provided a display table with Red Ribbon Week information and fun items (stickers, mini footballs, and wristbands) for students.



Upcoming Health Observances

January

- [National Birth Defects Awareness Month](#)

February

- [National Black HIV/AIDS Awareness Day](#)
February 7
- [Eating Disorder Awareness Week](#)
February 24–March 2

March

- [National Women and Girls HIV/AIDS Awareness Day](#)
March 10
- [National Drug and Alcohol Facts Week](#)
March 17-23

Do you have a . . .

Topic idea or want to highlight your center activity? **The deadline for the Spring 2025 newsletter is March 1, 2025.** 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

- New Lab Testing Process — December 5 & 6, 2024
- CMHC Orientation Part 3 — November 14, 2024
- HWD Applicant File Review Coordinator Responsibilities — November 12 & 14, 2024
- Autism Spectrum Disorder (ASD): Supporting the Success of Students with ASD at Job Corps — October 29 & 31, 2024
- CMHC Orientation Part 2 — October 22, 2024
- CMHC Orientation Part 1— October 8, 2024
- Dental Patient Safety & Risk Management — September 18, 2024
- Mental Health First Aid — September 11 & 12, 2024

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