Shaping Up at Loring JCC

Last Fall, Shelley Fulton, RN and Kellie Miller, LCSW, members of the health and wellness team at Loring JCC, set out on a personal quest to lose weight and get healthy. Fulton and Miller never intended to for their personal journeys to inspire so many others, but that is what happened. The two women began with Weight Watchers and lunchtime workouts. Soon both women had noticeably lost weight and students started to take notice.

Ms. Fulton was already in charge of HEALs, but it had yet to become her focus. That changed in November when she began working with two students who were inspired to make their own healthy changes because of her newfound healthy lifestyle.

Since November, the HEALs program has grown exponentially. Now nearly every day, Ms. Fulton exercises with students and shares her passion. The exercise groups are now topping 30 students and include Insanity workouts, less intense workouts for beginners, and a running group. Other staff members have also began to participate in the iCount program, a walking group.

Ms. Fulton has incorporated healthy eating into the group as well. The cafeteria manager has even noticed that many students have cut down on portion sizes and now make healthier choices in the cafeteria.

Since beginning this program last fall, together Ms. Fulton and Ms. Miller have lost 120 pounds. Many students have lost weight, including a student who has lost 80 pounds. The students keep Ms. Fulton excited about the program. She says, “It brings me joy to see the excitement on their faces each week when they step on the scale and have lost a pound or two!”

Shown below, Loring JCC students participating in the HEALs group.
Temporarily without a TEAP Specialist?

Recent PRH changes altered the staffing and delivery of TEAP services on center. As centers transition to the new requirements, some center may temporarily be without the services of a Specialist. Highlighted below are some suggested strategies to meet PRH requirements if your center is without a permanent TEAP Specialist. Note that these are suggestions to temporarily cover the responsibilities of a TEAP Specialist. Centers should actively recruit to fill this and all vacant positions. Duties that are temporarily assigned to the CMHC or health and wellness (HW) should not detract from the primary roles of these positions.

Quick tips:

- Make sure other HW staff review and understand new TEAP requirements — PRH 6.11, R1: TEAP.
- Reach out and talk with other centers and your Nurse Health Specialists, Shannon Bentley and Melissa Cusey, and the TEAP Health Specialists, Diane Tennies and Christy Hicks.
- Document all services provided in the student health record.
- Ensure staff are trained to identify suspicious behaviors and appropriately refer students to HW.

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<th>Requirement</th>
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<td>Provide a 1-hour presentation on substance use prevention for all new students during CPP.</td>
<td>Ask the CMHC to present the TEAP materials during the mental health CPP presentation. An outline for this presentation is available on the Job Corps Health and Wellness website <a href="http://jcweb.jobcorps.org/Health/Pages/Webinars.aspx">http://jcweb.jobcorps.org/Health/Pages/Webinars.aspx</a> under the Reinventing TEAP: Guidance for TEAP Programmatic Changes webinar.</td>
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| Provide at least three annual center-wide substance use prevention and education activities. | • Enlist community resources to provide a brief presentation at a center-wide assembly.  
• Have HW staff provide substance use prevention materials during the student lunch hour or plan a substance use prevention and education event. |
| Review Social Intake Form (SIF) or intake assessment of all students performed by counseling staff within 1 week of arrival. | Have the CMHC review the TEAP portion of the SIF when they are reviewing the mental health section. There is a high co-morbidity between substance use and mental health issues so a large portion of high-risk students may have both issues. |
| Provide drug testing. | HW nurses can collect the entry, 45–day, and suspicion tests adhering to the chain of custody principles outlined in the center/standard operating procedure. |
| Provide intervention services to students who test positive. | • Meet with students to identify strategies that will help them achieve a drug-free lifestyle, including increasing exercise, connecting with drug-free peers, staying out of tempting situations, improving eating habits, and increasing fluid consumption.  
• Have students sign an intervention contract that delineates agreed upon strategies and consequences for testing positive on the re-test.  
• Provide a 30-60 minute weekly group intervention meeting where education and support are provided (career counselors or CMHC may be able to provide assistance). If the CMHC has graduate students, consider allowing them to provide the group under the CMHC’s supervision.  
• Have students identify staff members to talk with for support.  
• Consider developing a policy where students are restricted to center during this intervention period. This appears to be one of the most effective strategies to support students’ abstinence from drug use. |
| Retest students who test positive between the 37th and 40th day after arrival on center. | Assign a staff member to track students who test positive on entry so that retesting can occur between 37 and 40 days. It is critical the second test is received on center before the 45th day. |
| Provide medical separations/MSWRs, as appropriate. | The CMHC can facilitate this process. |
Updates and Reminders

- New/revised forms have been released and are available on the HW website
  - Job Corps Physical Exam form (Job Corp PIN 12-32, June 4, 2013)
  - Job Corps Oral Examination Record Form (Job Corp PIN 12-33, June 4, 2013)
  - Hepatitis B Vaccine Series Consent/Declination Form Essentials of Job Corps Health and Wellness Charting (Medical, Oral Health, Mental Health, TEAP)
  - Suggested Medical Equipment and Supplies List
  - Job Corps Health and Wellness Research Submission Form
- Pursuant to Job Corps PIN 12-30, Job Corps’ minimum requirements for securing digital dental X-ray imaging systems are as follows:
  - The system must be stand-alone, i.e., not connected to the internet or to the Job Corps network.
  - The system must be password-protected, and access must only be given to individuals who require it. The system must be kept in an area with restricted and protected physical access.
  - Digital X-ray images must not be stored. They must be printed, placed in the student’s medical folder, and then the digital copy must be deleted.
- Every attempt should be made to acquire student immunization records prior to student’s arrival on center. Per to Chapter 1, Section 1.2, R13 (f), Collection and Handling of Other Types of Required Documents, “ACs must help the applicant offered enrollment to make copies of the documents in the list below for use on center. The AC should either send these documents to the center or ensure that the applicant offered enrollment takes them with him or her when he/she departs for the center. Applicants need: (f) Immunization records. The transmission, storage, and confidentiality requirements described in Appendix 607 apply to these records.”
- CDD Laboratory Updates
  - Health and Wellness staff should speak with Marian Tully from CDD at 210-590-3033 with questions regarding testing performed under the National Laboratory Testing Contract. Currently, three tests are included in the National Laboratory Testing contract: HIV, Chlamydia, and Toxicology. These are the only tests that have to be sent to CDD.
  - HIV samples do not need to be centrifuged.
  - Centers should NOT perform HIV/Syphilis combo tests. Staff should use separate tubes for HIV and Syphilis tests. All HIV tests are to be sent to CDD.
  - Syphilis testing is optional. Testing, which is at center expense, can be performed by CDD or a local lab of center choice.

