

Health & Wellness *solutions*

Job Corps Centers Celebrate Alcohol Awareness Month

Founded by the National Council on Alcoholism and Drug Dependence (NCADD), Alcohol Awareness Month was established to help reduce the stigma so often associated with alcohol abuse. Every April, organizations across the country supply people with information about alcohol, alcoholism, and recovery. Job Corps centers used Alcohol Awareness Month to educate students on the dangers of alcohol consumption and on possible repercussions of using alcohol while in Job Corps.

Job Corps students who use alcohol may be separated for a Level I or Level II alcohol-related infraction. The Level I infraction, *Alcohol: Possession, consumption, or distribution while on center or under center supervision* requires that the alcohol be brought onto, consumed, or distributed on the center or at a center-sponsored off center activity. The Level II infraction *Intoxication on center or under center supervision* involves a student consuming alcohol while not under center supervision, and being intoxicated on center or at a center-sponsored activity off center. The Level II infraction may also be cited when there is not enough evidence to support a Level I violation (for example, the student is not found with the alcohol).

Additional information can be found in the following directives and are located here:
<https://supportservices.jobcorps.gov/health/Pages/Documents.aspx>

- **PRH Change Notice 15-15** Policy and Requirements Handbook (PRH) Revision to Exhibit 3-1, Infraction Levels, Definitions, and Appropriate Center Actions, and Corresponding Chapter, Exhibit and Appendix Changes
Release Date: June 3, 2016
- **Information Notice 15-39** Student Conduct System – Frequently Asked Questions About the Revised Zero Tolerance Policy
Release Date: June 1, 2016

Featured Job Corps center Alcohol Awareness Month events are located on pages 2 and 3 of this issue.

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Quentin N. Burdick Job Corps Center hosted an Alcohol Awareness Exhibition to raise awareness of the dangers of alcohol use, including how alcohol abuse can negatively affect employment. During this educational event, students and staff were able to try on alcohol impairment goggles, which simulate what it is like to have a .08 Blood Alcohol Content (BAC). With the goggles on, students and staff participated in a mini obstacle course, which included walking a straight line, weaving in and out of orange cones, and signing their name on a poster board in their team color. Students quickly realized how difficult it was to maneuver while under the influence of alcohol and how it could very easily affect their work performance.



Pictured: Staff member Dan Budzyn, Director of Programs, attempted to walk a straight line, and student Hayden Gray attempted the cone challenge while wearing the goggles.

Delaware Valley Job Corps Center hosted Road Radio USA (<http://www.roadradiousa.com>), a music and education show that engages students and instills the harms of drinking and driving.



At **Los Angeles Job Corps Center**, the Los Angeles police department showed the movie "Red Asphalt," a documentary that depicts the dangers of drinking and driving. They also simulated a DUI traffic stop complete with a Breathalyzer. The Los Angeles Chapter of Mothers Against Drinking Drivers (MADD) also educated students about the consequences of alcohol consumption.



Oneonta Job Corps Center hosted a center-wide poster contest. Students LC Brown and Adrian Tucker won the contest for their poster on drugs and pregnancy.



Centennial Job Corps Center hosted a day-long event in conjunction with the Nampa Police Department. Throughout the day, students were brought to the recreation center and moved through stations including alcohol facts, alcohol impairment goggles and field sobriety tests, a video called “Every 15 Minutes” about teen drunk driving and vehicular homicide, and tricycle riding while wearing alcohol impairment goggles. All students came back together at the end of the day to hear the story from a mother whose 23-year-old son was killed in a head-on drunk driving crash. The crashed car was parked outside the recreation center the entire day. The center’s event was featured on the local evening news.



Earl C. Clements Job Corps Center set up an alcohol impairment goggle obstacle course every Tuesday evening during the month of April. Different obstacles were set up every week, including an obstacle where students attempted to throw a Velcro ball at a board while wearing the goggles and an obstacle where students attempted to walk a straight line.



Bamberg Job Corps Center hosted guest speakers for Alcohol Awareness Month, including Sargent Chris Sandifer (pictured) from the Bamberg Police Department and Mr. Stafford Brown II who discussed his 7 years of sobriety.



Cass Job Corps Center’s TEAP Specialist presented information to the students in each of the four dorms about the risks and problems associated with alcohol use and abuse. State Trooper Mike Lance talked with a group of 16 students about laws and the results of driving under the influence. Trooper Lance showed the students a recorded traffic stop of a man under the influence. Additionally, the center’s driver’s education instructor, Dana Halmes, assisted the TEAP Specialist with a drinking and driving simulation event, consisting of a road representing the highway with stop signs and cones. The students put on alcohol impairment goggles and drove the course. The students realized how off their driving was and the potential danger of driving under the influence of alcohol and other drugs.



Red Rock Students Focus on the Positive

During the lunch hours on Tuesday, May 10, Crisis Counselor Victoria Woodward handed out “Personal Medicine,” a tool to assist with stopping negative thinking and putting tough situations into perspective. According to the information, when one feels anxious, depressed, or stressed out, self-talk is likely to become extreme. For example, we focus on the most negative parts of a situation or we exaggerate the terrible things that might happen.

Ms. Woodward said, “Many times we can work through the negative aspects by putting these situations in perspective. For example, we can ask ourselves, ‘Is this situation as bad as I’m making it out to be? What is the worst thing that could happen? How likely is it? What is the best thing that could happen, etc.?’”

Additionally, Ms. Woodward handed out “My Call to Success” questionnaires to help students realize the success they have attained so far while attending Red Rock Job Corps Center.

