



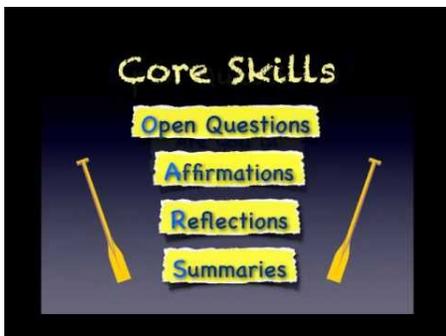
Health & Wellness



Winter 2016
Newsletter for Job Corps Health & Wellness Staff

Solutions

Engaging Students in Their own Health Care



“Young people are the most important actors in their own health care. Great health centers recognize the value of youth participation in decision-making processes and engage youth in their clinical operations.” — School-Based Health Alliance

Recently, Job Corps’ policy on medical tests and examinations have changed to mirror standard practices at doctors’ offices and

clinics. Students may now choose to waive any medical test or examination they wish, except for the mandatory drug test.

Although students may opt out of these tests and portions of the medical examination, we still want to encourage them to take advantage of all of the services that Job Corps offers. When students receive medical tests and services from the Health and Wellness Center (HWC), the public health of all students is protected and students are better prepared to enter the workforce.

Encouraging students to receive health services should be two-fold: breaking down perceived barriers to care, and encouraging students to be engaged with their own health.

Breaking Down Perceived Barriers to Care

Refresh your Motivational Interviewing skills (<http://motivationalinterviewing.org/>). Employ OARS when a student is apprehensive about receiving a medical test, dental examination, or part of the medical exam:

- **Open-Ended Questions:** Ask “Why don’t you want to receive this service?” or “What makes you apprehensive about [fill in service]?” And then listen to the response.

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Sometimes a student may ask to waive the entire medical examination. Center medical practitioners should use their best judgement when clearing a student for a trade or for sports and handle this on a case-by-case basis.

The fact that the student would not be able to participate in their trade or favorite activity may be enough to convince them to have a physical examination.

(continued on next page)

Engaging Students in Their own Health Care (continued)

- **Affirmations:** Make observations based on the student’s response to your question. Affirmations may include “It sounds like you really care about your health” or “That sounds like a scary experience.”
- **Reflections:** Check to make sure that you have correctly understood the student's reasons for declining a test or examination. What you say in response should echo what they have said. For example, if the student says “I don’t want to have a HIV test because I’m scared it will be positive and I won’t be able to pay for treatment,” you may say, “I understand that you are afraid of the results and money to pay for treatment is also a concern.” Then allow them to provide additional information.
- **Summary:** Towards the end of your conversation with the student, provide a summary of everything you learned from the conversation. Allow the student to correct any portions you may have misinterpreted.

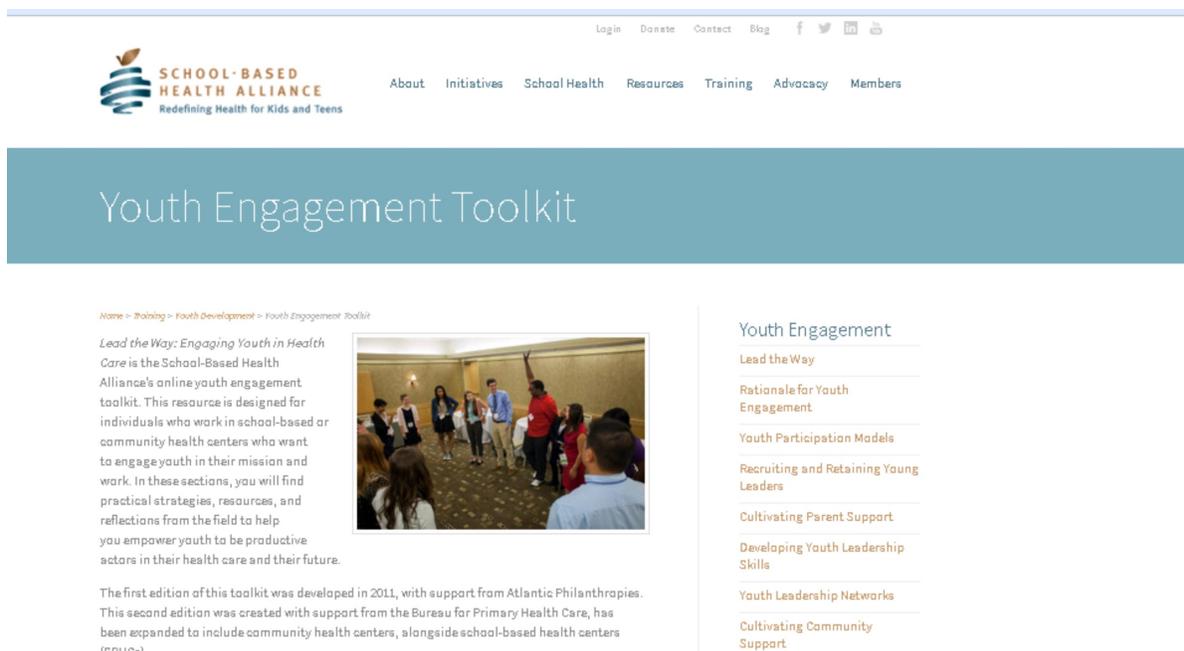
Then, it is ultimately up to the student to decide whether to pursue medical testing and examinations.

