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Health & Wellness *solutions*

NEWSLETTER FOR JOB CORPS HEALTH & WELLNESS STAFF

Women's Health Symposium at Trapper Creek

Recently, Trapper Creek Job Corps Center (TCJCC) convened a women's health symposium to bring together women from three Job Corps centers to talk about health and women's issues.

Annamarie McCormack, RN, TCJCC Health and Wellness Manager, conceived this idea after talking with female students, reviewing health services utilization data and center surveys, and conducting case conferences with Anaconda (AJCC) and Kicking Horse (KHJCC) Job Corps Centers. Her review of the data combined with her discussions with AJCC and KHJCC staff revealed that many female students were having issues with unhealthy relationships, parenting, managing emotions, functional fitness, and job-hunting skills. To address these issues, TCJCC sponsored a day-long symposium that included workshops on careers, resume building, interview practices, parenting skills, emotional regulation, awareness and intervention with family drug and alcohol issues, sexual abuse, meditation and stress management, reproductive health issues, healthy relationships, and leadership skills.



Trapper Creek JCC sponsors first Women's Health Symposium.

Over 135 female students (42 from TCJCC and 60 from AJCC/KHJCC), staff, and community members, including the media, attended this event, which in addition to the workshops included welcoming remarks from Ms. McCormack, the TCJCC SGA President, and Center Director Chris Feutrier. A TCJCC student provided an a cappella rendition of the Star Spangled Banner.

Following the symposium, each student participant received a goodie bag containing handmade jewelry and soaps, condoms, SPF lipsticks, Affordable Care Act local resources, fitness brochures, and general wellness handouts. After their guests left for their home centers, TCJCC women participated in instructor-led yoga or *HIIT (High Intensity Interval Training)-Like-a-Girl* classes.

Students expressed gratitude to the health and wellness center staff for hosting the event. Many young women expressed that they left feeling empowered. A sample of student remarks:

"I learned a lot of different things! The most important [was] that women deserve respect. I learned how to behave on the job to be sure I get the respect and also how I should be treated in a relationship. It's not ok to use words or fists against me."

"I had a job interview the next day and because I was able to practice it with a total stranger, I was so much better at answering those weird questions. By the way, I got the job!"

TCJCC staff members know that integrating health services throughout the center increases overall center performance. Ms. McCormack said, "To see the female participants from three different centers brought home the true value of health services. No ROCA or self-assessment can capture the essence of that value and it was great that the other staff and I were able to experience it firsthand. *Battery charge!*"

Ms. McCormack stressed the benefits of collaborating with other centers, saying, "I cannot stress how important it was for the three center Health and Wellness Managers and AJCC and TCJCC nurses to get a few moments alone for a quick case conference and clinical best practices sharing session. The dedication, expertise, and drive the other staff brought to TCJCC reinvigorated our own program management."

Ms. McCormack offered advice for other centers who want to plan similar events. "The symposium organization was very time consuming and with recent uptick in OBS goals and reduced health budget and staffing, I will offer the recommendation that centers close together would be able to do this much better than distant centers. The contacts that the students made with each other led to some interesting friendships and job connections. Finally, TCJCC staff are among the best in the country and I was so happy to share them with the staff and students from Anaconda and Kicking Horse and would offer any of them to any center if they are considering having a similar program."

Curbing Bullying at Treasure Lake JCC

Treasure Lake JCC launched an anti-bullying campaign with a poster challenge. After watching three short videos on the reality of bullying in our culture, staff divided students into 10 groups and gave them the challenge of creating the best anti-bullying poster and slogan. The students were engaged in this activity for over 1 ½ hours.

Students created 10 posters, all with great messages. Some of the themes were "STAND UP AGAINST BULLYING," "SPEAK UP," and "WHAT IF IT WAS YOU?" The center hung all 10 posters in the dining hall and staff voted on their favorite one; the winning poster was selected at the end of a week. Each member of the winning group was given a gift card.

