

- ▶ MENTAL HEALTH FIRST AID AT OCONALUFTEE JCC ..... 1
- ▶ JCCS RECOGNIZE SEXUAL ASSAULT AWARENESS MONTH ..... 2
- ▶ THERE'S ANOTHER NEW DRUG IN TOWN ..... 3
- ▶ NEW ON THE JOB CORPS WEB ..... 4
- ▶ NEW STD TREATMENT GUIDELINES ..... 5
- ▶ HEALTH OBSERVANCES ..... 5

# Health & Wellness *solutions*

NEWSLETTER FOR JOB CORPS HEALTH & WELLNESS STAFF

## Mental Health First Aid at Oconaluftee JCC

Patti Tiberi, Center Mental Health Consultant at Oconaluftee Job Corps Center (OJCC), wanted to make sure students that had the greatest need for mental health services were appropriately referred by center staff. While students were being referred to her for sleeping in class or for behavior issues, she knew that those with potentially serious mental health issues were not always receiving a referral. She felt this had to change in order for the center's Mental Health and Wellness program to be successful.

Ms. Tiberi had worked with Mental Health First Aid (MHFA) in a previous job. She believed that this training could help staff who did not have a mental health background learn to identify potentially serious mental health issues, ensuring appropriate referrals.

As first aid training helps people respond to a medical crisis, MHFA helps individuals respond to a person with a mental illness or a person who is in crisis. The 8-hour training provides an overview of the signs of addictions and mental illness, a five-step action plan to assess a situation and help, information on the impact of mental and substance use disorders, and strategies to identify local resources for help. The training relies on activities and scenarios to help lay individuals build necessary skills to recognize mental illness and crises.

Both MHFA youth and adult curricula are available. Ms. Tiberi decided that the youth curriculum, designed for adolescents between 12 and 18, was more appropriate for her center because of the focus on adolescent brain development and where she felt Job Corps students are developmentally.

The center hosted this training over winter break and the Center Director deemed the training mandatory for all staff, including residential, food service, administration, and teachers. A local MHFA instructor came to center to deliver the training. Because the training is so interactive, Ms. Tiberi felt she was able to share information about her role with other staff and also learned about the center staff's feelings and biases about mental illness and substance abuse.

On evaluations, staff members commented that the training included "Absolutely incredible information," that "the professional instructors explained the material well," and that they "will use this at home."

Since the training, Ms. Tiberi says, "Staff are much more willing to chat with me. They are working to help students and communication in referrals has been more specific. There has been less frustration and more dialogue."

She has seen an overall decrease in the number of referrals, as staff are more willing to address behavioral issues and talk to students, instead of simply providing a referral to mental health. At the same time, she has seen an increase in appropriate referrals.

More information on MHFA, including a directory of certified instructors, is located at: <http://www.mentalhealthfirstaid.org/cs/>.



# JCCs Recognize Sexual Assault Awareness Month

Check out these amazing Job Corps centers!

Students from **Gary Job Corps Center (GJCC)** and San Marcos High School (SMHS) along with the Hays Caldwell Women's Center (HCWC) and members of the Hays County Criminal Justice Community held a mock trial on a sexual assault case to raise awareness for sexual assault.

The case was based on an actual sexual assault case, tried in a neighboring county. The students participated as prosecutor, defense attorney, bailiffs, alleged victim, alleged perpetrator, witnesses, a SANE nurse, expert witnesses, detectives, and eight jury panels. Each of the student actors had an expert to coach them on courtroom procedure, the particulars of the case, and sexual assault facts. After the case was presented in court, the eight jury panels consisting of students from SMHS and GJCC were sent to separate rooms to deliberate the merits of the case and render a verdict.



Gary JCC



Pittsburgh JCC

**Pittsburgh JCC** health and wellness, counseling, and management staff supported the sexual assault awareness campaign by wearing the NO MORE t-shirts to help inform, educate, motivate, spark conversations among students/staff, and increase center-wide morale. The weeklong event included speakers from Pittsburgh Action Against Rape and Pennsylvania State Police Liquor Control Board, who helped discuss drugs, alcohol, and tobacco, and helped to promote healthy lifestyles.

The students of the **Shreveport JCC** attended an assembly on sexual assault prevention. The panel discussion included the liaison from the Caddo Parish Sexual Assault Response office, Domestic Violence team, and two detectives from the Shreveport Police Department. The team presented facts about sexual assault, legal issues, and self-protection strategies.