Encourage Students to become Engaged with the HWC

Create a culture where students routinely take ownership of their health. Strategies may include:

- Develop practices that enable students to contribute ideas, skills, and energy. Elicit feedback from all students.
- Encourage students to promote Job Corps health services to each other. This can be accomplished from the SGA, other student organizations, or through individual students.
- Recruit student ambassadors to serve as leaders. These leaders would actively promote healthy behaviors and health services on center.
- Discuss engagement with your Wellness Committee. Solicit their ideas to get other students to acquire health services.

Learn more about youth engagement in healthcare (<http://www.sbh4all.org/training/youth-development/youth-engagement-toolkit/>) from the School-Based Health Alliance’s Youth Engagement Toolkit.



Home > Training > Youth Development > Youth Engagement Toolkit

SCHOOL-BASED HEALTH ALLIANCE
Redefining Health for Kids and Teens

About Initiatives School Health Resources Training Advocacy Members

Youth Engagement Toolkit

Lead the Way: Engaging Youth in Health Care is the School-Based Health Alliance's online youth engagement toolkit. This resource is designed for individuals who work in school-based or community health centers who want to engage youth in their mission and work. In these sections, you will find practical strategies, resources, and reflections from the field to help you empower youth to be productive actors in their health care and their future.

The first edition of this toolkit was developed in 2011, with support from Atlantic Philanthropies. This second edition was created with support from the Bureau for Primary Health Care, has been expanded to include community health centers, alongside school-based health centers (SBHCs).

Youth Engagement

- Lead the Way
- Rationales for Youth Engagement
- Youth Participation Models
- Recruiting and Retaining Young Leaders
- Cultivating Parent Support
- Developing Youth Leadership Skills
- Youth Leadership Networks
- Cultivating Community Support

Oneonta — National Recovery Month

In September, Oneonta Job Corps Academy recognized National Recovery Month by hosting guest speakers and special events. The center used a tool called The Seat Belt Convincer (pictured), a machine that allows riders to experience force, up to five times their body weight, similar to that of a 5-7 mph crash. The STOP DWI traveling exhibit was also featured.



Oconaluftee — Bullying Prevention and Awareness Month

Oconaluftee JCC recognized October as Bullying Prevention and Awareness Month. They kicked off the event by celebrating Unity Day. Staff and students wore orange t-shirts and ribbons to show support against bullying. The center hosted an educational program at an assembly to discuss the impacts of bullying. Center staff made orange cupcakes "kind" statements such as: "We are glad you are here", "You made a smart choice", "New beginnings are great", "You can do anything", "You look wonderful today", and other positive statements.



Jacksonville — Think Pink Week

Jacksonville JCC celebrates Think Pink Week for breast cancer awareness. The center hosted a walk for all students and staff members. Breast Health Coordinators from Baptist Medical Center presented a talk entitled Facts about Breast Cancer and the Importance of a Self-Breast Exam. A Jacksonville JCC employee and breast cancer survivor was honored during an assembly. Additionally, staff and students raised funds for the American Cancer Society.



Health Observances

January

- January 25–31, 2017
National Drug and Alcohol Facts Week
<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>

February

- February 23–March 1, 2017
National Eating Disorders Week
<http://nedawareness.org>
- Teen Dating Violence Awareness Month
<http://www.breakthecycle.org>

March

- National Nutrition Month
<http://www.eatright.org/resources/national-nutrition-month>
- March 6–3, 2017
National Sleep Awareness Week
<https://sleepfoundation.org/>
- March 10, 2017
National Women and Girls HIV/AIDS Awareness Day
<https://www.womenshealth.gov/nwghaad>
- March 20, 2017
National Native American HIV/AIDS Awareness Day
<http://www.nnhaad.org/>