“These students are successful just by making the decision to come here and change their lives. While here, they continue their success with each milestone they achieve,” she explains. “Hopefully many of them will fill these out and realize they are a ‘Success Story.’”

Students who completed their Success Story questions and information will be able to have their stories published in the center’s weekly newsletter which is circulated throughout the country, not only to Job Corps staff and students, but also legislators, possible employers, and community stakeholders.



ACIP Votes Down Use of LAIV for 2016-2017 Flu Season

"Health care providers should **not** use live attenuated influenza vaccine (LAIV) in the upcoming 2016-'17 season due to poor effectiveness, a Centers for Disease Control and Prevention (CDC) committee said Wednesday."

"New data presented to the ACIP showed that currently only IIV provides protection against flu. The ACIP assessed data from the past three influenza seasons and cited evidence of poor effectiveness of LAIV during this time period."

The full statement is available here: <http://www.cdc.gov/media/releases/2016/s0622-laiv-flu.html>.



Health Observances

June

- Men's Health Month
www.menshealthmonth.org
- National Safety Month
www.nsc.org/act/events/Pages/national-safety-month.aspx

August

- National Immunization Awareness Month
<http://www.cdc.gov/vaccines/events/niam.html>
- National Health Center Week
August 7 – 13
<http://www.healthcenterweek.org>

September

- National Suicide Prevention Week
September 5 – 11
<http://www.suicidology.org/aboutaas/national-suicide-prevention-week>
- World Suicide Prevention Day
September 10
<https://www.iasp.info/wspd/>
- RAINN Day
September 15
www.rainn.org/rainnday
- National Recovery Month
September 1 – 30
www.recoverymonth.gov

FDA Warnings Concerning Fluoroquinolone

The U.S. Food and Drug Administration is advising that the serious side effects associated with fluoroquinolone antibacterial drugs generally outweigh the benefits for patients with acute sinusitis, acute bronchitis, and uncomplicated urinary tract infections who have other treatment options. For patients with these conditions, fluoroquinolones should be reserved for those who do not have alternative treatment options.



Read more at: <http://www.fda.gov/downloads/Drugs/DrugSafety/UCM500591.pdf>

Stocking Naloxone on Job Corps (Narcan)

As opioid overdoses have increased in the United States, Naloxone (Narcan), an opioid antidote, has become widely available. If a person has taken opioids and is then given Narcan, the opioids will be knocked out of the opiate receptors in the brain. Narcan works as an antidote to heroin, morphine, oxycodone (Oxycontin), methadone, hydrocodone (Vicodin), codeine, and other prescription pain medications. It does not result in a high and is safe to use. Many states have made Narcan available without a prescription.



An online training on using Narcan is available at: www.getnaloxonenow.org

Upcoming 2016 Webinars

July

- Health Care Guidelines: Successfully Implementing Treatment Guidelines and Symptomatic Management Guidelines — July 13
- Understanding E-Cigarettes and Other Emerging Tobacco Products — July 26

August

- Supporting Students with Mental Health Conditions in Job Corps, Part 3: Anxiety Disorders — August 17

September

- TEAP Collaboration: Everyone Plays a Role in Suspicion Drug Testing, Mentoring, and Relapse Prevention — September 6
- From Hemp Oil to Purple Haze Lollipops: The Brave New World of Cannabinoids — September 20

October

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

November

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

New on the Job Corps Web

PRH Change Notices

- PRH Change Notice 15-15 Policy and Requirements Handbook (PRH) Revision to Exhibit 3-1, Infraction Levels, Definitions, and Appropriate Center Actions, and Corresponding Chapter, Exhibit and Appendix Changes; Release Date: June 3, 2016
- PRH Change Notice 15-14 Policy and Requirements Handbook (PRH) Chapter 6; Release Date: May 26, 2016;
- PRH Change Notice 15-11 Policy and Requirements Handbook (PRH) Exhibit 5-1; Chapter 6, Section 6.12, R6; and Appendix 611; Release Date: April 7, 2016

Information Notices

- IN 15-40 Summer 2016 Safety and Security Preparedness; Release Date: June 3, 2016
- IN 15-39 Student Conduct System – Frequently Asked Questions About the Revised Zero Tolerance Policy; Release Date: June 1, 2016
- IN 15-35 OSHA Compliance Assistance and Alliance Programs; Release Date: April 22, 2016
- IN 15-32 Upcoming Trainee Employee Assistance Program – (TEAP) Related Observances; Release Date: April 6, 2016
- IN 15-31 Upcoming Mental Health and Wellness Program – (MWHP) Related Observances; Release Date: April 6, 2016

Program Instructions

- PI 15-16 New Procedure for Personal Identifiable Information (PII) Incident Corrective Action Plan; Release Date: April 19, 2016
- PI 15-15 Verify Printed SHIMS CA-1 and CA-2 Forms Are Filed in Student Health Records; Release Date: April 14, 2016

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

Webinars

- Solutions for Gaps, Tricky Root Tips, and Classroom Presentations — June 16, 2016
- All you ever wanted to know about Applicant File Review and TEAP — June 8 & 9, 2016
- Hot Topics in Health and Wellness: How Much Can You Share?, Medication Management, Essentials of Charting, and Community Connections — May 20, 2016
- Center Mental Health Consultant (CMHC) Orientation — May 11, 2016
- Supporting Students with Mental Health Conditions in Job Corps, Part 2: Personality Disorders — April 26, 2016
- A Team Approach: Managing the Oral Health and Wellness Program — April 14, 2016
- TEAP Specialist Orientation — March 29 & 31, 2016
- Managing the Health and Wellness Program — March 24, 2016

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