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# Health & Wellness *solutions*

NEWSLETTER FOR JOB CORPS HEALTH & WELLNESS STAFF

## Mental Health Awareness at Great Onyx JCC

Mental Health Consultant Tammy Shaffer, EdD and TEAP Specialist Gatt R. Ware Sr., MS coordinated mental health and substance abuse awareness activities for Mental Health Awareness Month in May 2015 at the Great Onyx JCC. They combined their efforts to educate staff members, students, and other clinical staff on the relationship between mental health and substance abuse. Staff members took part in this awareness program to educate themselves on the dangers of depression, and were granted continuing education credit.



The various activities were held each week in the cafeteria during lunch. To make learning fun, Dr. Shaffer gave the students a beat and played music in the cafeteria while passing out information on the relationship between music and mood, and how music can cheer the heart, feed the soul, or, if needed, help one have a good cry.

At another event, assessments were available, including a 10-question mental health depression questionnaire which helped assess and describe feelings of loneliness and anxiety. A 20-item substance abuse questionnaire was also distributed, and provided information about various drugs and alcohol and the effects of using them intravenously.

Students had the chance to win a \$10 Walmart gift card for their participation by scoring at least 15 out of a possible 20 on the substance abuse awareness quiz. Ten students won the gift card by achieving the highest scores.

The educational workshop developed by Dr. Tammy Shaffer was a success, leading the staff members and students in learning about positive mental health and wellness. As the relationship between mental health and substance abuse is strong, this center has found that joint activities to be most valuable.

# Health-Related Reporting Requirements

Report	Frequency and Due Date	Destination	Notes
Health Services Program Description	Annually on 8/15	Regional Office National Office	To be completed and submitted <b>online</b> on the Job Corps Health and Wellness website at: <a href="https://supportservices.jobcorps.gov/Health/Pages/default.aspx">https://supportservices.jobcorps.gov/Health/Pages/default.aspx</a> On left side, click <i>Data Submission and Reports</i> . You will need your center ID number. Contact Jane Litvin for a forgotten ID number: <a href="mailto:jane.litvin@HUMANITAS.com">jane.litvin@HUMANITAS.com</a>
Health Care Guidelines	Annually on contract anniversary (for contract centers) or at beginning of program year (for Forest Service centers)	Regional Office	For review by the Regional Health Specialists. Contact Nurse Health Specialist with questions regarding submission.
Alcohol Testing Summary	Quarterly on 1/10, 4/10, 7/10, 10/10	Regional Office National Office	To be completed and submitted <b>online</b> from the Job Corps Health and Wellness website: <a href="http://jchealth.jobcorps.gov/online-data/survey/alcohol/0709-2015">http://jchealth.jobcorps.gov/online-data/survey/alcohol/0709-2015</a>  Record number of tests on suspicion and the number that are positive. You will need your center ID number.
Health Services Utilization Summary	Monthly on 15th day of each month	Remains on center for review during center assessment	To be completed and kept on center.
Sharps Injury Log	Complete after an incident	Remains on center for review during center assessment	Should include date of injury, type and brand of device, work area where incident occurred, and explanation of how incident occurred. Sharps Injury Logs must be kept on center for 5 years and needle stick documentation must be kept for 30 years. This must be part of the centers' Bloodborne Pathogen Plan.
HIPAA Disclosures Log	Complete after an incident	Remains on center for review during center assessment	Must be kept on center and retained on center for 6 years. Examples of disclosures include notifying public health authority, coroner or funeral director, Armed Forces, or to avert serious threat to health or safety of others.
Bloodborne Pathogen Report	Must be submitted once and reviewed annually	Regional Office National Office	After initial review and approval by the Regional Nurse Specialist and RO, staff must review annually. If a plan is changed, it must be resubmitted. If there are no changes, the center must send communication to the PM that the plan has received an annual review and no changes have been made.
Quarterly Staffing Data Report	Quarterly on 1/10, 4/10, 7/10, 10/10	National Office	Must be submitted to the following:  Jane Litvin: <a href="mailto:jane.litvin@humanitas.com">jane.litvin@humanitas.com</a> Melissa Cusey: <a href="mailto:cuseym@gmail.com">cuseym@gmail.com</a> (Regions 3, 5, 6) Shannon Bentley: <a href="mailto:shannonbentley.rn@gmail.com">shannonbentley.rn@gmail.com</a> (Regions 1, 2, 4)



# Resources for FREE STUFF!!!

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## *Mental Health*

**SAMHSA Behavioral Health Treatment Locator.** Behavioral Health Treatment Services Locator is an on-line source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems. <https://findtreatment.samhsa.gov/>

**EpiPen4Schools.** This program offers four free epipens to qualified schools. <http://www.epipen4schools.com/>

**Family Planning.** The following resources are available:

## *Medical*

- Eligibility requirements and applications for the levonorgestrel intrauterine system (Mirena) are available through the [ARCH Foundation Website](http://www.archpatientassistance.com/) (<http://www.archpatientassistance.com/>). Eligibility is determined on a case-by-case basis by the case coordinator.
- Information and enrollment for the copper IUD can be accessed at the ParaGard Patient Assistance Program Website (<http://www.patientassistance.com/profile/duramedpharmaceuticalsinc-426/>). Patients are eligible if their income is less than or equal to 200% of the Federal Poverty Guideline and they meet other requirements listed on the website.
- Low-income women may be eligible for reduced fees at publicly funded Title X family planning clinics, which in 2010 provided contraceptive services to 1 in 4 of all US women. Services are provided on a sliding scale based on income, and are free for people at or below the federal poverty level.
- Bedsider, operated by the National Campaign to Prevent Teen and Unplanned Pregnancy, has a tool to help women assess their eligibility for free contraceptives in their state available at <http://bedsider.org/widgets/cost>.