Shreveport JCC



**Ouachita JCC** celebrated Denim Day. "In 1999 the Italian High Court overturned a rape conviction because the victim was wearing tight jeans at the time of the assault. The justices stated that the victim must have helped her attacker remove her jeans, from which they inferred consent. People all around the world were outraged. Wearing jeans on this anniversary became an international symbol of protest against erroneous and destructive attitudes about sexual violence." The organization provides 13 posters of excuses people have used for committing sexual assault. For the 13 days leading up to denim day, the HWM sent out an email with one of the 13 excuses and requested that staff share with their students and family. At the end of the 13 days, the center convened an assembly where they discussed the "excuses". They also discussed seeking help for sexual assault.

**Clearfield JCC** partnered with Safe Harbor, a domestic violence shelter. Representatives visit the females on center to provide education monthly.

**Brooklyn JCC** hosted movies and conducted role playing activities to increase sexual assault awareness and prevention.

**Loring JCC** planned daily activities throughout April, including a movie night, decorating t-shirts, and a Denim Day celebration. Additionally, they posted sexual assault prevention information throughout the center.



# Sexual Assault Awareness Month Events (con't)

Students at the **Grafton, New Haven, and Northlands JCCs** participated in The Clothesline Project. The Clothesline Project was created to bring awareness to the issue of violence against women and men. For women and men who have been affected by violence, it is a means of expressing their emotions by decorating a t-shirt. After the shirts have been decorated, they are hung on a clothesline display. The intention of the display is to honor survivors and act as a memorial for victims. It is also intended to aid in the healing process for those who were directly affected and those who have lost someone special to violence.



Job Corps sexual assault prevention resources available at:  
<https://supportservices.jobcorps.gov/health/Pages/SexualAssaultPrevention.aspx>

## There's Another New Drug in Town

According to the National Institute on Drug Abuse (NIDA): “Use of a dangerous synthetic cathinone drug called alpha-pyrrolidinopentiophenone (alpha-PDP), popularly known as *Flakka*, is surging in Florida and is also being reported in other parts of the country, according to news reports. Alpha-PVP is chemically similar to other synthetic cathinone drugs popularly called *bath salts*, and takes the form of a white or pink, foul-smelling crystal that can be eaten, snorted, injected, or vaporized in an e-cigarette or similar device. Vaporizing, which sends the drug very quickly into the bloodstream, may make it particularly easy to overdose.”

Read more at: <http://www.drugabuse.gov/drugs-abuse/emerging-trends>



# New on the Job Corps Web

<b>PRH Change Notices</b> ( <a href="https://supportservices.jobcorps.gov/health/Pages/PRHNotices.aspx">https://supportservices.jobcorps.gov/health/Pages/PRHNotices.aspx</a> )
<ul style="list-style-type: none"> <li>PRH Change Notice 14-14 Policy and Requirements Handbook (PRH) Exhibit 5-3, Minimum Staff Qualifications</li> </ul>
<b>Program Instructions</b> ( <a href="https://supportservices.jobcorps.gov/health/Pages/PINotices.aspx">https://supportservices.jobcorps.gov/health/Pages/PINotices.aspx</a> )
<ul style="list-style-type: none"> <li>PI 14-31 Ensuring Equal Access for Transgender Applicants and Students to the Job Corps Program</li> <li>PI 14-33: Authorization to Release Health-care Information</li> <li>PI 14-35: Clarification of the 45-Day Drug Testing Intervention Period Clock/Count during Summer and Winter Breaks</li> <li>PI 14-34: Applicant Interviews by Job Corps Center Health and Wellness Consultants and Staff Across State Lines</li> </ul>
<b>Information Notices</b> ( <a href="https://supportservices.jobcorps.gov/health/Pages/InfoNotices.aspx">https://supportservices.jobcorps.gov/health/Pages/InfoNotices.aspx</a> )
<ul style="list-style-type: none"> <li>IN 14-37 Upcoming Trainee Employee Assistance Program (TEAP)-Related Observances</li> <li>IN 14-38 Upcoming Mental Health and Wellness Program (MWHP)-Related Observances</li> <li>IN 14-39 FEMA National Preparedness Month Reminder, and 2015 Hurricane Predictions</li> <li>IN 14-43: Overview of Potential Risks of Palcohol, a Powdered Alcohol, in the Job Corps Community</li> </ul>
<b>Treatment Guidelines (TGs)</b> ( <a href="https://supportservices.jobcorps.gov/health/Pages/HCGuidelines.aspx">https://supportservices.jobcorps.gov/health/Pages/HCGuidelines.aspx</a> )
<ul style="list-style-type: none"> <li>TG Pap Smear Abnormalities – February 2015</li> <li>TG Sexual Assault – February 2015</li> <li>TG Bacterial Vaginosis – February 2015</li> </ul>
<b>Technical Assistance Guides (TAGs)</b> ( <a href="https://supportservices.jobcorps.gov/health/Pages/Documents.aspx#tags">https://supportservices.jobcorps.gov/health/Pages/Documents.aspx#tags</a> )
<ul style="list-style-type: none"> <li>MH Disabilities TAG – March 2015</li> <li>Immunization Guide TAG – April 2015</li> </ul>
<b>Health Education Curriculum</b> ( <a href="https://supportservices.jobcorps.gov/health/Pages/Health-Education-Curriculum.aspx">https://supportservices.jobcorps.gov/health/Pages/Health-Education-Curriculum.aspx</a> )
<ul style="list-style-type: none"> <li>Relationships and Sexuality, Reproduction and Birth Control, and Sexually Transmitted Infections (STIs) – May 2015</li> </ul>
<b>LGBTQ</b> ( <a href="https://supportservices.jobcorps.gov/health/Pages/LGBTQDocs.aspx">https://supportservices.jobcorps.gov/health/Pages/LGBTQDocs.aspx</a> )
<ul style="list-style-type: none"> <li>Equal Access to the Job Corps Program for Transgender Applicants and Students</li> <li>Gender and Transgender Definitions – May 2015</li> </ul>
<b>Webinars</b> ( <a href="https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx">https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx</a> )
<ul style="list-style-type: none"> <li>Ensuring Equal Access for Transgender Applicants and Students in the Job Corps Program – May 2015</li> <li>Understanding E-Cigarettes and Other Emerging Tobacco Products – May 19, 2015</li> <li>Trauma Informed Care, Part 1 – May 12, 2015</li> <li>Promoting Healthier Beverage Consumption – April 30, 2015</li> <li>Deconstructing the Mysteries and Fallacies of ADHD: Promoting Independence and Employability Through use of Accommodation and Positive Behavior Supports – April 14, 2015</li> <li>The Pursuit of Happiness (The Positive Psychology Movement) – March 18, 2015</li> <li>Preparing for an Oral Health ROCA – February 24, 2015</li> </ul>
<b>ROCA Tools</b> ( <a href="https://supportservices.jobcorps.gov/health/Pages/Documents.aspx#roca">https://supportservices.jobcorps.gov/health/Pages/Documents.aspx#roca</a> )
Health and Wellness ROCA Review Tool – January 2015



# New STD Treatment Guidelines

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The sexually transmitted diseases (STDs) treatment guidelines were updated by CDC. These updated guidelines discuss 1) alternative treatment regimens for *Neisseria gonorrhoeae*; 2) the use of nucleic acid amplification tests for the diagnosis of trichomoniasis; 3) alternative treatment options for genital warts; 4) the role of *Mycoplasma genitalium* in urethritis/cervicitis and treatment-related implications; 5) updated HPV vaccine recommendations and counseling messages; 6) the management of persons who are transgender; 7) annual testing for hepatitis C in persons with HIV infection; 8) updated recommendations for diagnostic evaluation of urethritis; and 9) retesting to detect repeat infection. Physicians and other health-care providers can use these guidelines to assist in the prevention and treatment of STDs. The treatment guidelines are available at: <http://www.cdc.gov/std/tg2015/default.htm>.

## Health Observances

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### August

- National Immunization Awareness Month, August 1 – 31, [www.cdc.gov/vaccines/events/niam/default.htm](http://www.cdc.gov/vaccines/events/niam/default.htm)

### September

- Fruit and Veggies—More Matters Month, September 1 – 30, [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- National Recovery Month, September 1 – 30, [www.recoverymonth.gov/](http://www.recoverymonth.gov/)
- National Suicide Prevention Week, September 7 – 13, [www.suicidology.org](http://www.suicidology.org)
- RAINN Day (Rape, Abuse & Incest National Network (RAINN) Rape, Abuse & Incest National Network (RAINN)), September 17, [www.rainn.org/rainnday](http://www.rainn.org/rainnday)

### October

- Domestic Violence Awareness Month, October 1 – 31, [www.ncadv.org/takeaction/DomesticViolenceAwarenessMonth.php](http://www.ncadv.org/takeaction/DomesticViolenceAwarenessMonth.php)
- National Breast Cancer Awareness Month, October 1 – 31, [www.cancer.org](http://www.cancer.org)
- National Bullying Prevention Month, October 1 – 31, [www.pacer.org/bullying/nbpm/](http://www.pacer.org/bullying/nbpm/)
- National Dental Hygiene Month October, 1 – 31, [www.ada.org](http://www.ada.org)
- Mental Illness Awareness Week, October 4 – 10, [www.nami.org](http://www.nami.org)
- Red Ribbon Week, October 23 – 31, [www.redribbon.org](http://www.redribbon.org)

