



Fall 2016  
 Newsletter for Job Corps Health & Wellness Staff

# Solutions

## September is Suicide Prevention Month

September is known as National Suicide Prevention Awareness Month. During this month, Job Corps promotes student safety through awareness and prevention of suicidal behavior among Job Corps students.

For youth between the ages of 10 and 24, suicide is the third leading cause of death. It results in approximately 4,600 lives lost each year. The top three methods used in suicides of young people include firearm (45%), suffocation (40%), and poisoning (8%). Deaths from youth suicide are only part of the problem; more young people survive suicide attempts than actually die. Each year, approximately 157,000 youth between the ages of 10 and 24 receive medical care for self-inflicted injuries at Emergency Departments across the U.S.<sup>1</sup>

### How can you tell who is at risk for suicide?

You can never be certain who will commit suicide; however, there are some risk factors to look for. Risk factors include:

- Previous suicide attempt
- Mental illness
- Problems with alcohol or substance abuse
- Family history of suicide
- Stressful situation or loss
- Friend or family member who committed suicide

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Suicide-related Incidents in Job Corps					
Type of Incident	PY 2011	PY 2012	PY2013	PY 2014	PY 2015
Suicide Death	6	3	0	4	2
Suicide Attempt	83	47	59	72	67
Suicide Threat	222	154	116	194	241
<b>Total</b>	<b>311</b>	<b>204</b>	<b>175</b>	<b>270</b>	<b>310</b>



<sup>1</sup> Centers for Disease Control and Prevention (CDC). Injury Prevention & Control: Violence Prevention. Accessed on September 13, 2016. [http://www.cdc.gov/violenceprevention/suicide/youth\\_suicide.html](http://www.cdc.gov/violenceprevention/suicide/youth_suicide.html)

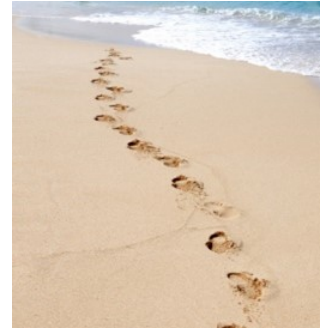


## September is Suicide Prevention Month (continued)

### What protects students from suicidal behavior?

There are several factors that protect against suicide. These include:

- Strong connections to family and community support
- Support through ongoing medical and mental health care relationships
- Skills in problem solving, conflict resolution, and nonviolent handling of disputes
- Cultural and religious beliefs that discourage suicide and support self preservation



### What kind of warning signs should I look out for?

Keep an eye out for students who show sudden changes in mood, drink or do drugs when they haven't in the past, begin to perform badly in their trade or academics, or start to behave recklessly. Some signs are very serious. You should take immediate action if you notice any of the following signs:

- A student who threatens to hurt or kill him or herself or makes statements like, "Things will be better when I'm gone" or "My family would be better off without me."
- A student who writes or talks a lot about death, dying, or suicide
- A student who is looking for means to kill him or herself. Means may include firearms, pills, or suffocation methods
- A student who gives away their prized possessions
- A student who is especially calm or happy after a period of depression without resolving their problems
- A student who has attempted suicide in the past and is showing any of the warning signs

### What should I do if I think a student is contemplating suicide?

Whatever you do, do not ignore the warning signs. If you think a student is suicidal, ask them directly if they are considering suicide. Listen to what they have to say. If you think there is any chance that a student is contemplating suicide, help them get professional help. This will probably be in the form of a referral to the Wellness Center and/or CMHC.

### Is there anything thing that I shouldn't do if I think a student is suicidal?

Yes. There are a few things that you should not do.

- As already stated, don't dismiss or discount and suicide threat. Don't wait to see what will happen.
- This isn't the time for a philosophical argument about whether they should live or die. Only argue that they should live.
- Don't be afraid to talk to the person.
- Don't panic when the person talks about suicide. Try to appear calm. At the same time, try not to appear overly cool. Show concern, not panic.
- Don't argue with the person by making such statements as, "This isn't going to make things better" or "Suicide is a sin."
- Don't make light of the situation. Don't joke around and don't change the subject.
- Don't leave the person alone if you think there is an imminent threat.

Additional suicide information and resources can be found here <https://supportservices.jobcorps.gov/health/Pages/SuicidePrevention.aspx>.

## Delaware Valley Job Corps Center Encourages Students to Ask Anonymous Questions

Delaware Valley JCC has placed an “Ask a Nurse” box in the Health and Wellness Center (HWC) waiting room. Students are encouraged to submit questions anonymously when they feel too embarrassed or shy to ask a health provider.

Questions range from, “How do you help a friend that cuts?” to “What makes our feet stink?” The nurses then compile a document that answers all of the students’ questions.



Not only does the box give students an avenue to have their questions answered, it also helps the HWC staff monitor issues that may be occurring on center and stay abreast of health information. According to Health and Wellness Manager Deborah Vierra, RN, “I have been very impressed with the questions from the students. They have certainly made me dust off a few cobwebs. The “Ask a Nurse Box” encouraged me to do research so I can provide the students with the latest and most accurate information.”

## Bringing in the Harvest: Harpers Ferry Job Corps Center Garden

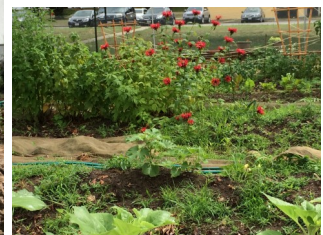
As summer draws to a close, many centers enjoyed the last of their bounty from center gardens. Gardens provide fresh produce, introduce students to gardening and their food supply. Harpers Ferry JCC has had a successful



garden thanks to the hard work by their garden club and other students on center. They have harvested lettuce, carrots, beans, cucumbers, yellow and green squash, tomatoes and more. Okra was planted especially per student request. The majority of the plants that the students planted this year were pick and eat items. The food was free for all to pick, wash and eat fresh. Zucchini and yellow squash were used for student meals and zucchini was also used to make zucchini bread for all.

