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Health & Wellness *solutions*

NEWSLETTER FOR JOB CORPS HEALTH & WELLNESS STAFF

HIV/AIDS Education at Gainesville JCC¹

— Aida Mallard

Gainesville Job Corps Center students observed National Black HIV/AIDS Awareness Day by spreading prevention and awareness messages with dancing, poems and songs at the annual Arts Competition sponsored by Black AIDS Services and Education, or BASE.

The theme of the observance, which was held [in February] at the center, was HIV/AIDS prevention and awareness, and nearly 300 students attended the event.

Students used the theme as the inspiration for their entries in the visual and performance arts categories for a chance to win cash awards of \$200 for first place and \$100 for second place in each category.

The message of HIV/AIDS prevention and awareness continued during an evening panel presentation titled "When Should You Not Wear a Condom?," which was also held at the center.

The first-place winner of the visual arts competition was Louella Suataron, a health occupations student and president of student government. She also was the event's mistress of ceremony. Her entry depicted two hands holding the world and included the message, "Teach the world to understand. Fight AIDS, not people with AIDS."

"As teenagers, we have the power to distribute information to young people," Louella said.

The second-place winner in visual arts was Monyssia Sands, a student in business technology whose entry depicted an angel surrounded by teens who have fallen victims to HIV/AIDS. Her piece included the message, "Believe in the dream of hope for a cure."

"I've learned a lot," Monyssia said, "and I'm being recognized for my work and effort and getting paid for something I created."



Arts Competition sponsored by BASE.

- Lee Ferinden/Special to the Guardian

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¹ Reprinted with permission from The Gainesville Sun. Article available at: <http://www.gainesville.com/article/20130213/GUARDIAN/130219837/-1/entertainment?p=2&tc=pg>. Article originally published Wednesday, February 13, 2013.

A Look Ahead

Upcoming Due Dates

- ✓ Health Care Guidelines and Blood Borne Pathogen Plans are due **July 1st** from Forest Service centers and on the contract anniversary for contract centers.
- ✓ Quarterly Alcohol Reports are due by **July 10th**. The alcohol report can be accessed through Citrix, on the JC Community Website under the Health and Wellness tab. After you are on the Health and Wellness page click the “Online Data” tab on the left hand side. Then choose the “Alcohol Report Survey” for the appropriate quarter. The reporting system will be open after July 1.
- ✓ Annual Program Descriptions are due on **August 15th**. To access the Annual Program Description, follow the steps detailed above for the Quarterly Alcohol Report to arrive on the “Online Data” tab, and then choose the “Annual Program Description.” The reporting system will be open in early August.

Upcoming Webinars

Registration is open on the Event Registration page on the Job Corps Health and Wellness website for the following webinars:

- ✓ May 1, 11 am and 4 pm ET: Meeting the New Mental Health Promotion and Education PRH Requirements
- ✓ May 7, 11 am and 4 pm ET: Take a Deep Breath: Stress Reduction Techniques for Job Corps Staff and Students
- ✓ May 22, 11 am ET: Supporting Trauma Recovery: A Short-term Psycho-Educational Role for the Job Corps Center Mental Health Consultant
- ✓ May 29, 11 am and 4 pm ET: Center Mental Health Consultant Orientation
- ✓ June 4, 11 am and 4 pm ET: Health and Wellness Manager Orientation
- ✓ June 5, 11 am and 4 pm ET: The SASSI and Other Assessment Tools
- ✓ June 13, 11 am and 4 pm ET: Evidence-Based Model of Prevention and Intervention



Kudos!

- ✓ **Great Onyx JCC** received a \$500 stipend from SAMHSA to support a National Prevention Week activity.
- ✓ **Clearfield JCC** went smoke free this year.

New Documents

- ✓ The following updated forms are on the Job Corps Health and Wellness website.
 - Health and Wellness Student Satisfaction Survey February 2013
http://jcweb.jobcorps.org/Health/Documents/HW_Student_Satisfaction_Survey.doc
 - Revised Treatment Guideline: Infective Endocarditis Prophylaxis Prior to Dental Procedures
http://jcweb.jobcorps.org/Health/Documents/TGs/TG_endocarditis_mar13.docx
 - Revised ROCA Pre-Arrival Questions (Center Dentist, CMHC, Center Physician, Family Planning Coordinator, HWM HIPAA, HWM Medical Separations, TEAP Specialist, TUPP Coordinator, HEALS Coordinator, SART Coordinator, and Nurse Practitioner/Physician Assistant) <http://jcweb.jobcorps.org/Health/Pages/ROCATools.aspx>.
- ✓ SafetyNet trainings have been updated. They are available through SIMON.
- ✓ On April 2, LaDonna Butler, Social Development Director at Pinellas Job Corps Center presented a webinar entitled *It's Time....To Talk About It! Talk Early, Talk Often...Prevent Sexual Violence*. The PowerPoint for the webinar is available on the Job Corps Health and Wellness website. <http://jcweb.jobcorps.org/Health/Pages/Webinars.aspx>.



