



Health & Wellness



Fall 2022

Newsletter for Job Corps Health & Wellness Staff

Solutions

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Could it be Monkeypox?

A student walks into the Health and Wellness Center complaining of a rash. Is it poison ivy, herpes, acne, contact dermatitis? Or could it be monkeypox?

If you are unsure about whether a rash may be monkeypox, here's what to look for:

Characteristics of Lesions

- Firm or rubbery
- Well-circumscribed (i.e., defined borders)
- Develop umbilication (resembles a dot on the top of the lesion)
- Painful until the healing phase (e.g., when it crusts); then lesions become itchy
- Develop simultaneously on one part of the body and go through 4 phases macular, papular, vesicular, to pustular—before scabbing over and peeling



Specific Presentation Seen in Current Outbreak

- Lesions in genital area or around anus or in the mouth
- Rash is sometimes (but not always) confined to only one area of the body

Photo Credit: NHS England High Consequence Infectious Diseases Network

Symptoms Beyond a Rash

- Rectal symptoms (e.g., bloody stools, rectal pain, or rectal bleeding) sometimes occur
- Fever, chills, lymphadenopathy, malaise, myalgias, or headache may occur before rash but may occur after rash or not be present at all
- Respiratory symptoms (e.g., sore throat, nasal congestion, or cough) may occur

Additional CDC Monkeypox Resources

- [About Monkeypox](#)
- [Prevention](#)
- [Signs and Symptoms](#)
- [How it Spreads](#)
- [Communication Resources](#)
- [Community, Work, & School Toolkits](#)
- [Frequently Asked Questions](#)

If you suspect a student has MPV, contact your local health department and follow the actions described in [IN 22-01 Monkeypox \(MPV\) Outbreak in the United States— August 15, 2022](#).

Source: CDC (2022). [Clinical Recognition: Key Characteristics for Identifying Monkeypox](#).

Mental Health Awareness Month — Brooklyn JCC

Submitted by: Deborah Edelson, LCSWR, Center Mental Health Consultant

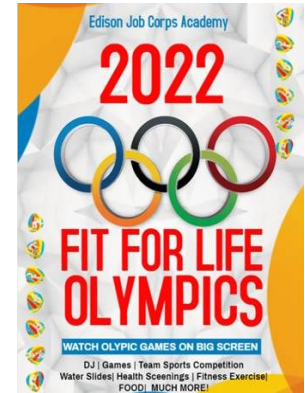
On May 25th, CMHCs Lorna Rhone and Deborah Edelson hosted a Mental Health Awareness Event for students. At the event, mental health information and resources, as well as Mental Health Awareness bracelets, pens, and stress balls were distributed to all attendees. Mental Health Resources for New York City were posted around the Student Lounge. The CMHCs discussed different mental health issues that can affect students and the support that is offered at Job Corps and throughout New York City.



Fit For Life Olympics Event 2022 — Edison JCC

Submitted by: Ashton Stripling, Center Director

On July 26th, the Edison JCC kicked off its 1st annual "Fit for Life" event to promote health and fitness among students and staff. It featured a plethora of structured fitness exercises, games, team sports competition, wellness and health screenings, waterslide inflatables, and prizes. All students were encouraged to wear a mask and physically distance. The event culminated with a COVID-19 Vaccination Drive on center.



National Suicide Prevention Week — Gary JCC

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

The Gary JCC organized a National Suicide Prevention Week information event for students and staff. During the event, mental health resources, Mental Health Awareness bracelets, and snacks were distributed to all attendees.

In addition, staff also received training on September 8th and 9th on suicide awareness and prevention.



National Service Dog Month — Grafton JCC

Submitted by: Susan Searah, RN, BHSA, Health and Wellness Director

September was [National Service Dog Month](#)! The month was dedicated to raising awareness and showing appreciation for the incredible work service dogs do everyday for the people in their care. Service dogs are extremely smart and can be trained to help people in many ways. Grafton JCC has Alex, who assists and cares for Ilona.

Alex was born and received basic training in Ukraine. Alex came to Ilona when he was 11 months old and has been a support dog for 3-1/2 years. Alex provides her with emotional regulation, deep-pressure therapy, and can calm her in stressful situations.

Both Alex and Ilona also have a lot of fun together and enjoy each other's company! Thank you for your service Alex!



Health & Wellness Day — Iroquois JCC

Submitted by: Stephanie Jackman, Center Mental Health Consultant

On June 15, 2022, the Iroquois JCC organized a Health & Wellness Day for staff and students in recognition of [Mental Health Awareness Month](#). Iroquois partnered with Victory Fitness to provide training on self-care and the importance of exercise for mental wellness. There were yoga classes, cardio classes, stress management workshops, and resistance training to teach students how to use healthy coping and distress-tolerance skills. The day was a huge success!



The Virtuous Woman Inc. Charitable Event — Jacksonville JCC

Submitted by: Alissa Williams, BSN, RN, Health and Wellness Director

On July 8th and 9th, Jacksonville JCC students attended The Virtuous Woman Inc.'s 4th Annual Chosen Royal Diadems Event 2022. Dr. Blanding, the Jacksonville Center Mental Health Consultant, was guest speaker at the event.