## Westover Job Corps Center All Hands Garden

The Westover JCC All Hands Garden started in 2014 with plans to test soil and build a stone wall from re-claimed masonry. An SGA Committee, the Green Ambassadors, received five scholarship registrations to the University of Massachusetts Amherst Permaculture and Campus Gardening Conference in May 2014. At the week-long conference, students learned how to build community through gardening. The UMASS Permaculture staff offered support in the form of advice for planning and design, perennial plants from their White House recognized campus garden, and technical support as needed. They also worked with an AmeriCorps VISTA representative, in conjunction with local community farm, Nuestras Raices of Holyoke, MA, as well as an elementary school teacher who volunteers helping schools to grow food.



## Health Observances

### October

- National Bullying Prevention Month  
[www.pacer.org/bullying/nbpm/](http://www.pacer.org/bullying/nbpm/)
- National Breast Cancer Awareness Month  
[www.cancer.org](http://www.cancer.org)
- National Dental Hygiene Month  
[www.adha.org/national-dental-hygiene-month](http://www.adha.org/national-dental-hygiene-month)
- Domestic Violence Awareness Month  
<http://nnedv.org/getinvolved/dvam.html>

### November

- American Diabetes Month  
[www.diabetes.org/in-my-community/american-diabetes-month.html](http://www.diabetes.org/in-my-community/american-diabetes-month.html)
- November 19  
Great American Smokeout  
<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/>

### December

- December 1  
World AIDS Day  
[www.worldaidsday.org/](http://www.worldaidsday.org/)
- December 4-12  
National Influenza Vaccination Week  
[www.cdc.gov/flu/nivw/](http://www.cdc.gov/flu/nivw/)

## Opioid deaths skyrocket; Larger doses of Narcan needed in some situations

Heroin may be laced with carfentanil, an elephant tranquilizer in some cases. This has caused an unprecedented spike in opioid overdoses. Read more at: <https://www.washingtonpost.com/news/morning-mix/wp/2016/08/29/this-is-unprecedented-174-heroin-overdoses-in-6-days-in-cincinnati/>



## U.S. teen diabetes rate exceeds prior estimates

More American teens have diabetes or prediabetes than previously thought, and many don't know they have the blood-sugar disease, a new study finds. Nearly 1 percent of more than 2,600 teens studied had diabetes — with almost one in three cases undiagnosed, researchers found. Also, almost 20 percent of the group had prediabetes — higher than normal blood sugar levels but not high enough to be classified as diabetes. Read more at: <http://jama.jamanetwork.com/article.aspx?articleid=2533492>



## Adolescent birth rate drops across all racial groups

According to the National Institutes of Health, the teen birth rate dropped for another consecutive year, continuing a long-term decline in teen pregnancy, according to the most recent yearly report on the status of America's children and youth. According to the 2016 edition of *America's Children: Key National Indicators of Well-Being*, in 2014, the adolescent birth rate was 11 births per 1,000 girls ages 15 to 17 years, down from 12 per 1,000 in 2013. Racial and ethnic disparities in adolescent birth rates also have declined, although substantial differences persist. Read more at: <https://www.nih.gov/news-events/news-releases/adolescent-birth-rate-drops-across-all-racial-groups-annual-report-shows>



## Upcoming 2016 Webinars

### September

- September 20  
From Hemp Oil to Purple Haze Lollipops: The Brave New World of Cannabinoids

### October

- October 18  
Supporting Students with Mental Health Conditions in Job Corps, Part 4: Depressive and Bipolar Disorders

### November

- November 1  
A World of Substance Abuse Prevention Resources at Your Finger Tips
- November 15  
Hot Topics in Substance Use and Abuse

## New on the Job Corps Web

### PRH Change Notices

- PRH Change Notice 16-02 Policy and Requirements Handbook (PRH) Chapter 5, Exhibit 5-1  
Release Date: July 5, 2016



### Information Notices

- IN 16-03 Zika Virus Infection  
Release Date: August 12, 2016
- IN 16-01 Youth 2 Youth: Partners 4 Peace Y2Y Week 2016  
Release Date: July 21, 2016
- IN 15-43 Student Conduct System – Frequently Asked Questions about the Revised Zero Tolerance Policy (Second Edition)  
Release Date: June 29, 2016

### Program Instructions

- PI 16-07 Applicant File Review Log and Webinar  
Release Date: August 16, 2016
- PI 16-06 Occupational Safety and Health Administration (OSHA) Respirator Medical Evaluation Questionnaire and Respirator Fit Testing  
Release Date: July 28, 2016

Directives can be found here: <https://supportservices.jobcorps.gov/health/Pages/Documents.aspx>

### Webinars

- TEAP Collaboration: Everyone Plays a Role in Suspicion Drug Testing, Mentoring, and Relapse Prevention — September 6 & 7, 2016
- Narcan and Opioids: What You Need to Know to Manage at Job Corps — August 10 & 11, 2016
- Understanding E-cigarettes and Other Emerging Tobacco Products — July 26, 2016
- Health Care Guidelines: Successfully Implementing Treatment Guidelines and Symptomatic Management Guidelines — July 13, 2016

Webinars can be found here: <https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx>

### Webpage

- Preparing for a Program Compliance Assessment

Webpage can be found here: <https://supportservices.jobcorps.gov/health/Pages/Preparing-for-a-Program-Compliance-Assessment.aspx>