May is Mental Health Awareness Month

— Valerie Cherry, PhD, Lead Mental Health Specialist



Mental Health Awareness Month was created more than 50 years ago to raise awareness about mental health conditions and the importance of mental wellness for all. The theme for 2013 is **Pathways to Wellness** with a focus on how mental health is essential to overall health. Let's plan now to join the nation in observing Mental Health Awareness Month in May. This is a time when awareness can help our staff and students dispel the feeling that there is shame in seeking treatment for mental health issues.

Here are some activities for your center to consider during May. These activities can also help the Mental Health and Wellness Program meet the PRH requirement to have at least one annual center-wide mental health promotion and education event.

- ✓ Collaborate with center departments and conduct a lunch time "Live Your Life Well Fair" emphasizing how taking care of oneself promotes good mental health. Nutrition, exercise, stress reduction, and good sleep are all examples of ways students can take care of their physical and mental health. Resources and information can be found at <http://www.liveyourlifewell.org/>.
- ✓ Provide brief tips during student assemblies on how to maintain good mental health. Set up a resource table after the assemblies with brochures and fact sheets. Brochures and fact sheets can be downloaded from the Job Corps Health and Wellness website, National Institute of Mental Health, and/or Substance Abuse and Mental Health Services Administration.
- ✓ Invite young speakers from the community to share how they successfully manage their mental health condition.
- ✓ Create an art or music contest using the 2013 Mental Health Awareness Month theme or a theme of your choice.
- ✓ Conduct an all-staff and student training on a mental health topic.
- ✓ Check with your local community mental health agency and join their activities.

Make sure to visit the websites below to get free tools and posters to celebrate Mental Health Awareness Month. **"Get Connected!"**

Mental Health America, <http://www.mentalhealthamerica.net/go/about-us/what-we-do/programs-and-events/mental-health-month>

National Institute of Mental Health, <http://www.nimh.nih.gov/health/publications/index.shtml>

Substance Abuse and Mental Health Services Administration, <http://store.samhsa.gov/home>

Health Observances

May

- ✓ Mental Health Month (1-31)
- ✓ National High Blood Pressure Education Month (1-31)
- ✓ National Physical Education and Sports Month (1-31)

June

- ✓ Men's Health Month (1-30)
- ✓ National Safety Month (1-30)
- ✓ World Sickle Cell Day (19)
- ✓ National HIV Testing Day (27)



HIV/AIDS Education at Gainesville JCC (*con't.*)

Other visual arts contestants were Cardean Smith, Shannita Powell, Basseemah Muslim and Luke Lio.

The first-place winner in the performance arts category was Joshua Stills, a student in pre-law enforcement who sang an original song titled, "Your Condition is Not Your Conclusion."

Joshua said he wants to encourage people through his music. "Whatever you're going through," Joshua said, "it's going to be alright and keep your head up."

The second-place performance art winner was Jacob Zarkie, a student in the solar panel program, who wrote an original poem titled, "Spread the Word, Not the Disease."

Other performance arts contestants included John Charles, Cordarius Blackmon and Khristopher Kaigler.

Marvene Edwards, president of Positives Empowering Positive, an HIV/AIDS support group and one of the competition judges, discussed living with AIDS since 1987 and the stigma people with HIV/AIDS endure. She said that stigma keeps people from being tested and from getting help. "You don't have to catch this disease," Edwards said. "Learn to protect yourself. What you do today will follow you the rest of your life."

Michael Bowie, president of BASE, offered welcoming remarks and encouraged those attending to use protection. "HIV/AIDS does not discriminate. Each and everyone has been impacted," Bowie said. "Respect yourself and protect yourself. If you don't, no one will. Respect yourself as individuals and you will succeed."

NKwanda Jah, coordinator of the observance and a member of BASE, said the winning entry in the visual arts category will be imprinted on T-shirts to be used in various BASE programs. The winning song will be used for educational programs for youth. Jah was pleased with the turnout. "It was encouraging to bring together kids in the ages and demographics we're trying to reach," said Jah. "Our children are contracting the virus as teenagers."

Robert Davis, HIV program director at the Alachua County Health Department, said in a telephone interview that statistics show that 72 percent of the nation's young people ages 14-24 have been diagnosed with a sexually transmitted disease, including HIV/AIDS.

Resources for Job Corps Changes

The Job Corps Health and Wellness Program has gone through many changes in 2013. We are working hard to update documents on the Health and Wellness Website to reflect these changes. Many forms and resources are still under construction, but the following resources will help you learn about the changes:

- ✓ Upcoming May 2013 Webinar: Meeting the New Mental Health Promotion and Education PRH Requirements
 - Handout 1: CPP Lesson Plan – Introduction to the Mental Health and Wellness Program
http://jcweb.jobcorps.org/Health/Documents/Webinars/webinar_HO_CPP_lesson_Plan_MH.docx
 - Handout 2: CTP: Module 2 Finishing Strong – CTP as a Recipe for Lifelong Success
http://jcweb.jobcorps.org/Health/Documents/Webinars/webinar_HO_CTP_for_Lifelong_Success.docx
- ✓ Introduction to Changes Outlined in PRH Change Notice 12-10 for Administration and Management Staff (webinar)
http://jcweb.jobcorps.org/Health/Documents/Webinars/webinar_Cost_Efficiency_PRH_Changes.pptx
- ✓ March 2013 Webinar: Reinventing TEAP: Guidance for TEAP Programmatic Changes
http://jcweb.jobcorps.org/Health/Documents/Webinars/webinar_Reinventing_TEAP.pptx
 - Handout: CPP Lesson Plan – Introduction to the TEAP Program
http://jcweb.jobcorps.org/Health/Documents/Webinars/webinar_HO_CPP_lesson_plan_TEAP.docx



Relax and De-stress

Feeling overwhelmed or stressed? You are not alone! Whether you have one minute or half an hour, you can find ways to relax every day.

Getting the Most Out of Relaxation Exercises

When you are ready to practice a relaxation technique, find a quiet place where you will not be disturbed for the duration of the exercise. Then, find a comfortable chair that will allow you to sit up straight using good posture. How you sit in your chair is important. Push the small of your back to the rear of the chair and sit upright. This will allow you to take long smooth breaths, and your lungs to fully expand with oxygen. Do not cross your arms or legs, but sit with your legs at a 90-degree angle. Rest your arms comfortably in your lap without using armrests. Armrests might cause muscle tension in your shoulders, neck and back. Many people prefer to close their eyes during these relaxation exercises. If you do not wish to close your eyes, you might find a fixed point in the room and let your gaze fall upon it.



Learn the Exercises

Log on to the Job Corps Community website to learn all about Deep Breathing, Progressive Muscle Relaxation, Visual Imagery, and Mindfulness Meditation. The new Relaxation and Stress Management page is located at:

<http://jcweb.jobcorps.org/Health/Pages/StressManagement.aspx>.

Reminders

- ✓ The nationally contracted laboratory must be used for HIV, Chlamydia, and drug testing; all other laboratory testing may be sent to the nationally contracted laboratory or to a laboratory of the center's choice. Centers are encouraged to utilize a laboratory that offers competitive pricing and best fits the needs of the center.
- ✓ Remember to promptly begin a Medical Separation with Reinstatement (MSWR) or a Medical Separation if a student has a health condition that significantly interferes with or precludes further training in Job Corps, or if a student's health problem is complicated to manage, or the necessary treatment will be unusually costly, especially in cases of hospitalization.
- ✓ If a death occurs on your center, follow the steps outlined on the Job Corps Health and Wellness website at: <http://jcweb.jobcorps.org/Health/Pages/FECAOWCPClaims.aspx#death>. A significant incident report must be completed, even if a student was on a MSWR at the time of death.
- ✓ If your center wishes to engage in any type of research, approval must be sought from the Center Director, the Regional Director, and, the National Office. A research submission form is on the Job Corps Health and Wellness website at: <http://jcweb.jobcorps.org/Health/Pages/AdminForms.aspx>.
- ✓ If your center is in need of a Health and Wellness Technical Assistance (TA)/Training visit, the following steps must be followed:
 1. Center Director submits TA/training request to Regional Office Project Manager or Regional Director, including the following information:
 - a. Preferable date(s) and time
 - b. TA or training location
 - c. Participants (i.e., which staff member(s) require TA or who/how many will attend the training)
 - d. Length of TA or training
 - e. Reason for TA or training (i.e., provide a detailed description of training needs and discussion as to why this training need to be conducted in person)
 - f. Request for specific trainer, if applicable
 2. Regional Office PM/RD submits TA/training request to Carol Abnathy at abnathy.carol@dol.gov or (202) 693-3283.
- ✓ Centers are reminded to use personal protective equipment when there is potential to come into contact with bodily fluids (e.g., blood and urine). Learn more here: <http://www.osha.gov/OshDoc/data/BloodborneFacts/bbfact03.pdf>.