According to Karen Barnes, TLJCC Health and Wellness Manager, "Our center has gone through a very tough time with bullying being one of the main problems with students. I believe this has had a positive effect on our student body as there has been quite a welcome calming in the atmosphere."

Kaiser Permanente Brings Drama to TIJCC

Kaiser Permanente Educational Theatre Programs presented *Secrets* at the Treasure Island JCC. *Secrets* is an education play designed to increase HIV and STI awareness. It uses drama, humor, music, and a diverse group of performers to educate students about HIV and STIs.

After seeing *Secrets*, a student said, "Live performances are much more realistic than videos, and they give us more reason to believe this can actually happen to us."

For more information on Kaiser Permanente's education theater programs, visit <http://www.kp.org/etp>.



Kaiser Permanente Educational Theatre Troup



Resources on the Web and in the News

Bullying: Health Resources and Services Administration (HRSA) Maternal and Child Health — Moving from Awareness to Action in Bullying Prevention: Training Resources for the Field (<http://learning.mchb.hrsa.gov/archivedWebcastDetail.asp?id=317>)

Drugs and Alcohol:

- The Food and Drug Administration (FDA) may soon expand their authority to include electronic cigarettes, cigars, pipe tobacco, certain dissolvables that are not smokeless tobacco, gels, and water pipe tobacco.
- Powdered alcohol, called Palcohol, may start hitting store shelves as early as September.

Handwashing Posters in Six Languages: Download and print hand washing posters at:

<http://www.cdc.gov/healthywater/hygiene/resources/posters.html>

Helping Clinicians Address Suicidal Behavior: The Quick Guide for Clinicians focuses on tools, techniques, and concerns related to suicidality in behavioral health settings. The guide provides information on suicide risk factors and warning signs, and it includes information on core competencies for health care service providers whose clients may be at risk for suicide. Available at:

<http://1.usa.gov/1o2SIZU>

LGBTQ:

- Office of Personnel Management (OPM) — Guidance Regarding the Employment of Transgender Individuals in the Federal Workplace (<http://www.opm.gov/policy-data-oversight/diversity-and-inclusion/reference-materials/gender-identity-guidance/>)
- Department of Labor, Civil Rights Center — DOL Policies on Gender Identity: Rights and Responsibilities (<http://www.dol.gov/oasam/programs/crc/20130712GenderIdentity.htm>)
- Gender Spectrum (<https://www.genderspectrum.org/>)
- The Family Acceptance Project (<http://familyproject.sfsu.edu/>)
- Parents, Families and Friends of Lesbians and Gays (PFLAG) (<http://community.pflag.org/>)
- American Psychological Association (APA) Lesbian, Gay, Bisexual and Transgender Concerns (<http://www.apa.org/pi/lgbt/index.aspx>)

Mental Health Apps: Learn more at:<http://psychcentral.com/blog/archives/2013/09/20/top-10-free-mental-health-apps/>

New and Updated Health Documents

Chronic Care Management Plans

<http://jweb.jobcorps.org/Health/Pages/HCGuidelinesChronicCarePlans.aspx>

- *Student fact sheets* (Asthma, Body Weight, Diabetes, Epilepsy, HIV, Hypertension, Sickle Cell, Sleep Apnea, Tobacco Cessation, ADHD, Anxiety Disorders, Autism Spectrum Disorders, Bipolar Disorders, Borderline Personality Disorders, Depressive Disorders, Obsessive Compulsive Disorders, Panic Disorders, Post-Traumatic Stress Disorder, Schizophrenia, and Tourette Syndrome)
- *Provider health questionnaires* (General Health, Asthma, Diabetes, HIV, Hypertension, Obesity, Seizure Disorder, Sickle Cell, Sleep Apnea, ADHD, Anxiety Disorders, Autism Spectrum Disorders, Bipolar Disorders, Borderline Personality Disorders, Depressive Disorders, Obsessive Compulsive Disorders, Panic Disorders, Post-Traumatic Stress Disorder, Schizophrenia and Tourette Syndrome)
- *CPP Guidelines* (Asthma, Diabetes, HIV, Hypertension, Obesity, Seizure, Sickle Cell, Sleep Apnea, and Tobacco Cessation)
- *Medical and mental health flow sheets* (Asthma, Diabetes, HIV, Hypertension, Obesity, Seizure, Sickle Cell, Sleep Apnea, Tobacco Cessation, Bipolar Disorders, Depressive Disorders, and Schizophrenia)
- CCMP Guidelines for CDP and CTP for Medical