Students learned about overdose, domestic violence, and mental health issues.



National Suicide Prevention Month — Keystone JCC

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



Keystone JCC hosted numerous events in observation of [National Suicide Prevention Month](#) including an annual luminary walk, a symbolic pinwheel display, and staff training.

Students decorated white luminary bags honoring a person who died by suicide or wrote words of encouragement. The luminaries were lit and staff and students walked through the display together.

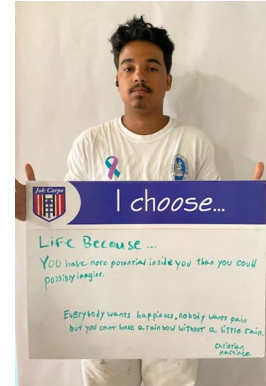
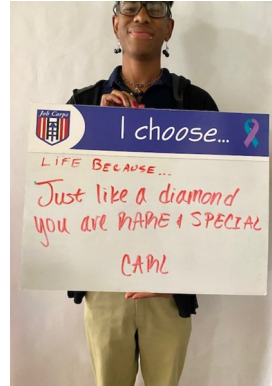
To bring awareness to the impact of suicide, staff placed a pinwheel in the campus quad for each person who died by suicide in the United States each hour. Students watched the pinwheels increase throughout the day.

The CMHCs trained staff on suicide prevention and communication strategies, and emphasized that asking about suicide may prevent suicide. The Keystone CMHCs were also able to update the campus with new suicide prevention and awareness posters and wallet cards highlighting the new [988 Suicide and Crisis Lifeline](#).

Suicide Awareness Event — North Texas JCC

Submitted by: Kevin Steede, Ph.D., Center Mental Health Consultant

On September 9th, North Texas JCC held a Suicide Awareness Event. Over 100 students participated by writing “why they choose life” on a board and having their picture taken. Each student was given a “Suicide Sucks, Choose Life” t-shirt, suicide awareness bracelets, and resource handouts. Two students received \$25 prizes for their winning entries. The event was conducted by CMHCs Kevin Steede, Michele Buckner, and Saima Hussain. Everyone had a great time!



Suicide Prevention Month — Ottumwa JCC

Submitted by: Caren Roth, Center Mental Health Consultant, and Ben Wyldes, TEAP Specialist

This photo shows staff and students at Ottumwa Job Corps Center forming 988 – the new 3-digit code that more quickly links callers to the [Suicide and Crisis Lifeline](#). The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



National Recovery Month Guest Speaker — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

During National Recovery Month (NRM), Pinellas County JCC organized a center-wide event with a special guest speaker. Student Tianna Gore-Jenkins presented a recovery poem, student Anita Molinero read an essay about supporting someone in recovery, and Florida State Senator Darryl Rouson shared his journey of recovery with our students.



Left to right: Omoniyi Amoran, Center Director, Darryl Rouson, Florida State Senator, Jaime Salinas, SGA President, and Tinisha Hinds, H&W Director.

Trainee Angelina Brooks created a NRM poster that students and staff signed to show support.



International Overdose Awareness Day — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

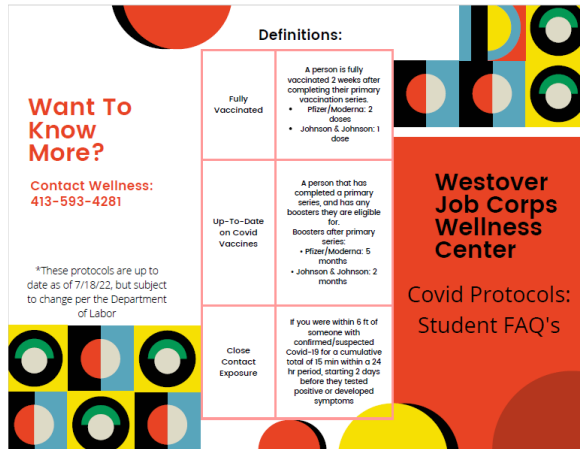
On August 31st, Pinellas County JCC organized an International Overdose Awareness Day event. TEAP Specialist Cate Courtney and three students (Sadekie McKenzie, Sabrina Guillaumette, and Lovelyn Louis-Jean) provided a dramatization of an opioid overdose and proper response, including the use of Narcan, to the various classrooms.



COVID Brochure — Westover JCC

Submitted by: David Baker, Center Director

Health and Wellness Director Caitlin Hernandez created a “COVID Protocols: Student FAQs” handout for students. In addition, the handout provides the wellness center contact information and is updated as needed.



The brochure features a red and white color scheme with a grid of colored circles. It includes the following sections:

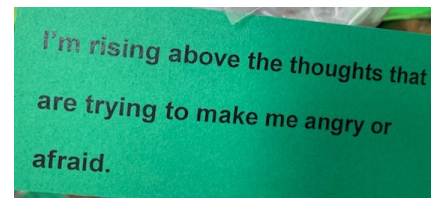
- Want To Know More?**
Contact Wellness: 413-593-4281
- Definitions:**
 - Fully Vaccinated:** A person is fully vaccinated 2 weeks after completing their primary vaccination series.
 - Pfizer/Moderna: 2 doses
 - Johnson & Johnson: 1 dose
 - Up-To-Date on Covid Vaccines:** A person that has completed a primary series, and has any boosters they are eligible for.
Boosters after primary series:
 - Pfizer/Moderna: 5 months
 - Johnson & Johnson: 2 months
 - Close Contact Exposure:** If you were within 6 ft of someone with confirmed/suspected Covid-19 for a cumulative total of 15 min within a 24 hr period, starting 2 days before they tested positive or developed symptoms
- Westover Job Corps Wellness Center**
- Covid Protocols: Student FAQs**

*These protocols are up to date as of 7/18/22, but subject to change per the Department of Labor

Minority Mental Health Awareness Month — Whitney M. Young JCC

Submitted by: Amy Worthington, Center Mental Health Consultant

The Whitney M. Young JCC partnered with the Louisville National Alliance on Mental Illness (NAMI) Chapter to provide a wonderful all-staff training on “Minority Mental Health.” The Culinary Arts students provided every student and several staff members with a lovely goodie bag with a positive affirmation tag attached.



QPR Gatekeeper Training — Whitney M. Young JCC

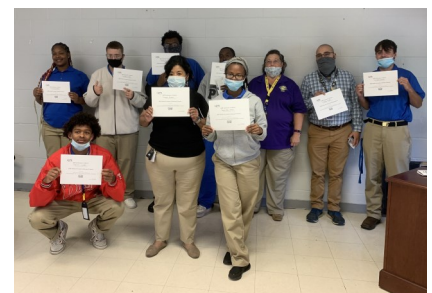
Submitted by: Amy Worthington, Center Mental Health Consultant

Whitney M. Young JCC students have formed a student group called the National Alliance on Mental Illness (NAMI) Chargers to promote positive mental health and reduce the stigma of mental illness. The group partnered with the Louisville NAMI to host a QPR (Question. Persuade. Refer.) Gatekeeper training during [National Suicide Prevention and Awareness Week](#). A total of 31 students and 13 staff participated.

The NAMI Chargers launched a [Green Bandana Project](#) to provide outreach, support, and education, and to advocate for all students and staff on our center. The Green Bandana Project distributes resources to students who are struggling with a mental health crisis. Students show that they are a safe individual to approach with mental health-related issues, and are able to help out with the available resources by attaching a green bandana to their backpacks.

All the students and staff who participated in the QPR training received mental health resource cards to hand out to others in need. The green scarf they will receive will let all know they are trained mental health advocates.

The NAMI Chargers also decorated a mural in our Café for all staff and students to write #WhatKeepsMeAfloat. Whitney M. Young JCC is very excited with the amount of support and participation received.



COVID-19 Updates

Did COVID-19 protocols change again? If you're not sure, you can always check the Job Corps Health & Wellness [Coronavirus \(COVID-19\)](#) page. The latest COVID-19 related items are:

- [Job Corps COVID-19 Protocols Job Aid](#) (Updated October 5, 2022)
- [Student COVID-19 Testing Scenarios, Type of Test, and Test Codes](#) (Updated August 22, 2022)

In the News

- [Youth Mental Health Was Declining in the U.S. Long Before COVID-19](#) — Healthline
- [1 in 10 Adults and 1 in 5 Teens Have Symptoms of Depression, What We Know](#) — Healthline



2022 Health Observances

October

- [Domestic Violence Awareness Month](#)
- [National Bullying Prevention Month](#)
- [National Dental Hygiene Month](#)
- [Mental Illness Awareness Week](#) (October 3–7)

November

- [Great American Smokeout](#) (November 17)

December

- [World AIDS Day](#) (December 1)
- [National Influenza Vaccination Week](#) (December 5–9)

Job Corps Webinars

Upcoming Webinars

- TEAP is a Collaborative Program — November 8 & 10
- Making a Trauma-Informed Approach (TIA) Work on Your Center: First Steps — November 18
- Job Stress!: Teaching Students. Coping Strategies — December 13



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

Past Webinars

- Using Social Media to Engage Students in Promoting Positive Mental Health — September 26
- TEAP Specialist Orientation — September 21
- Updating Your Cannabis Knowledge — September 20 & 21
- Measures to Keep Light Curing Safe and Effective — September 12
- Suicide Prevention via Developing Healthy Communication, Interaction and Selves — September 12
- Making MH Groups Work in JC — September 7
- Supporting Non-Resident Students with TEAP Involvement — August 30 & September 1
- Identifying and Responding to Monkeypox (MPV) — August 16 & 17
- TEAP Specialist Orientation — August 17

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

Do you have a . . .

Topic idea or want to highlight your center activity. **The deadline for the Winter 2022 newsletter is December 9, 2022.** You can submit your suggestions to:

Julie Luht, MPH

Email: julie.luht@humanitas.com

