



# Health & Wellness



Winter 2021

Newsletter for Job Corps Health & Wellness Staff

# Solutions

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## COVID-19 Resources

Are you overwhelmed with all the COVID-19 information and don't know where to look for Job Corps related resources? Did you know that the health and wellness website has a [COVID-19](#) webpage? New resources are posted on a regular basis.

On the COVID-19 webpage you will find:

- Job Corps COVID-19 Protocols
- Job Corps Directives (related to COVID-19)
- JCDC Notices
- COVID-19 Testing Consent Forms (Fillable and Non-fillable)
- Health Care Guidelines for COVID-19
- Mental Health Resources
- Webinars

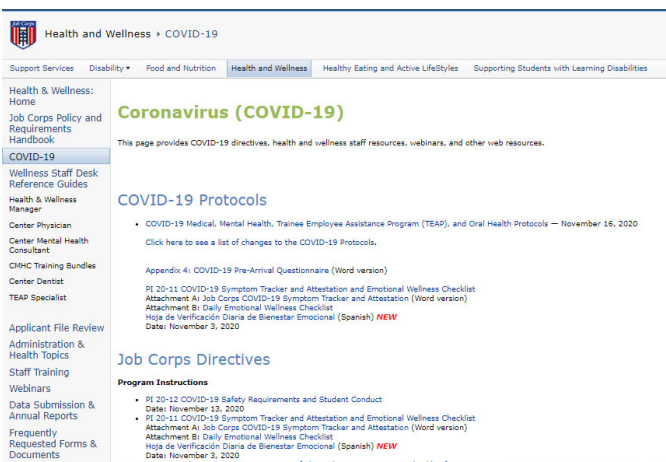
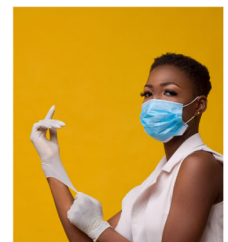


Image: Job Corps COVID-19 webpage

## COVID-19 by the Numbers



# Job Corps Center Happenings

## 2020 Recovery Month—Angell

Contributed by: Andrea Summerlin, TEAP Specialist

Throughout the month of September, students and staff celebrated Recovery Month with a variety of physical distanced activities. The 2020 *Recovery Month* theme, “Join the Voices for Recovery: Celebrating Connections,” reminds people in recovery and those who support them that we all have victories to celebrate and things we may wish we had done differently.

*Recovery Month* will continue to educate others about substance use disorders and co-occurring disorders, the effectiveness of treatment and recovery services, and that recovery is possible. All of us, from celebrities and sports figures to our co-workers, neighbors, friends, and family members, throughout our lives have experienced peaks and valleys, both big and small. But, with strength, support, and hope from the people we love, we are resilient.

Andrea Summerlin, TEAP Specialist, invited students to participate via the Google Classroom during the month. Students were encouraged to share their personal message of “Celebrating Connections” and enter weekly raffles or the recovery poster contest. Four students won \$25 gift cards as they pledged to stay connected to their peers, staff members, and families.

Due to the pandemic restrictions, students were not able to attend the annual Walter Ackerson Jr. Hands across the Bridge event and community barbeque at the Seashore Family Literacy Center. Instead, students were provided Recovery Month t-shirts, hand sanitizer, and goody bags.

The movie *Southpaw* was chosen to close out the month and most students on Center enjoyed fellowship, snacks, and a raffle afterwards. The movie demonstrated how an individual can lose everything and hit bottom but must fight to reclaim a better life through recovery.

Now in the 31<sup>st</sup> year, *Recovery Month* celebrates the gains made by those in recovery, just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

*Recovery Month* spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. The observance also aims to reduce stigma around addiction and mental health that may discourage people from seeking help.

If you, or someone you know, is struggling with addiction or mental illness contact a staff member on Center or use the following resources:

- SAMHSA’s (Substance Abuse and Mental Health Services) National Helpline, 1-800-662-HELP (4357), is a free, confidential, 24/7, 365-day-a-year treatment referral and information service in English and Spanish.
- Suicide Prevention Lifeline, 1-800-273-TALK (8255), offers free and confidential support for people in distress, available 24 hours a day 7 days per week.



From left to right: Ericka Perkins (Timber Lake), Skye Pane, Andrea Summerlin, Russell Sullivan, Cole Osborne, and Andrew Riddle (Timber Lake) during Recovery Month Movie event.



The center newsletter *The Angell Tide* Summer 2020 issue included an article about Recovery Month.

# Job Corps Center Happenings

## Various Health & Wellness Activities—Blue Ridge

Contributed by: Alicia Richardson, RN, BSN, Health & Wellness Manager- Co-Disability Coordinator

During COVID, the health and wellness team has kept the center motivated with the following health and wellness activities:

### Breast Cancer Awareness Month

In October, the health and wellness staff held Breast Cancer Awareness Month and was able to donate over \$1,000 to the Susan G. Komen VA Blue Ridge Foundation.

### Virtual Activities

While in quarantine students have enjoyed virtual Yoga, virtual Bingo, virtual trivia and other games that the Recreation staff have done. The RA staff did Yoga out in the main halls so students could stick their heads out of their room and see the pose and do it in their room. The students love doing the virtual events!

If you need ideas for virtual events see [Campus Groups Suddenly Remote: 20 Virtual Event & Activity Ideas for Off-Campus Engagement](#) or [Ithaca College Virtual Event Ideas](#).



Blue Ridge check to the Susan G. Komen VA Blue Ridge Foundation

### Blood Donation

The MARSH regional blood center bus visited the center to collect blood donations. Most donations are given by individuals at collection centers and are important to maintaining adequate blood supplies, but the majority of Marsh Regional's blood donations are given by groups on one of four bloodmobiles. The center hosted the Marsh bus and students out of quarantine were able to donate.



MARSH Regional Blood Center bus

### Quarantine Bag

Recently, the wellness center has given each student on center a surviving quarantine bag. This is to show the students that we appreciate them returning to center during this difficult time and enduring the new rules and protocols. The gift bags are stuffed with individualized snacks, socks, goodies, chap stick, lotions, a pillow sewn by wellness, and a personalized key chain with hand sanitizer. Also, each student received a Christmas ornament with their name and the Blue Ridge logo!



Collage of "Surviving quarantine" bags



# Job Corps Center Happenings

## Virtual Interventions Using Google Classroom—Edison

*Contributed by: Jason Gould, CMHC*

The Edison Wellness Department is running two Google Classrooms to continue engaging students during Distance Learning. Currently enrolled are 263 students in the Wellness Classroom and 245 students in the COVID-19 Information Center Classroom. New material and assignments are posted daily in each classroom.

The Wellness Classroom content alternates between topics including: Wellness, Mental Health, TEAP & TUPP, Dental, and Chronic Care Management. We have also used the Wellness Classroom as a platform to provide education around topics of special interest (i.e., Mental Health Month, BIPOC Mental Health Month, Suicide Prevention Month).

The COVID-19 Classroom content includes: virus symptoms, how to access testing, care and resources, how to reduce risk, and the impact of the virus on housing, food access, and mental health.

Several factors have contributed to the success of Google Classrooms, such as using: short, engaging videos from popular media outlets, simply-worded assignments, and awarding distance learning credits for completed assignments.



Edison Job Corps Academy

## In-person Group Intervention: Advocacy for Students On-center—Edison

*Contributed by: Jason Gould, CMHC*



During the COVID-19 shutdown, Edison Job Corps, has had approximately 12 students who were unable to depart center due to housing issues. These students have remained quarantined on-center throughout the shutdown. Shortly after COVID 19-spring break status began, the HWM, CMHC, and TEAP Specialists began weekly meetings with the students that remained on center. The group is student-driven and content of sessions have ranged from losses and anxieties related to the outbreak to psychoeducation around getting regular exercise and maintaining a healthy diet.

One intervention that has been particularly effective has involved assisting the group in advocating for changes that impact their quality of life on-center. Sessions were conducted during and students identified and prioritized concerns (i.e., available menu items, access to the campus weight room, availability of on and off-center activities). Staff guided the group as they organized and presented their concerns and suggestions to the center administration. While not all of their requests were approved due to the center's quarantine policy, many were including increased access to students food preferences, videogames and to the campus recreation center. More importantly, the intervention encouraged students to be engaged, proactive, while teaching them how to effectively advocate for change.

Students have been happy with the results and continue to participate in weekly sessions. In addition to students' efforts, staff and center administration contributed to this outcome by taking students' concerns seriously and by making concerted efforts to accommodate their requests when possible.

# Job Corps Center Happenings

## National Child Health Day—Finch Henry

Contributed by: *Verkisserous Richey, TEAP Specialist*

National Child Health Day is on the first Monday of every October where we show our support of children’s health, family, and those that work hard to help them. As reported, family income is a major factor in the health of children both physically and mentally. Children from households below the poverty line have a higher obesity rate than those above it.



The Finch Henry Job Corps Health and Wellness Department (HEALS, TEAP, TUPP) as part of their community outreach services and promoting National Child Health Day reached out to the Batesville Elementary School Counselor Annie Hilliard in Batesville, MS. Ms. Hilliard welcomed the invitation of our outreach efforts. Staff from the center delivered fresh fruit to the school’s Students of the Month recipients. The students were chosen by the school’s Principal Dr. Amy Sutton. Finch Henry Wellness staff included Shawana Osborn, RN, Nancy Keal, LPN, Camillia Lewis, Wellness Clerk, and Verkisserous Richey, TEAP Specialist. Students were encouraged to make sure they are washing their hands, eating healthy, and keeping up the good work in school. Dr. Sutton and Ms. Hilliard were also promoting health and wellness by practicing social distancing.

October also being celebrated for Halloween, students can still enjoy treats of a different kind, fruit instead of candy. Staff from both facilities as well as the students enjoyed a successful day of community outreach of health and wellness.

## Happy Halloween—Hawaii

Contributed by: *Ferna L. Idica, BSN, RN, Health & Wellness Manager*

The HEALS/Blue Zones Committee discussed how to stay healthy during Halloween. They came up with a fun and healthy Halloween treat contest. Each department was encouraged to make healthy treats to photo share. Social distancing was observed and photos were submitted for the best treat.

*Please vote for your favorite! Just email me the letter of your choice.*

**Emails must be received by 1:00pm on Halloween Eve!**

**A. Oh-Oh-rooms**  
Cheese & Chives Brooms – mostly protein



**B. Star Fruit Ghosts**  
Only a few calories each



**C. Jack-O-Melon**  
About 100 calories per cup, lots of vitamins



Halloween Healthy Treats Ballot



From left to right: Zombie eyeballs, Skeletons in gelatin, and spider deviled eggs

## Muhlenberg

Contributed by: *Jason Young, Health & Wellness Manager*

During September the center released through Google Classroom:



- National Recovery Month — TEAP education 3 days per week. This was done to help those in need during COVID. The center offers TEAP Google classroom every Thursday to all students.
- National Suicide Prevention Week (September 6-12) — Suicide prevention information was released each day.
- World Suicide Prevention Day (September 10) — Student essay contest on “why life is worth the journey”. Multiple staff judged the competition and prizes were awarded.

# Job Corps Center Happenings

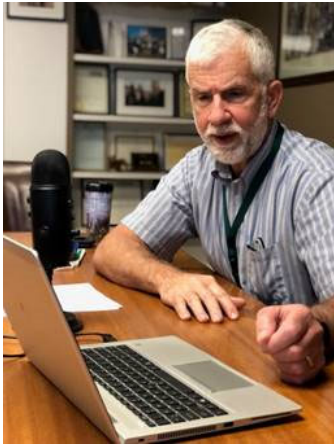
## Center Updates — Oneonta

*Contributed by: Chris Kuhn, Academy Directory*

**Annual Safety Review '20** – Chris Kuhn, Academy Directory and Safety Officer George Snyder attended remote OSH annual Safety Review. It was reported that the center average score from the last three years put Oneonta in the top 10 (#8) of all centers in the country. Congratulations to all staff, but mainly George who has consistently excelled in the role of Safety Officer. He's a safety veteran, which in the Job Corps business is a real asset. Thank you, George!

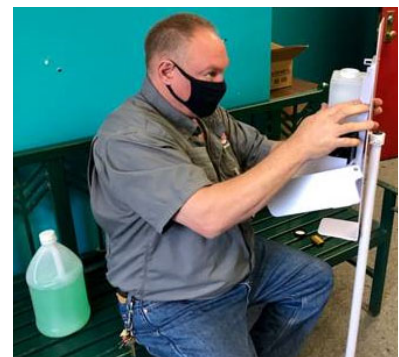
**Other Kinds of Safety** – The OSH Review brought to mind that COVID isn't the only thing we need to protect ourselves and students from on a Job Corps center. Let's not let our focus on wearing masks and social distancing distract us from maintaining a safe learning & living environment to include, well, everything: Trade-related PPE (beyond medical), electrical outlets, slips, trips, & falls now that winter is coming, storing flammables, pressure settings on eyewash stations, center access & control, and more. Our students will return needing to be re-familiarized with workplace safety precautions. It's important that we are up-to-speed before they get here.

**Outreach Webinar** – The center presented its second community webinar – this time for high school counselors in our 19-county outreach area. OA/CTS Director John Frisch, showed off his former radio announcer chops, with co-host duties being expertly handled by SGA Advisor/Evening Programs Coordinator Jocelyn Plows. Thanks to IT Manager Tyler Wood handling the tech, as well as sharing his professional microphone, it went smoothly.



Last week's community outreach webinar for high school counselors with OA/CTS Director John Frisch, SGA Advisor Jocelyn Plows, and IT Manager Tyler Woods

**Room Inspections This Week** – Office, classroom, and shop inspections with Kay Bain serving as head judge. Scoring is based on a simple scale: Exceeds Expectations, Meets Expectations, or Needs Improvement with respect to cleanliness and absence of clutter (to make room easier to disinfect for COVID). Names of staff who receive an "Exceeds" were put in the pool for a gift card drawing for three (takeout) meals for two.



Maintenance Tech Karl LaBarge assembles new touchless disinfectant dispensers



## Center Updates (continued) — Oneonta

*Contributed by: Chris Kuhn, Academy Directory*

**Thank You Food Service** – A Big Thanks to Dara Smith, Clint Rizzo, and Bonnie Moore for last week’s Staff Appreciation Luncheon. It was thoughtful, well-timed, and tasty. The kind of comfort food that hits the spot on chilly autumn days. We appreciate your service, hospitality, and culinary skills. Staff were smiling under their masks.



Staff Appreciation Lunch last week with Head Cook Clint Rizzo, Witch Hazel, and Life Skills Director Mike Condon.

**Student Welfare Checks** – Remember, “Wellness Checks,” which are required to be conducted at least once a week for every student (more if we cannot reach student), are really safety and well-being checks. Wellness has their own schedule for contacting students about meds, etc. Weekly well-being checks must exceed our current OBS.

**History Fun Fact** – Bob Brzozowski, Executive Director of the Greater Oneonta Historical Society, reports that 100 years ago last Thursday, Babe Ruth hit a home run over the left field fence at our Damaschke Field (originally called Elm Park). Both Babe Ruth and Rogers Hornsby drew large crowds for exposition games. Something to think about when we’re back to holding our annual Community Softball Game. Fireworks are cool, but a home run by Babe Ruth? That’s history.

**Job Corps runs in the family** — Chris Kuhn’s (the Center Director) daughter Josie, the BCL at HH Humphrey JCC, created the rainbow logo. Creativity runs in the family. Chris sent lots of beautiful nature pictures, but we could only pick a few . . .



Wellness Manager Kay Bain unpacks the new Abbott COVID-19 testing



Job Corps rainbow logo



Fall color in the hills nearby



The view of campus behind the Main Building last week.

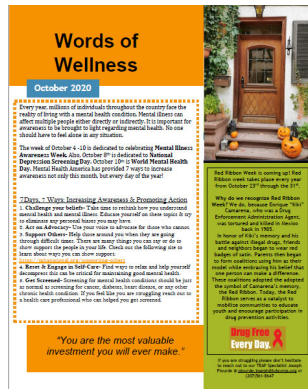
# Job Corps Center Happenings

## Center Health Newsletter—Penobscot

Contributed by: Jayme Titus, RN, BSN, Health & Wellness Manager

The health and wellness center produces a newsletter for students. The October 2020 issue included the following topics:

- Mental health awareness days, including:
  - October 4-10 is Mental Illness Awareness Week
  - October 8<sup>th</sup> is National Depression Screening Day
  - October 10<sup>th</sup> is World Mental Health Day
- 7 Days, 7 Ways: Increasing Awareness & Promoting Action
- Red Ribbon Week
- Digital Detox



## Center Health Newsletter—Phoenix

Contributed by: Nancy Dean, Health & Wellness Manager

The health and wellness center produces a monthly newsletter for students. The December 2020 issue included the following topics:

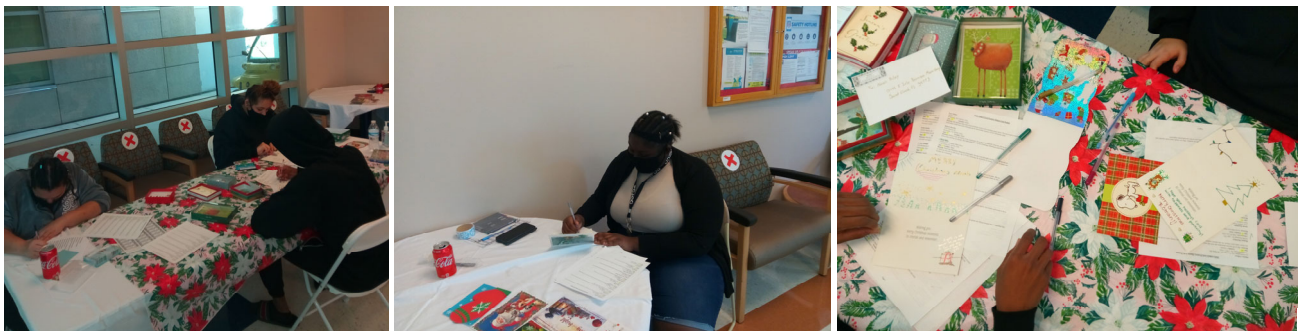
- Is it a Cold or the Flu?
- What Bulimia can do to your mouth and oral health
- Student enrichment
- HEALS news
- TEAP news



## Angel Card Project—Pinellas

Contributed by: Cate Courtney, TEAP Specialist

In December, the Pinellas County students sent 84 Christmas cards for the [Angel Card Project](#). The [Angel Card Project](#) is an internet wide charity event that allows people the opportunity to give a little something back during the holidays. It's your chance to make a difference in the life of someone who is hurting or less fortunate than yourself by volunteering to send Christmas Cards! This is a great group project for schools, church groups, neighborhood parties, scouting troops, family gatherings, businesses and more. Mark your calendar now to remind you to sign up in November for this charity.



Students working on Christmas cards



## Job Corps Center Happenings

### Masked activities—Sacramento

Contributed by: Wanda Jackson, CADC III, TEAP Specialist

The center created several masked activities around the center for students to partake in during COVID-19:

- Homemade mask making class
- Succulent arrangements and planting around the center



Students making homemade masks, Ms. Jackson and students wearing those masks, Ms. Jackson and succulent, and student with their plants.

## In the News

### Overdose Deaths Accelerating During COVID-19

CDC press release states “. . . While overdose deaths were already increasing in the months preceding the 2019 novel coronavirus disease (COVID-19) pandemic, the latest numbers suggest an acceleration of overdose deaths during the pandemic.” [Click here to read the full statement.](#)

### The Surgeon General Releases Call to Action to Implement the National Strategy for Suicide Prevention

The U.S. Department of Health and Human Services (HHS) and the Office of the Surgeon General (OSG)—in collaboration with the National Action Alliance for Suicide Prevention (Action Alliance)—released The Surgeon General's Call to Action to Implement the National Strategy for Suicide Prevention. This new report outlines the actions that communities and individuals can take to reduce the rates of suicide and help improve resilience. [Click here to read the full news release.](#)

### Teen's Death Prompts Warning on 'Benadryl Challenge' FDA tries to squelch latest stupid craze

The FDA [issued a warning Thursday](#) against taking diphenhydramine (Benadryl) at more than recommended doses, following accounts of at least one teen dying from overuse. [Click here to read the full article.](#)

## 2020 Health Observances

### January

- [National Birth Defects Prevention Month](#)

### February

- [National Eating Disorder Awareness Week](#)  
February 22 - 26
- [National Black HIV/AIDS Awareness Day](#)  
February 7

### March

- [Developmental Disabilities Awareness Month](#)
- [National Nutrition Month](#)
- [National Women and Girls HIV/AIDS Awareness Day](#)  
March 10
- [Sleep Awareness Week](#)  
March 14-20
- [National Poison Prevention Week](#)  
March 21-27
- [National Drug and Alcohol Facts Week](#)  
March 22-28

## Do you have a ...

Topic idea or want to highlight your center activity. You can submit your suggestions to:

Julie Luht, MPH  
Email: [julie.luht@humanitas.com](mailto:julie.luht@humanitas.com)



## Job Corps Webinars

### Upcoming 2021 Webinars

- Applicant File Review for CMHCs — Feb 10
- Applicant File Review for CMHCs — April 15



As new webinars are scheduled they are announced in the *JCDC News* newsletter.

[Click here to register for an upcoming webinar.](#)

### Past Webinars

- TEAP Specialist Orientation Part 1 — October 1 & 6
- TEAP Specialist Orientation Part 2 — October 8 & 13
- SMGs, Isolation, and Quarantine for COVID-19 — October 13 & 14
- Medical, Mental Health, TEAP, and Oral Health COVID-19 Protocols: Overview and Scenarios — October 15
- Healthy Personal & Professional Boundaries — October 22
- CMHC Orientation Part 1 — October 26
- CMHC Orientation Part 2 — October 27
- Using Google Forms to Track & Monitor COVID-19 Symptoms & Student Wellness — November 6 & 9
- COVID-19: Making Sense of the Guidelines — November 10 & 12
- Trauma Informed Strategies for Day-to-Day Student Interactions — November 13
- Symptomatic Management Guidelines, Isolation, and Quarantine for COVID-19 — October 13 & 14 and November 17
- HWM Orientation Part 1 — November 4
- HWM Orientation Part 2 — November 11
- HWM Orientation Part 3 — November 18
- Responding to Positive COVID-19 Cases — November 17 & 19
- Working Together: Suicide Awareness and Prevention in the time of COVID-19 — December 15

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