

▶ TRIUMPH OVER MELANOMA 1
▶ SEXUAL ASSAULT AWARENESS AND PREVENTION 2
▶ MAY IS MENTAL HEALTH MONTH 2
▶ PREVENTING BRAIN INJURIES 3
▶ HEALTH OBSERVANCES 3
▶ EMERGING DRUG TRENDS 4
▶ NEW ITEMS ON THE HEALTH & WELLNESS WEBSITE 4
▶ MINDFULNESS AND HAPPINESS 4

Health & Wellness *solutions*

NEWSLETTER FOR JOB CORPS HEALTH & WELLNESS STAFF

Triumph Over Melanoma

— Chris Kuhn, Center Director, Oneonta JCC

There is no such thing as a “healthy tan.” It is an oxymoron. “Moron” is the operative word here. I know because I was one. Much of my young adult life was spent outdoors – running, hiking, swimming, and climbing—with more thought given to protecting myself from rain and snow than from the sun. One good thing about cancer: It makes you smarter. Everything starts with awareness, so I’m here to share my story, or at least the consequence of sun worship, in hope that maybe you (and your students) will make smarter choices.

I was diagnosed with Melanoma in the late summer of 2013. My wife, Annie, pestered me about a small mole on my stomach that was looking a bit irritated. The doctor wasn’t concerned until the biopsy came back positive for Melanoma, the worst kind of skin cancer. The follow-up PET scan and surgery brought even worse news; it had spread to my lymph nodes. Just like that, I went from a healthy 54-year old, who didn’t even get colds, to a Stage III cancer patient with the odds of making it another 5 years less than that of flipping a coin. It was not a good day.

My father died of cancer at the young age of 44. Like many men of his era, he smoked too much, lived on a meat and potatoes diet, and never exercised. My lifestyle was the opposite of his, and the fact that I had outlived him by 10 years seemed to prove I was doing things the right way. Not so fast. That’s one of the bad things about cancer: It doesn’t care or discriminate. It can happen to anyone at any time.

While recent research is suggesting that chance plays a bigger role in cancer than previously thought, and there’s not a lot one can do about heredity, the role of the sun and UV radiation is undisputed in the meteoric rise of Melanoma cases. We can do a much better job in protecting our skin from sunburns, starting with dispelling ourselves of the notion that a tan is a good defense from the sun’s rays.

I was very fortunate that doctors were able to remove all of the cancer. Today, almost a year and a half since my diagnosis, have no evidence of disease (NED) and feel as great as ever. I’m not sure what my survival odds are now, but it’s not something worth worrying about. With Melanoma there is no “remission.” It either comes back or it doesn’t. That’s my present reality with no other choice but to accept it. The challenge is to embrace this as a gift to keep me present and focused on what really matters. The experience has certainly confirmed that I have the best family and friends around, and that my work has purpose.

If I were to do it all over again, I would have covered up more, including judicious use of sunscreen, and never would have lain out in the sun for the sole purpose of darkening my skin. Of the dumb things we do when we’re young, this one takes the top prize for me.

With warm weather approaching, now is a great time to educate students about the dangers of sun damage:

- Check out <http://www.cancer.org/cancer/skincancer-melanoma>
- Download free skin cancer awareness publications: <http://www.cdc.gov/cancer/dcpc/publications/skin.htm>
- Provide sunscreen in dormitories and at outdoor sporting events
- Provide ample shade at outdoor events
- Discuss sun safety with all students at assemblies or during orientation
- Host an event in May for Melanoma/Skin Cancer Detection and Prevention Month; information available at: www.spotskincancer.org

Sexual Assault Awareness & Prevention Month

— Valerie Cherry, PhD, Lead Mental Health Specialist

Each April, the National Sexual Violence Resource Center sponsors Sexual Assault Awareness and Prevention Month. This year the theme is “Safer Campuses. Brighter Futures. Prevent Sexual Assault.” The 2015 campaign will focus on making college campuses safer by preventing sexual violence.

Sexual assault happens in every community to both men and women. The Centers for Disease Control and Prevention reports that roughly 1 out of 5 women and 1 out of 71 men have experienced rape at some time in their lives.¹ Research has shown that young women ages 16-24 experience the highest rates of physical and sexual violence.² Victims of sexual violence are at an increased risk for depression, posttraumatic stress disorder and substance abuse. Women might experience an unwanted pregnancy, and both sexes might contract a sexually transmitted disease.

Job Corps centers have a critical responsibility to ensure safe environments for students and staff. Sexual assault prevention is paramount. Students should also know how to respond if they are a victim of sexual assault or if someone tells them that they have been a victim of a sexual assault. The National Center on Domestic and Sexual Violence surveyed people ages 15-22, and 40% said that they wouldn't know what to do if they witnessed a sexual assault (or dating abuse).³

Consider celebrating Sexual Assault Awareness and Prevention month by:

- Involving male students in sexual assault prevention. Visit <http://www.mencanstoprape.org/> for suggestions for male students' involvement.
- Educating students. Handouts for preventing and responding to sexual assault are available on the Job Corps Health and Wellness website: <https://supportservices.jobcorps.gov/health/Pages/SexualAssaultPrevention.aspx>
- Getting involved in the campaign. Visit the National Sexual Violence Resource Center (<http://www.nsvrc.org/saam>) to order campaign materials.

May is Mental Health Month



Each May, Mental Health America promotes Mental Health Awareness Month (MHAM). This year, the theme is “B4Stage4” and will focus on how people can address mental health issues early instead of waiting for symptoms to become more severe (typically at “Stage 4”). This prevention-focused campaign will give Job Corps centers plenty of helpful tools for students and staff. The downloadable toolkit includes fact sheets, a poster, a calendar of mental health tips, materials to use with the media and on social media, and more!

Visit <http://www.mentalhealthamerica.net/may> for more information.

1 Centers for Disease Control and Prevention. (2015). Sexual Violence: Facts at a Glance. Retrieved Feb. 9, 2015 from <http://www.cdc.gov/violenceprevention/pdf/sv-datasheet-a.pdf>.

2 New York State Department of Health. Stop Sexual Violence: A Sexual Violence Bystander Intervention Toolkit. <http://www.health.ny.gov/publications/2040>.

3 National Center on Domestic and Sexual Violence. (2013). The NO MORE Study: Teens and Young Adults on Dating Violence and Sexual. Retrieved Feb. 13, 2015 from http://www.ncdsv.org/images/GFK_No_More_Study_Results_1-2013.pdf.



Preventing Brain Injuries in Job Corps

— Suzanne Martin, PsyD, MPH, Regional Mental Health Specialist

According to the Centers for Disease Control and Prevention (CDC) statistics, approximately 1.7 million people sustain a Traumatic Brain Injury (TBI) each year in the United States, usually through falls, motor vehicle crashes, or assault. The risk of having a brain injury is especially high among adolescents and young adults. In fact, males age 14 to 24 are at the highest risk for sustaining a brain injury, followed by infants and the elderly.

A TBI can happen to anyone, whether from playing sports or just slipping on an icy sidewalk. Injuries can range from mild (also known as a concussion) to severe. TBI is a contributing factor to a third (30.5%) of all injury-related deaths in the United States. Fortunately, the majority of TBIs are mild and individuals make a full recovery within weeks.

The good news is that there are several ways to help prevent a brain injury. Help students protect themselves:

- Ensure students always wear a seat belt in a motor vehicle.
- Encourage students to wear appropriate safety gear when participating in sports and recreational activities (e.g., wear a helmet while riding a bicycle, skateboard, motorcycle, snowmobile or all-terrain vehicle). Also ensure students wear appropriate head protection when playing baseball or other contact sports.
- Teach students about the dangers of driving under the influence of alcohol or drugs, including prescription medications that can impair the ability to drive.

Learn more about TBI at the Brain Injury Association of America: <http://www.biausa.org/>

Health Observances

March

- Brain Injury Awareness Month, March 1-31, Materials available: <http://www.biausa.org/brain-injury-awareness-month.htm>
- National Nutrition Month, March 1-31, Materials available: www.eatright.org/nnm
- Kick Butts Day, March 18, Materials available: <http://www.kickbuttsday.org/about/>
- National Youth Violence Prevention Week, March 23 – 27, Materials available: www.nationalsave.org

April

- Alcohol Awareness Month, April 1-30, Materials available: www.ncadd.org
- National Autism Awareness Month, April 1-30, Materials available: www.autism-society.org
- National Public Health Week, April 6 – 12, Materials available: www.nphw.org
- National Youth HIV and AIDS Awareness Day, April 10, Materials available: www.youthaidsday.org

May

- Melanoma/Skin Cancer Detection and Prevention Month, May 1-31, Materials available: www.spotskincancer.org
- Mental Health Month, May 1-31, Materials available: www.mentalhealthamerica.net/go/may
- National Physical Fitness and Sports Month, May 1-31, Materials available: www.fitness.gov
- World No Tobacco Day, May 31, Materials Available: www.who.int/campaigns/no-tobacco-day/2015/event/en/



Emerging Drug Trends

From synthetics to pills, drug trends are evolving faster than ever before. Stay up to date on developments including the newest synthetic cannabinoids, a homemade opiate, and e-cigarettes at the National Institute on Drug Abuse: <http://www.drugabuse.gov/drugs-abuse/emerging-trends>.

New on the Health & Wellness Website

Program Instructions (https://supportservices.jobcorps.gov/health/Pages/PINotices.aspx)
<ul style="list-style-type: none">• PI 14-15 Reminder That the Use of Student Behavior Contracts Related to HIV Infection Are Not Permitted• PI 14-14 E-folders and the Student Health Record (SHR)• PI 14-20 Affordable Care Act (ACA) Signature Sheets• PI 14-21 Posting Occupational Safety and Health Administration (OSHA) Form 300A, Summary of Work-Related Injuries and Illnesses• PI 14-24 Unauthorized Collection of Health/Disability or Other Personal Information
ROCA Tools (https://supportservices.jobcorps.gov/health/Pages/Documents.aspx#roca)
Family Planning Coordinator — December 2014
Chronic Care Management Plans (CCMPs) (https://supportservices.jobcorps.gov/health/Pages/HCGuidelines.aspx#ccmp)
<ul style="list-style-type: none">• Depressive Disorders Provider Health Questionnaire — December 2014• General Health Questionnaire Provider Health Questionnaire — December 2014
Technical Assistance Guides (TAGs) (https://supportservices.jobcorps.gov/health/Pages/Documents.aspx#tags)
<ul style="list-style-type: none">• Management of Student Injury and Death Under FECA/OWCP TAG — December 2014• Health Care Guidelines and Written Instructions — December 2014
Family Planning (https://supportservices.jobcorps.gov/health/Pages/FamilyPlanningDocuments.aspx)
Job Corps Family Planning, Pregnancy, Medical Separation, and Transportation Policy FAQs — December 2014
LGBTQ (https://supportservices.jobcorps.gov/health/Pages/LGBTQDocs.aspx)
FAQs and Ensuring Equal Access for Transgender Applicants/Students to the Job Corps Program — December 2014
Webinars (https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx)
<ul style="list-style-type: none">• Health and Wellness Transition Services: Requirements and Innovative Practices to Assist Students Exiting Job Corps — January 13 and 20, 2015• Increasing Access to Job Corps for LGBT Youth — December 5, 2014

Mindfulness and Happiness

Mindfulness is an effective way to increase happiness. Project Happiness offers a curriculum and resources available free of charge: <http://www.projecthappiness.org/educational-resources/>.