Desk Reference Guides http://jcweb.jobcorps.org/Health/Pages/CMHCDeskReferenceGuide.aspx	CMHC Desk Reference Guide (4/14)
Directives http://jcweb.jobcorps.org/Health/Pages/InfoNotices.aspx	<ul style="list-style-type: none"> Information Notice 13-49 National Mental Health Awareness Month May 2014, and National Prevention Week May 18-24, 2014 (4/14) Information Notice 13-50 Job Corps Health Questionnaire, ETA 653, Instructions, and Documentation Guidance (4/14) Information Notice 13-51 Updated Chronic Care Management Plans (4/14)
Health Care Needs Assessment and Direct Threat http://jcweb.jobcorps.org/Health/Pages/Needs-Assessment-and-Direct-Threat.aspx	<ul style="list-style-type: none"> Sample Form for Individualized Health Care Needs Assessment Sample Form for Individualized Assessment of Possible Direct Threat — No Accommodations Identified Sample Form for Individualized Assessment of Possible Direct Threat — Sexual Offenses, No Disability
Health Care Guidelines: Symptomatic Management Guidelines http://jcweb.jobcorps.org/Health/Pages/HCGuidelinesSymptomaticMgmtGuidelines.aspx	SMG: Alcohol or Drug Use Behavior (3/14)
Health Care Guidelines: Treatment Guidelines http://jcweb.jobcorps.org/Health/Pages/HCGuidelinesTreatmentGuidelines.aspx	<ul style="list-style-type: none"> TG: Alcohol or Drug Use Behavior (3/14) TG: Depression/Bipolar Disorder (3/14)
ROCA Tools http://jcweb.jobcorps.org/Health/Pages/ROCATools.aspx	Center Physician Pre-ROCA Questions (4/14)
Webinars http://jcweb.jobcorps.org/Health/Pages/Webinars.aspx	<ul style="list-style-type: none"> Ideas and Guidance for the Required Career Preparation Presentations for TEAP (2/11&12/14) Showcase of Effective Continuous Quality Improvement (CQI) Programs (3/11/14) Applying Motivational Interviewing to Job Corps Students and Groups (3/19/14) Do You Ever Wonder What You Can Share? HIPAA Scenarios (3/25&27/14)
Webpage http://jcweb.jobcorps.org/Health/Pages/Loss-of-a-Student-and-or-Staff.aspx	Loss of a Student and/or Staff

Upcoming Webinars

View descriptions and register for these webinars on the Event Registration page on the Job Corps Community Website.

Webinar	Date	Time (CT)
Managing the Health and Wellness Program	7/17/2014 7/24/2014	10 am 2 pm
Those Pesky No Shows and Oral Health and Wellness Program Best Practices	7/23/2014	10 am
Group Leadership Skills	7/29/2014	10 am and 3 pm
Health and Wellness ROCAs: Dallas Region	7/31/2014	10am and 2 pm
TEAP and TUPP: How to Thrive During a ROCA	8/5/2014	10 am and 3 pm
Everyday Endodontics: Troubleshooting What You See and Do Daily	8/22/2014	1 pm
Sleep from A to Zzzzz: Sleep Hygiene for Job Corps Students	9/4/2014 9/5/2014	10 am Noon
Effective Presentations for Mental Health Trainings	9/23/2014	10 am and 3 pm