CDC launches an Antibiotic Resistance Solutions Initiative

In fiscal year 2016, Congress appropriated \$160 million for CDC to fight antibiotic resistance (AR), a testament to the urgent AR threat and highest levels of support for the ambitious public health actions outlined in the National Action Plan for Combating Antibiotic Resistant Bacteria. Learn more at: <http://www.cdc.gov/drugresistance/solutions-initiative/index.html>



Youth e-cigarette use declared major health threat



(Justin Sullivan/Getty)

The surgeon general on Thursday called the skyrocketing use of e-cigarettes among youth “a major public health concern,” saying that while more research needs to be done on its potential harms, policymakers should take strong action to keep the products out of the hands of the nation's young people. Read the full story at: https://www.washingtonpost.com/news/to-your-health/wp/2016/12/08/surgeon-general-calls-youth-e-cigarette-smoking-a-major-public-health-concern/?utm_term=.6296efe5c55e&wpisrc=nl_sb_smartbrief

Adolescent perceptions about smoking have changed over decade (for the better!)

California adolescents perceive smoking cigarettes to be riskier – and less socially acceptable – than they did a dozen years ago, according to a new study that comes amid a changing tobacco product landscape. Read the full story at: <https://www.ucsf.edu/news/2016/12/405071/adolescent-perceptions-about-smoking-have-changed-over-decade>



Heavy teenage drinking is linked to abnormal brain development



Teens who drink heavily are more likely than their peers to have less gray matter, an important brain structure that aids in memory, decisions, and self-control, according to a Finnish study. Read the full story at: <http://www.reuters.com/article/us-health-teens-alcohol-brains-idUSKBN13R2NR>

Upcoming 2017 Webinars

January

- From Hemp Oil to Purple Haze Lollipops: The Brave New World of Cannabinoids
January 10, 2017
- TEAP Specialist Orientation
January 17, 2017
- CMHC Orientation
January 24, 2017

February

- The Basics of Safely Using Mood Stabilizers
February 7, 2017
- Supporting Students with Mental Health Conditions in Job Corps, Part 5: Trauma and Stress Related Disorders
February 16, 2017

Later in the Year

- Evidence-Based Interventions for Students with Mental Health Conditions to Support Employability: Five Part Series
- Compassion Fatigue
- Applicant File Review
- Dental X-Ray Safety
- Emergency Response

New on the Job Corps Web



PRH Change Notices

- PRH Change Notice 16-05 Policy and Requirements Handbook (PRH) Exhibit 5-4: Reasonable Accommodation and Disability Program Required Staff Training
Release Date: November 18, 2016
- PRH Change Notice 16-04 Policy and Requirements Handbook (PRH) Section 5.2, R4; Exhibit 5-3; and Exhibit 6-5
Release Date: September 30, 2016

Information Notices

- IN 16-18 Job Corps Disability Program Report: Program Year (PY) 2015
Release Date: December 12, 2016
- IN 16-15 Job Corps Health and Wellness Report: Review of Selected Health Indicators, Program Year (PY) 2015
Release Date: November 18, 2016
- IN 16-10 Identifying and Responding to Opioid Misuse in Job Corps
Release Date: October 4, 2016
- IN 16-09 Increased Mental-Health Awareness and Promotion During the Winter Holiday Season
Release date: September 29, 2016
- IN 16-08 Influenza Information Update for the 2016-2017 Season
Release Date: September 29, 2016

Program Instructions

- PI 16-23 Disability Program Compliance Assessment Guide
Release Date: November 21, 2016
- PI 16-21 Medication Assisted Treatment (MAT) for Opioid Addiction in Job Corps
Release Date: November 18, 2016
- PI 16-13 Accommodation of Medical Marijuana Use by Job Corps Participants
Release Date: September 16, 2016

Directives are available here: <https://supportservices.jobcorps.gov/health/Pages/Documents.aspx>

Webinars

- Caring for Students with Sickle Cell Anemia in Job Corps—December 7, 2016
- Hot Topics in Substance Use and Abuse—November 15 & 16, 2016
- Youth & Intimate Partner Abuse: Understanding the Dynamics of Victims, Abusers, and Observers—November 9, 2016
- A World of Substance Abuse Prevention Resources at Your Finger Tips—November 1, 2016
- Narcan and Opioids: What you Need to Know to Manage at Job Corps—October 27, 2016
- Supporting Students with Mental Health Conditions in Job Corps, Part 4: Depressive and Bipolar Disorders—October 18, 2016
- From Hemp Oil to Purple Haze Lollipops: The Brave New World of Cannabinoids—September 21 & 27, 2016
- Supporting Students with Mental Health Conditions in Job Corps, Part 3: Anxiety Disorders—September 13, 2016

Webinars are available here: <https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx>