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National Suicide Prevention Awareness Month

September is designated as National Suicide Prevention Awareness Month, and September 5-11, 2021 was National Suicide Prevention Week. Suicide Prevention Awareness is one of the most important observances for Job Corps' Mental Health and Wellness Program!

The past year and a half has been especially difficult for our students, so center staff arranged many activities and events to promote Suicide Prevention Awareness Month. Activities included sharing coping tools and goodie bags, organizing art contests and walks, and setting up information tables that were available to students and staff.

CDC FACTS — Suicide continues to be the No. 2 cause of death among 15 to 24-year-olds. During 2020, the mental health–related emergency department (ED) visits among adolescents aged 12–17 years increased 31% compared to the previous year. The CDC reports that in May 2020, during the COVID-19 pandemic, ED visits for suspected suicide attempts began to increase among adolescents aged 12–17 years, **especially girls**. During February 21–March 20, 2021, suspected suicide attempt ED visits were 50.6% higher among girls aged 12–17 years than during the same period in 2019; among boys aged 12–17 years, suspected suicide attempt ED visits increased 3.7%.¹

Suicide-Related Webinars on the Health & Wellness Website

- Suicide Prevention: A Continuing Priority! — September 30, 2021
- Working Together: Suicide Awareness and Prevention in the time of COVID-19 — December 15, 2020

Access these slides on the [Webinars](#) webpage.

The following resources provide flyers and handouts that can be distributed throughout the year, not just in September!

- [National Alliance on Mental Illness \(NAMI\)](#)
NAMI Helpline Monday through Friday, 10 am – 10 pm ET
(800) 950-NAMI (6264)
 - [Know the Warning Signs and Risk Factors of Suicide](#)
 - [Being Prepared for a Crisis](#)
 - [Navigating a Mental Health Crisis](#)
- [National Suicide Prevention Lifeline](#)
- [Suicide Prevention Resource Center](#)
 - [Suicide Prevention Month Ideas for Action](#)
- [National Institute of Mental Health Publications about Suicide Prevention](#)

¹Yard E, Radhakrishnan L, Ballesteros MF, et al. [Emergency Department Visits for Suspected Suicide Attempts Among Persons Aged 12–25 Years Before and During the COVID-19 Pandemic — United States, January 2019–May 2021](#). MMWR Morb Mortal Wkly Rep 2021;70:888–894. Retrieved on September 15, 2021.

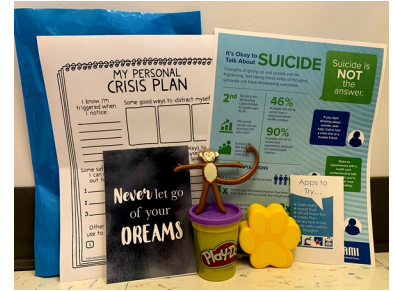
Center Happenings — Suicide Prevention Awareness

World Suicide Prevention Day — Excelsior Springs JCC

Submitted by: Elizabeth Jarski, Center Mental Health Consultant

On September 10th, all students on center received a coping tools bag delivered to their dorm rooms for World Suicide Prevention Day. The bag included a personal crisis plan, mental health apps information, crisis line information, and fun coping tools such as a bendable toy and Play-Doh.

Resources for distance learning students were posted in the Google Classroom. On September 13th, suicide prevention discussions continued with all students and staff.



World Suicide Prevention Day — Gary JCC

Submitted by Hildy Dinkins, PsyD, Center Mental Health Consultant

[World Suicide Prevention Day](#) is observed on September 10th. The Gary JCC Mental Health Department held a number of activities for staff and students:

- Staff received purple and teal ribbons to wear on Friday September 10th.
- Students participated in a creative arts contest by writing songs, essays, or poems, or completing an art project with the theme of suicide prevention. Four students were awarded prizes for their outstanding work. Winners were announced on September 10th and also recognized in the Student Business Meeting on September 13th.
- National Suicide Prevention Lifeline wallet cards, temporary tattoos, and other giveaways were distributed to students outside of the cafeteria on September 10th.
- Daily Suicide Prevention resources were distributed, by email, to staff and students for the entire week.



Image: Dr. Dinkins, CMHC, distributing teal and purple ribbons to staff for World Suicide Prevention Day.

Suicide Prevention Awareness — Old Dominion JCC

Submitted by: Hillary Walsh, Center Mental Health Consultant

Old Dominion Job Corps center set up a table with ribbons, gift bags of treats, suicide prevention wallet cards and brochures on suicide prevention!



Center Happenings — Suicide Prevention Awareness

Suicide Prevention Awareness Month — Keystone and Red Rock JCCs

Submitted by: *Camille Zions, LCSW, Center Mental Health Consultant*

The Keystone and Red Rock Job Corps centers coordinated and organized the same activities for both campuses. For this year's Suicide Prevention Awareness Month the following activities were scheduled for September:

- Staff Trainings—Camille Zions, Keystone CMHC, and Louise Henry, Red Rock CMHA, provided two suicide awareness trainings.
- Gift Bags—Students were given bags containing "I cannot be replaced" silicone bracelets, stress balls, suicide lifeline wallet cards, educational handouts, and candy.
- Campus Suicide Prevention Walk—Students and staff wrote positive messages in remembrance of a loved one lost to suicide, on white luminary bags. At dusk, lights were added to the bags and placed around the quad circle. The walk began with a poem and ended with a bonfire.
- Why We Walk Activity—Daily walks were organized from 4:00 pm-5:00 pm and were coordinated with the HEALS Program to connect the healthy body and mind philosophy. When students completed a certain number of "loops," they earned a new Job Corps face mask inscribed with an inspirational message.
- Rock Painting—Students and staff painted rocks with an inspirational or supportive message, word, or picture. The rocks were placed around the campus for others to randomly find. The hope is that this activity fostered a sense of community and caring and reminded others that they are not alone.
- Messages of Hope Postcards—Students and staff wrote encouraging messages to other students and staff to support and encourage them.
- Pom Pom Activity—The purpose was to provide a visual of how many people are lost to suicide in the United States each day. Teal pom poms were used to represent each person lost to suicide each day. Before breakfast, the Student Government Association hung pom poms in the cafeteria foyer, then added more before lunch and dinner. The hope was that students would notice the number of pom poms increasing throughout the day. Staff facilitated a discussion at the end of the day.
- KeyRock Video Message—A video set to music was made with suicide awareness messages and pictures of all suicide awareness activities throughout the month. The video was shown to students and staff to close out Suicide Awareness Month.



Image: [National Suicide Prevention Lifeline](#)

Suicide Prevention Awareness — Pittsburgh JCC

Submitted by: *Callie Scott, Center Mental Health Consultant*

The Pittsburgh Job Corps center's Dr. Scott wanted to raise awareness on suicide prevention by having staff and students show their support by taking a picture holding up five fingers in the "Take 5 to Save Lives" initiative. A flyer was distributed as a reminder of the 5 steps the Job Corps community could take to help prevent suicide.

The 5 steps are:

1. Learn the signs
2. Know how to help
3. Practice self care
4. Reach out
5. Spread the word

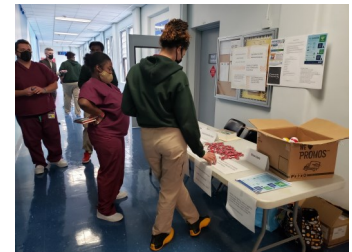
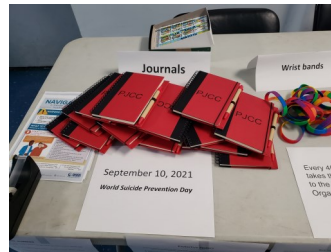
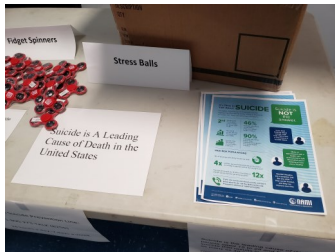


Center Happenings — Suicide Prevention Awareness

Suicide Prevention Day — Pittsburgh JCC

Submitted by: *Melissa Baker, NCC, CAADC, LPC, Center Mental Health Consultant*

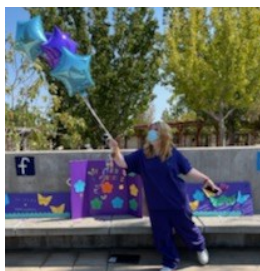
The Pittsburgh Job Corps center observed Suicide Prevention Day (September 10th) by providing students with suicide prevention information including risk factors, protective factors, statistics, and resources such as the National Suicide Prevention Line: 1-800-273-TALK(8255). Students were provided with a variety of coping skills: stress balls, fidget spinners, journals, and a flyer for several mental health apps that offered QR codes for easy access. As we continue to adapt in response to COVID-19, and the transition and isolation that it has forced upon our communities, it is important to encourage our students to explore and connect with healthy coping skills and supports.



Suicide Awareness and Prevention — Sacramento JCC

Submitted by: *Daniel Godinez, Center Mental Health Consultant*

On September 8th, the Sacramento Job Corps center came together to raise awareness and foster a community of support for individuals impacted by suicide. Wanda Jackson, TEAP Specialist, and Daniel Godinez, CMHC, put on the "Fallen Butterfly Project" which encouraged individuals impacted by suicide to write their own name on a butterfly and post it to a board. Music was played throughout the event including the 2018 song by Logic, "1-800-273-8255", which is titled after the [National Suicide Hotline](#). Ms. Jackson and Mr. Godinez led students in creating their own stress tools, practicing self-care, and providing information on the impact of suicide and resources to help themselves and others.



Center Happenings — Mental Health

National Minority Mental Health Awareness Month/BIPOC Mental Health Month — Gary JCC

Submitted by Hildy Dinkins, Psy.D., Center Mental Health Consultant

The Gary Job Corps center’s CMHCs (Dr. Dinkins, Ms. Cisneros, and Ms. Byrd) held three [National Minority Mental Health Awareness Month/BIPOC Mental Health Month](#) workshops in July for Residential Counselors, Residential Advisors, and Career Counselors. The training was half didactic and half experiential in nature. The observance was founded to address the unique struggles that underrepresented groups face in regard to mental illness in the United States.

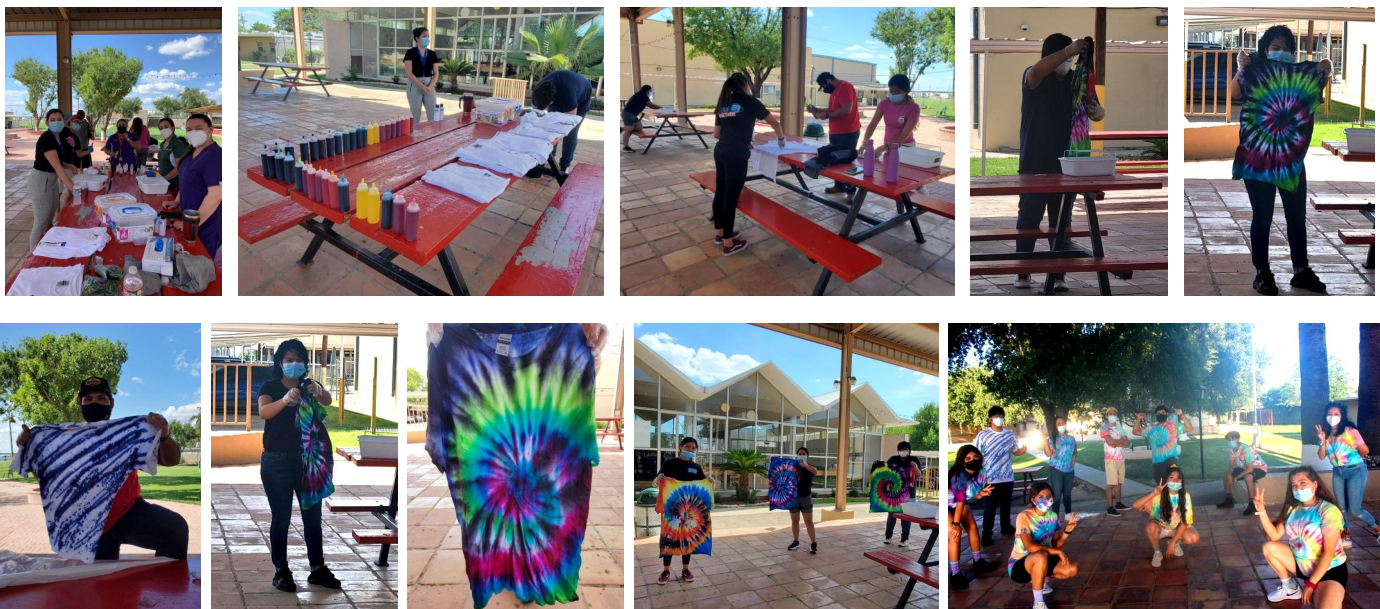


Color Your Emotions — Laredo JCC

Submitted by: Aracely C. Hernandez, LPC-S, LCDC, Center Mental Health Consultant

On August 11th, Aracely Hernandez, CMHC, along with the participation of the Health and Wellness staff organized a mental health activity for the students called “Color your Emotions.” This activity involved creating a tie-dye shirt with the purpose of helping students identify their emotions using the colors on a shirt.

This activity offered a visual approach to identifying internal feelings, which often conflict or are felt on different levels. In this activity, Ms. Hernandez guided students in pairing an emotion with a color and using that amount of color on the shirt. The outcome was a total success!



Center Happenings — TEAP

International Overdose Awareness Day — Cascades JCC

Submitted by: Stacy Roux, SUDP, TEAP Specialist

Stacy Roux, TEAP Specialist, organized an event for [International Overdose Awareness Day](#). A total of 51 students experienced “drunk goggles,” and all students who attended received information, resources, and goodies.



Mr. Roux with a student wearing drunk goggles.



Student Susan assisted at the resource/goodie tables.

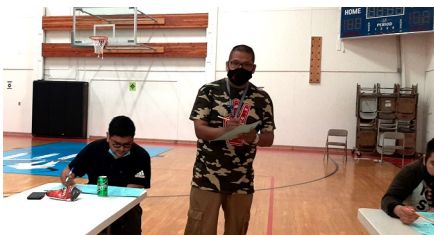


National Prevention Week — Fort Simcoe JCC

Submitted by: Patricia Thomas, Health & Wellness Director

The Fort Simcoe Job Corps center’s TEAP department had an educational fun day for [National Prevention Week](#) which included Drug Fact Bingo, volleyball, and pool games.

Drug Fact Bingo solicited many questions before and after the game. A resource table was set up for students to take information as needed. A total of 13 students participated!



Center Happenings — TEAP

Drug & Alcohol Assimilation Day — Gerald R. Ford JCC

Submitted by: Yvette Mabins, BA, CADC-M, TEAP Coordinator

The Gerald R. Ford Job Corps center had a drug and alcohol assimilation day for students. Students were given a chance to experience how depth perception and hand-eye coordination are impacted while under the influence.

Students were challenged to build a tower made out of cups as quickly as possible. During their first attempt, students were “sober,” during their second attempt they were “impaired” by wearing a Drunk Buster Goggle. They were timed during both attempts. The goggle impairs vision and when students wore the gadget they experienced difficulties with hand-eye coordination, confusion, and depth perception. After the exercise a discussion on the dangers of slowed reaction times in real life situations ensued.



National Overdose Awareness Day — Shriver JCC

Submitted by: Chaz Sexton-Diranian, LADC II, TEAP Specialist

On August 31st, for [International Overdose Awareness Day](#), the Shriver Job Corps center conducted a remembrance activity which included the release of black balloons. The remembrance activity was in honor of those who passed away due to a drug overdose. All staff and students were welcome to attend and were given balloons provided by the health and wellness center.

Shriver Job Corps invites you to:



AUGUST 31st
International Overdose Awareness Day is a global event held on August 31st each year. Its purpose is to raise awareness of overdoses, reduce the stigma of drug-related deaths and acknowledge the grief felt by families and friends.



Overdose affects all of us. We will be conducting a remembrance activity at 2:00PM on the lawn between the Education and Recreation Buildings for a black balloon release. This activity will be in honor of those who have passed from a drug overdose. All staff and students are welcome to attend this moment of reflection. Balloons will be provided by the Wellness Center.

Brought to you by:
the TEAP office in the Wellness Center



Center Happenings — COVID-19

COVID-19 Vaccine Video Contest — Grafton JCC

Submitted by: Susan Searah, RN, BLSA, Health & Wellness Director

The University of Massachusetts (UMass) Medical Center reached out to the Grafton Job Corps center with an opportunity to help the community. The objective was simple, come up with a meme or a video to help with their COVID-19 Vaccination campaign that would resonate with the local youth and community. A guide was mailed out to all participants which contained specific instructions for the video contest. Mr. Jaymes Peckham, Residential Counseling Supervisor, enlisted AT Manufacturing student Xavier Colon to act in the video. Mr. Peckham and Xavier developed a concept to answer the question; “Why get the vaccine if you can still contract COVID-19?”. For Xavier the answer was met with another question “Why wear shoes if you can still step in bubble gum?” Mr. Peckham and Xavier workshopped several ideas and eventually agreed to replace bubble gum with dog poop for a comedic spin. Mr. Peckham and Xavier then chose a date to record the voiceover, video and make edits. On the day of filming, Mr. Peckham made fake dog poop with a mixture of crunchy peanut butter, confectionary powdered sugar and cacao, the final results were both impressive and disgusting. When filming was complete Mr. Peckham edited the video and shared it with Xavier for the actor’s approval which was granted. The video was sent to UMass to be entered into their contest.

In the category for High School Student Video Individual Award — **Grafton Job Corps won 1st place!!**

Until next time, keep those shoes on and get vaccinated!



Worcester Youth COVID-19 Video/Meme Contest Winners & Prizes!

AWARD	NAME OF VIDEO	AGENCY	YOUTH NAME(S)	PRIZE \$\$\$
Middle School Video Group Award - 1st Place	Debunking COVID-19 Vaccine Myths	Girls Inc. of Worcester	Jaylenn, Alysia, Reilly, Dorian, Dasani, Lillian	\$300
Middle School Video Individual Award - 1st Place	Why get the COVID-19 Vaccine	Girls Inc. of Worcester	Samara	\$150
High School School Video Group Award - 1st Place	YouthGrowers Say #GetVaccinated!	Regional Environmental Council	Shyla, Owen, Jose, Nicole, Danyel, Naria, Brett, Bryan, Serenity, Zaban	\$300
High School School Video Individual Award - 1st Place	Stay Safe, Get Vaccinated!	Grafton Job Corps	Xavier	\$150
High School School Video - Individual Award - 2nd Place	Myth vs. Fact COVID-19 Vaccines	Regional Environmental Council	Shyla	\$100
Mixed Age Video Group Award - 1st Place	Teen Summer Camp COVID-19 Video	YMCA of Central MA	Natalia, Ethan, Joel, Bella, Dante, Alice, Emily, Kyla, Jamison	\$300

COVID-19 Symptom Tracker — Hawaii JCC

Submitted by: Ferna L. Idica, BSN, RN, Health & Wellness Director

Perfect attendance for 6 months! Four students achieved perfect attendance on their [COVID Symptom Tracker](#) for 6 months of this year! The center is so proud of these students for their ability to adapt to this “New Normal” of life on center.



Center Happenings — Recreational Activity

Show Your Health Some Love — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

The Pinellas County Job Corps center has an initiative called Show Your Health Some Love (May 24—September 30). It is for students and staff and encourages self-care. The following pictures are of a 2k walk that was enjoyed by all who participated.



The following pictures are of the center activities that Cate Courtney, TEAP Specialist, has organized for the students and staff. The pictures show the fun and creativity in getting students involved and moving.

5 Tibetans — Ms. Courtney taught students and staff an ancient exercise routine “5 Tibetans” for improving overall health.



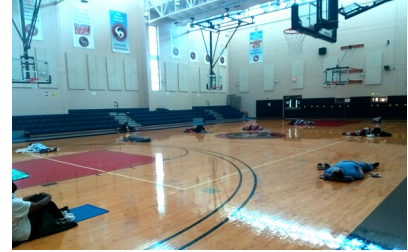
HEALS Four Square Tournament — It’s a great activity because it’s easy to maintain social distancing and is not so rigorous that breathing through a mask becomes difficult. The kids did a great job!



Center Happenings — Recreational Activity

Recreational Activity — Pinellas County JCC

Socially-Distanced Guided Meditation with Dr. Amanda Raitano, CMHC



Athens Dodgeball — Athens Dodgeball is a Mediterranean variation of the standard dodgeball with one ball, a large circle of players and one dodger in the middle of the circle.



Vogue Catwalk — Models had to put together outfits just before walking. Staff members were judges and also dressed up.



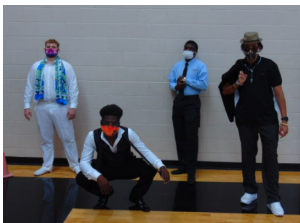
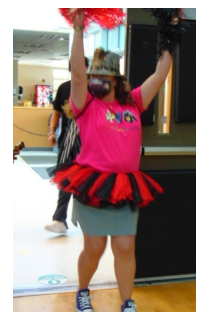
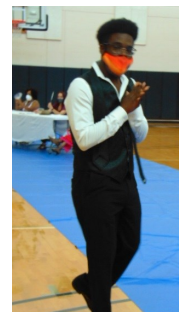
Judges were staff members (L to R): Wanda Black, Brenda Leigh & Jay Carter



1st Place:
Hunter
Westberry



2nd Place: Emilio
"Tiko" Campos



Center Happenings — Recreational Activity

Recreational Activities — Pinellas County JCC

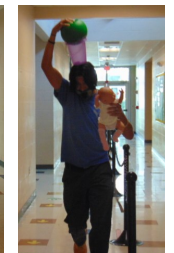
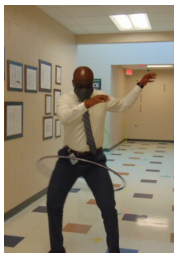
Noodle Tag



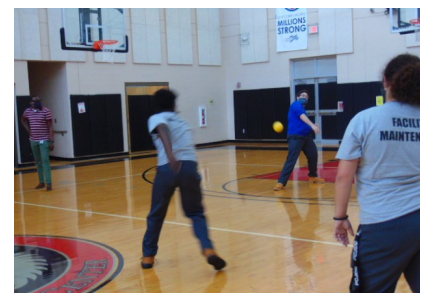
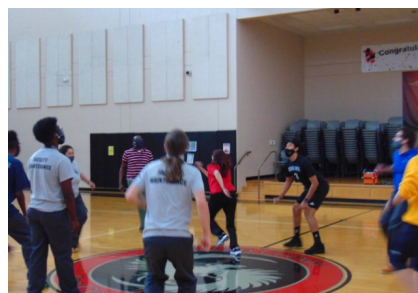
Zen Coloring — Participants enjoyed ambient sounds while doing adult coloring sheets.



Phoenix Obstacle Course — The Obstacle Course was devised by staff members, Lenora Davis, E & T Clerk, and Nicolette Porter, Attendance Clerk. Staff and students had a great time. Obstacles included: hula hoop, jump rope, baby transport, and hands-full coordination walk.



Baby in the Air — Both staff and students participated in this neighborhood favorite from 1960's.



In the News

- [CDC launches COVID-19 resources for people with intellectual and developmental disabilities](#) — August 31, 2021
- [New Research Uncovers Concerning Increases in Youth Living with Diabetes in the U.S.](#) — August 24, 2021



2021 Health Observances

September

- [National Recovery Month](#)
- [National Suicide Prevention Awareness Month](#)

October

- [Domestic Violence Awareness Month](#)
- [National Bullying Prevention Month](#)
- [National Dental Hygiene Month](#)
- [Mental Illness Awareness Week](#)
October 3–9

November

- [Great American Smokeout](#)
November 19

December

- [National Influenza Vaccination Week](#)
December 6–12

Do you have a ...

Topic idea or want to highlight your center activity. **The deadline for the Winter 2021 newsletter is December 15, 2021.** You can submit your suggestions to:

Julie Luht, MPH
Email: julie.luht@humanitas.com



Job Corps Webinars

Upcoming 2021 Webinars

- CMHC Orientation Part 1 — November 9
- CMHC Orientation Part 2 — November 10
- Applicant File Review for CMHCs — December 9



As new webinars are scheduled, they are announced in the *JCDC News* newsletter. [Click here to register for an upcoming webinar.](#)

Past Webinars

- Health & Wellness Orientation Part 3 — October 20
- Mental Health Documentation: Everything You Wanted to Know (and More!) — October 19
- Applicant File Review for CMHCs — October 13
- Asthma Treatment Guidelines Update — October 13
- Health & Wellness Orientation Part 2 — October 12
- Health & Wellness Orientation Part 1 — October 6
- Suicide Prevention: A Continuing Priority! — September 30
- Clinical Review of School Disability Documents for Applicant File Review (AFR) — September 29 & 30
- Ethics and TEAP — September 21
- TEAP Specialist Orientation — September 15
- Sexually Transmitted Infection (STI) Treatment Guidelines — September 14
- CMHC Orientation, Part 2 — September 9
- CMHC Orientation, Part 1 — September 8
- Surviving Intense Emotions — Distress Tolerance: Helping Students and Staff Cope with Overwhelming Emotions — August 26
- Applicant File Review for CMHCs — August 12
- COVID-19 Vaccines and Therapeutics: Trust But Definitely Verify! — August 9
- TEAP Specialist Orientation — July 29
- Working with Students During Frustrating Times — July 27
- Hot Topics in Marijuana — July 20 & 22

Webinars are available to [print/download](#) on the health and wellness website.