Healthy Celebrations

July

✔ National Minority Mental Health Awareness Month; [http://www.nami.org](http://www.nami.org)

August

✔ National Immunization Awareness Month; [http://www.cdc.gov/vaccines/events/niam/default.htm](http://www.cdc.gov/vaccines/events/niam/default.htm)

September

✔ Fruit and Veggies—More Matters Month; [http://www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
✔ National Suicide Prevention Week (8-14); World Suicide Prevention Day, September 10; [http://www.suicidology.org/about-aas/nspw](http://www.suicidology.org/about-aas/nspw)
Kudos

Rosa Luna, CMHC at DL Carassco JCC, provided stress-reduction tips and the center sponsored a poster contest (contest winner: Daisy Moran is pictured at right with Rosa Luna). Meanwhile, in the fitness center, Diane Chavez, the lead counselor, lead a game of “Stress Bingo.”

Carville JCC partnered with Louisiana State University (LSU) undergraduate dietetics students for nutrition education. LSU students completed their Capstone Project by providing Carville JCC with education on the relationship between eating out and body weight, sodium intake and blood pressure, sugar sweetened beverages and body weight, and energy density associated with weight loss and weight maintenance.

Cass JCC hosts a student group called "Impact" that focuses on civic duties, accessing community resources, and using resiliency to impact the lives of others. For their most recent project, the group cooked a meal for the homeless. The students planned the menu, which included lasagna, green beans, chef salad, garlic bread, and brownies, and shopped for the food. The meal fed over 75 individuals. Every brownie was decorated with a special design and prepared with a lot of love. Impact members are shown at left preparing the meal.

Upcoming Webinars

Webinars are open for registration on the Event Registration page on the Job Corps Community Website.

- Improving Accommodation Supports for Students with Mental Health Disabilities—July 10, 11 am ET and 4 pm ET
- Creating a Mental Health Internship Program—August 7, 11 am ET and 4 pm ET
- Understanding Young Adults with Co-Occurring Disorders—August 22, 1 pm ET
- Medical File Reviews—September 11, 11 am ET and September 12, 11 am ET
- Ethics and Boundaries for TEAP—September 19, 11 am ET and September 25, 4 pm ET
- TEAP Specialist Orientation—September 24, 11 am ET and September 26, 4 pm ET
- Distress Reduction and Emotional Regulation—October 2, 11 am ET and 4 pm ET
- Working with Students with Seizure Disorder—October 23, 3 pm ET and October 24, 11 am ET

Resources

- S.A.F.E. (Synthetic Awareness for Emily): Emily’s family shares her story about synthetic cannabinoids. In late 2012, Emily suffered multiple strokes after smoking synthetic cannabinoids. She is slowly recovering. Information is available at: http://safe4emily.org/
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.
- Quarterly Staffing report due **July 10th**.
- 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.

Technical Assistance Guides (TAGs) are Available

Job Corps provides many health and wellness TAGs to assist staff in meeting program requirements. All TAGs are located on the Job Corps Community Website, under Health and Wellness located at: [http://jcweb.jobcorps.org/Health/Pages/TAGs.aspx](http://jcweb.jobcorps.org/Health/Pages/TAGs.aspx).

The Health Care Guidelines TAG is now an online TAG and it can be found here: [http://jcweb.jobcorps.org/Health/Pages/HCGuidelines.aspx](http://jcweb.jobcorps.org/Health/Pages/HCGuidelines.aspx). All other TAGs, shown below, are available both online and as downloadable PDFs.

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<td>Immunizations and Communicable Disease Control TAG</td>
<td>Provides technical assistance to Job Corps center health staff to provide adequate and appropriate basic and booster immunizations for all Job Corps students.</td>
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<tr>
<td>Mental Health and Wellness Program: Staff Development Training Modules</td>
<td>Provides training modules.</td>
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<tr>
<td>Medical Transfer, Separation, and Referral; Management of Student Injury and Death Under FECA/OWCP TAG</td>
<td>Provides technical assistance to center directors and health personnel to provide adequate and appropriate transfers, separations, and referrals for all Job Corps students, appropriate FECA program administration, and management of student death at all Job Corps centers.</td>
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<tr>
<td>Mental Health Disabilities TAG</td>
<td>Provides technical assistance to the disability coordinator, center mental health consultant, health and wellness manager, career counselor, and center physician to provide assistance with reasonable accommodation, case management, and psychotropic medication issues.</td>
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<td>Health and Wellness Approach to (1) Family Planning and (2) Sexual Assault and Prevention TAG</td>
<td>Provides technical assistance to center directors and health personnel to provide adequate and appropriate reproductive health care for all Job Corps students.</td>
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<td>Health and Wellness Facilities Guidelines TAG</td>
<td>Presents guidelines for health and wellness center facilities at Job Corps centers.</td>
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