## *Substance Abuse*

**Free online SBIRT courses.** Learn about Screening, Brief Intervention, and Referral to Treatment (SBIRT) in this self-paced training. <http://www.integration.samhsa.gov/clinical-practice/SBIRT>



# New on the Job Corps Web

## **PRH Change Notices** (<https://supportservices.jobcorps.gov/health/Pages/PRHNotices.aspx>)

- PRH Change Notice 15-02 Addition of Policy and Requirement Handbook (PRH) Section 5.4, Personal Safety and Security, R4, Active Shooter Policy, August 4, 2015

## **Program Instructions** (<https://supportservices.jobcorps.gov/health/Pages/PINotices.aspx>)

- PI 14-35 Clarification of the 45-Day Drug Testing Intervention Period Clock/Count during Summer and Winter Breaks, June 22, 2015
- PI 14-34 Applicant Interviews by Job Corps Center Health and Wellness Consultants and Staff Across State Lines, June 10, 2015
- PI 14-33 Authorization to Release Health-care Information, June 9, 2015

## **Information Notices** (<https://supportservices.jobcorps.gov/health/Pages/InfoNotices.aspx>)

- IN 15-09 Removal of Quantitative Levels of Illicit Substances from Toxicology Reports Delivered to Job Corps Centers, September 30, 2015
- IN 15-07 Influenza Information Update for the 2015-2016 Season, September 14, 2015
- IN 14-43 Overview of Potential Risks of Palcohol, a Powdered Alcohol, in the Job Corps Community, June 9, 2015

## **Health Care Guidelines** (<https://supportservices.jobcorps.gov/health/Pages/HCGuidelines.aspx>)

- All Medical Treatment Guidelines — July 2015
- All Medical Symptomatic Management Guidelines — July 2015
- All Mental Health Symptomatic Management Guidelines — July 2015

## **Technical Assistance Guides (TAGs)** (<https://supportservices.jobcorps.gov/health/Pages/Documents.aspx#tags>)

- Health Care Guidelines/Written Instructions – September 2015
- Family Planning – September 2015
- Sexual Assault Prevention and Response – September 2015

## **Webinars** (<https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx>)

- Demystifying Intellectual Disabilities: Understanding Capabilities and Workplace Success Strategies — June 3, 2015
- Trauma Informed Care, Part 2— June 11, 2015
- The ABCDEs of Sun Exposure and Skin Cancer —June 24, 2015
- Drugs of Abuse Testing Facts and Myths— June 30, July 7, July 9, 2015
- Health & Wellness Manager Orientation— July 21, 2015
- TEAP Specialist Orientation – August 11, 2015
- Dental Jeopardy – Elevating Oral Health Literacy – August 26, 2015
- The Basics of Safely Using SSRIs/SNRIs for Depression and Anxiety Symptoms with Job Corps Students – September 22, 2015
- Improving the Experience of LGBT Trainees with a Focus on Gender, Gender Identity, and Gender Expression – September 30, 2015



# In The News

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**Exercise During Teens Reaps Long-Term Benefits for Women, Study Shows:** Playing team sports and exercising during adolescence can have long-lasting benefits for women and may even reduce their risk of dying from cancer and other causes later in life, a new [study](http://cebp.aacrjournals.org/content/24/8/1270.abstract?sid=9729506b-8e76-4b5a-9a89-6ef8826a7de5) (<http://cebp.aacrjournals.org/content/24/8/1270.abstract?sid=9729506b-8e76-4b5a-9a89-6ef8826a7de5>) showed. Researchers found that women who were active for just 1.3 hours a week while in their teens had a 16 % lower risk of dying from cancer and a 15% decreased risk of death from all causes. ([Reuters, 7/31](#))

**Resources on e-cigarettes now available:** The AAP Julius B. Richmond Center, dedicated to the elimination of tobacco and secondhand smoke, has created a webpage (<http://r.smartbrief.com/resp/gWhCBWobkbCPyfznCidLaCCicNfOgE>) dedicated to offering pediatricians resources about electronic nicotine delivery systems, or e-cigarettes. Included on this page are fact sheets, presentations, and information about the AAP's actions on these products.

**Free Webinar with CME:** The archive of the free webinar, *Vaccine for Young Adults*, is available on: <http://www.nfid.org/professional-education/online/archived-webinars>. Free CME is available.

# Health Observances

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## November

- American Diabetes Month, November 1 – 30, American Diabetes Association, <http://www.diabetes.org/in-my-community/american-diabetes-month.html>
- Great American Smokeout, November 19, American Cancer Society, <http://www.cancer.org>

## December

- World AIDS Day, December 1, World AIDS Campaign, <http://www.worldaidscampaign.org/>
- National Influenza Vaccination Week, December 7 – 13, National Center for Immunization and Respiratory Diseases, <http://www.cdc.gov/flu/nivw/>

