Newsletter for Job Corps Health & Wellness Staff

Health & Wellness
solutions

Collaborative Care Model at the Hubert H. Humphrey Job Corps Center

- Katie Spencer, Macalester College

It is a Thursday morning at Hubert H. Humphrey (HHH) JCC and Adaila Dixon, mental health intern, is poring over an incoming student's medical files with center physician Peter Harper, MD. The two just finished seeing the student, together, and now brainstorm to create the best treatment plan. As they work on the case, they swap mental health and medical health information, occasionally translating jargon for each other. This is HHHJCC's new collaborative care model in action, where mental health staff and medical staff work as an integrated team to improve care.

Every week, Dixon sits down with new students for about 15 minutes before they complete their physical with Dr. Harper. These screenings (which might take place in an examination room, or sitting next to the dentist's chair) are a way for Dixon to catch mental health concerns as a student enters the program and refer them to the correct resources. Dixon also accompanies Dr. Harper on rounds when there might be a psychological component at play—such as sleep complaints, digestion issues, or even broken limbs. When a student is put on psychotropic medications, Dixon provides corresponding behavioral health support.

Dr. Jeff Gottlieb, who started this collaboration with Dr. Harper, calls Dixon the "gatekeeper" of mental health at Job Corps. "I'm seeing the most appropriate intervention," Dixon explains. "Some need 15-minute psychoeducation, which we provide on the spot in Health & Wellness. If there is something more serious, they're referred to mental health staff for ongoing services."

The benefit of this model flows both ways. When a mental health staff member is concerned about a student's physical wellbeing, they consult Dr. Harper during weekly collaborative care meetings. Interns ask questions about interactions between medications, or how a physical condition, like diabetes or hypertension, manifests. Just as Dixon screens for students who need mental health attention, Dr. Harper uses these meetings to identify students who might need follow-up from his staff.

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Inside this issue

Pictured: Katie Spencer
Writer/Mental Health Intern
Macalester College

Pictured: Peter Harper, MD, and Adaila Dixon

" . . . mental health staff and medical staff work as an integrated team to improve care."

This writer, a senior psychology student at Macalester College, is also part of the collaborative care loop this semester. I interview students who are prescribed psychotropic medication, focusing on what makes students remember to take medication daily or, alternately, what happens when they do not take their medications. We have also discovered key factors affecting medication adherence–such as a student's knowledge of the medication or how long they have taken it. These findings will be incorporated into a larger project for my Community Psychology class this fall.

As Dixon sees it, this collaborative care model leads to a larger and more educated network of support for Job Corps students. "The mental health team knows what the medical team is doing, and vice versa. We're sharing knowledge and it can only benefit the students."

Additionally, Dixon says, the new system works to change some mental health stigmas and misconceptions in Health and Wellness. "I'm hopeful that because mental health is getting a seat at the table, we will all be more understanding of what mental health is, how if affects people, and how we can better address it."

Learn More about Collaborative Care

According to the Collaborative Care Research Network, "*Collaborative care* is a term used to describe different models of behavioral health in primary care. It is also a comprehensive approach to health that sees no distinction between your mind and body, but rather focuses on your overall health. Integrating mental health services into primary care is one successful avenue for treating the health care of the whole person. When mental health professionals and medical professionals collaborate, studies have shown that not only do people live longer, but they are happier with services and have more positive health outcomes."

Learn more about collaborative care at: http://www.aafp.org/about/initiatives/nrn/ccrn.html.

SPOTLIGHT ON CENTER ACTIVITIES

Whitney M. Young JCC

CMHC Beverly Hite at Whitney M. Young JCC has had an active mental health internship program on center since 2013. According to Ms. Hite, "I have been able to obtain interns for our mental health program from the Counseling Psychology masters programs at the University of Louisville and Lindsey Wilson College. Each semester, including summer, I have been fortunate enough to work with 1-3 interns from these programs." Ms. Hite recently received Lindsey Wilson College's Community Advocate Award for her contribution to training future area mental health providers.

Barranquitas JCC

To commemorate Suicide Prevention Month the movie "The Last Minute" was showed on September 30, 2015 at the Barranquitas Job Corps Academy. The audience consisted of 45 students and six staff members. After watching the film, students were instructed on how to seek help when dealing with difficult times and avoiding self-injuring. Emphasis was given to how instructors, administrative personnel, and classmates can save those students with suicidal behavior.

Pine Ridge JCC

Pine Ridge students participated in a 5K walk in October to raise awareness for suicide prevention.

Health Observances

February

- National Wear Red Day
  February 5
  www.nhlbi.nih.gov/health/
  educational/hearttruth/
  materials/wear-red-
  toolkit.htm
- Teen Dating Violence
  Awareness Month
  February 1 – 28
  www.teendvmonth.org

March

- National Nutrition Month
  March 1 – 3
  www.nationalnutritionmont
  h.org/nnm/
- National Sleep Awareness
  Week
  March 6 – 13
  www.sleepfoundation.org
- American Diabetes Alert
  Day
  March 22
  www.diabetes.org/in-my-
  community/programs/alert-
  day

April

- Alcohol Awareness Month
  April 1 – 30
  www.ncadd.org
- Sexual Assault Awareness
  and Prevention Month
  April 1 – 30
  www.rainn.org
- National Youth Violence
  Prevention Week
  April 3 – 9
  www.nationalsave.org

In The News

Free tobacco resources: The American Academy of Family Physicians offers a free tobacco and nicotine toolkit at: http://www.aafp.org/patient-care/public-health/tobacco-nicotine/toolkit.html

Syphilis, Gonorrhea, Chlamydia Rates Rising for First Time in Years: Increases are largely driven by STD epidemic among men, U.S. researchers say. Read more at: http://consumer.healthday.com/sexual-health-information-32/misc-sexually-tranmitted-diseases-news-609/syphilis-gonorrhea-chlamydia-rates-rising-for-first-time-in-years-cdc-705360.html

New Webinars on the Job Corps Web

- Improving the Experience of LGBT Trainees with a Focus on Gender, Gender Identity, and Gender Expression — September 30, 2015
- Let's Figure It Out Together: Increasing Understanding and Improving Assessment/Direct Threat Efficiency with the Applicant File Review Process — October 7 & 8, 2015
- Perinatal Oral Health — October 19, 2015
- Applicant File Review: Conducting the Interview of Applicants with MH Histories — October 21, 2015
- Suspicious Drug Screening: What am I seeing and what do I do about it? — November 10 & 12, 2015
- Traumatic Brain Injury: Understanding Capabilities and Workplace Success Strategies — November 18, 2015
- Use of Long Acting Reversible Contraceptives in Job Corps — January 12, 2016

Webinars can be found here: https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx

New on the Job Corps Web

PRH Change Notice

♦ PRH Change Notice 15-06 Policy and Requirements Handbook (PRH) Revision of Chapter 6, Section 6.10, R3, Mental-Health and Wellness Program; Exhibit 6-4 Job Corps Basic Health-Care Responsibilities; and Exhibit 6-5 Center Health-Services Staffing Requirements
Release Date: November 30, 2015

PRH Change Notices can be found here: https://supportservices.jobcorps.gov/health/Pages/PRHNotices.aspx

Information Notices

♦ IN 15-18 Job Corps Health and Wellness Report: Review of Selected Health Indicators, Program Year (PY) 2014
Release Date: November 19, 2015
♦ IN 15-15 Frequently Asked Questions (FAQs) for Ensuring Equal Opportunity for Transgender Applicants and Students
Release Date: November 3, 2015

Information Notices can be found here: https://supportservices.jobcorps.gov/health/Pages/InfoNotices.aspx

Program Instructions

♦ PI No. 15-08 Revised 'Consent for Pre-Enrollment Interview' Form
Attachment: 15-08a
Release Date: December 22, 2015

Program Notice can be found here: https://supportservices.jobcorps.gov/health/Pages/PINotices.aspx

Updated Desk Reference Guides

♦ Center Mental Health Consultant — December 2015
♦ Center Dentist — December 2015
♦ TEAP Specialist — December 2015

Updated DRGs can be found here: https://supportservices.jobcorps.gov/health/Pages/Documents.aspx

Health Documents

♦ CMHC Task and Frequency Chart — December 2015
♦ Suggested Medical Equipment and Supplies List — December 2015

Health documents can be found here: https://supportservices.jobcorps.gov/health/Pages/Documents.aspx