



## The Upsides and Downsides of Hand Sanitizers

You see them everywhere. People carry miniature bottles of them and there are dispensers in cafeterias, restrooms and many other places. Use of hand sanitizers is strongly recommended and has become part of our daily routine. Sometimes this is actually preferable to hand washing in many setting such as hospitals and other health care locations. As most people are aware, this product is used to decrease infectious agents on the hands and is generally more effective at killing microorganism and better tolerated than soap and water. It is an antiseptic that kills germs due to the alcohol in the formulation. In fact, alcohol has effectively been used as a disinfectant since the late 1800s. Most effective hand sanitizers are alcohol-based and have a few other ingredients as well, including water, fragrance, and glycerin. They are relatively simple products that are quite effective. With flu season upon us, it behooves everyone at Job Corps to be using products that help not spread these viruses. However, there are hidden down-sides to hand sanitizers that are problematic, and even dangerous, but with forethought and education can be managed.



Most hand sanitizers are alcohol-based and these versions contain combinations of isopropyl alcohol, ethanol (ethyl alcohol), or n-propanol. Typically, the more alcohol that is in the product, the more effective it will be at killing microorganisms. Most hand sanitizers are made up of at least sixty percent alcohol. There are many upsides to using these products: they are quick, portable, and convenient, especially when there is no running water nearby. They are available in various forms such as liquids, gels and foam. So what is there not to like about hand sanitizers?

Of concern is the type of alcohol contained in these products. The type of alcohol found in hand sanitizers is metabolized differently in the body and poses significant health risks that include vomiting, diarrhea, pain, and bleeding in the stomach and intestines. It can also lead to dehydration, low blood pressure, shock, and coma. Isopropyl alcohol can also be toxic when inhaled. Individuals consuming this type of alcohol will feel the effects much quicker and are at increased risk for alcohol poisoning.

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However, with education and careful product selection this danger can be minimized. First, your TEAP specialist can provide education to students about the dangers of consuming this type of alcohol during their CPP presentation or at other times. Second, the TEAP specialist should also train staff about this danger and encourage them to be vigilant for students who may be purchasing large amounts of this product and bringing it back to center. Also being observant if several containers of hand sanitizers are located in wastebaskets. Finally, another straightforward fix is to purchase foam hand sanitizer rather than liquid as the alcohol is not as readily separated from the foam-based products. These are easy and cost-effective ways to ensure that Job Corps is balancing having hand sanitizers available for staff and students while also preventing the misuse of this indispensable product.

**Our best visual advice:**



## Albuquerque Job Corps Center—Healthier 4U Vending Machines



Albuquerque JCC and Gordon Bernell Charter High School collaborated to offer students healthier snacks with brand new Healthier 4U Vending machines. On students' morning and afternoon breaks, they are able to purchase ice tea, seltzer water, jerky, popcorn, nuts, fruit snacks, organic chocolate milk, chocolate, animal cookies, blue sky cola, corn nuts, P3 packs, and other healthier snacks. The machines take major credit cards and Apple pay. A profit of sales goes to support the SGA.

## Clearfield Job Corps Center—Color Run

On Wednesday, September 12, 2018, the Clearfield JCC Wellness Clinic hosted a Color Run to promote physical activity and positive ways to deal with stress. At the Finish Line there were booths hosted by different departments. The Substance Abuse Prevention Counselors booth had different challenges for the students to do and hand-outs focusing on National Recovery Month. The Center Mental Health Consultants had a booth with fun activities that brought awareness to Suicide Prevention for Suicide Awareness Month. Students had a lot of fun getting covered in bright colored powder as they ran/walked the course set on the centers 88-acre grounds. The BBQ, music and games on the lawn afterward brought a perfect end to the event.



## Gary Job Corps Center—Mental Health Awareness Events

The Gary JCC mental health team has been busy with multiple events over the past two months. The CMHCs were at the gym on September 10<sup>th</sup> to pass out giveaways and information on suicide prevention. For Bullying Prevention Month, the mental health team held a F.R.I.E.N.D (Fellow Reformer In Ending Negativity and Discrimination) workshop to teach about peer advocacy and to make mind jars (glitter jar meditation tools). Also in October, the center held a wellness fair for staff. The mental health team was on hand to talk about the importance of mental health care to overall wellness.



## Hawaii Job Corps Center—Goodie Bags

The Hawaii JCC handed out goodie bags to serve as healthy reminders during the holidays. The goodie bag contains a poem, bracelets and a couple of Christmas candies.

The back of the bottle says:

*Drink a space, not a chaser, don't binge.  
Celebrate Safe & Sober  
Make Holiday Memories — Not Regrets  
Happy Holidays from Wellness & SAVP*

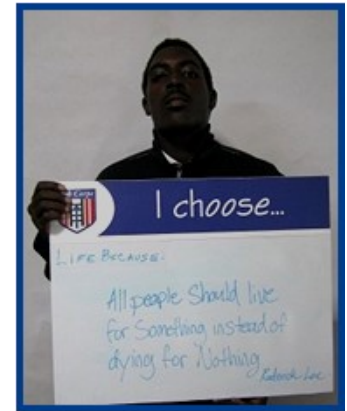
The bracelet says:

*Make Holiday Memories — Not Regrets  
Think before you drink — HJCC*



## North Texas Job Corps Center—Suicide Prevention Month

On September 13, 2018, Dr. Kevin Steede, Mental Health Consultant and Letitia Thomas, TEAP Specialist, teamed up for the North Texas JCC's "I Choose" program for Suicide Prevention Month. Students in the cafeteria competed for the best, "I Choose Life" slogan and the best, "I Choose To Be Clean" slogan. Their photos were taken with the slogans and the winner in each category won \$25. Each participant got t-shirts and other suicide-prevention and drug-free promotional items. Dr. Steede and Ms. Thomas were aided by several wonderful students and everyone had a great time.



## San Jose Job Corps Center—Tobacco IQ



San Jose JCC filled a cauldron with cigarette ingredients written on slips of paper. Students were able to pick ingredients out of the cauldron to learn about the scary ingredients in cigarettes. There was a True or False Questionnaire to test the students' "Tobacco IQ". The table was complete with resources to help students stop smoking.

### What's In a Cigarette?

There are approximately 600 ingredients in cigarettes. One ingredient is **formaldehyde** which is used to preserve dead bodies.

## San Jose Job Corps Center—Mental Health Apps

San Jose JCC's mental health team has been exploring mental health apps for smartphones. Staff and student interns hosted outreach activities to show students effective apps and helped them download them on their phones. These are a few of the recommended apps:

- **AIMS for Anger Management**—Provides anger and irritability management skills.
- **Mood Tools**—Includes a thought diary, activities, safety plan, videos, CBT and ACT intervention skills.
- **Calm Harm**—Provides tasks to help resist/manage the to self-harm.
- **Virtual Hope Box**—Designed for use by patients and their behavioral health providers as an accessory to treatment. Contains simple tools to help patients with coping, relaxation, distraction, and positive thinking.
- **WoeBot**—Clinically proven, and based on Cognitive Behavioral Therapy, checks in and keeps you on track to develop healthy habits.



All of these apps can be used on Apple or Android phones and all are **FREE**.

## 2019 Health Observances

### July

- **July 15-21, National Youth Sports Week**  
[ncys.org/advocacy/national-sports-week.php](http://ncys.org/advocacy/national-sports-week.php)

### August

- **National Breastfeeding Month**  
[www.usbreastfeeding.org](http://www.usbreastfeeding.org)
- **National Immunization Awareness Month**  
[www.cdc.gov/vaccines/events/niam.html](http://www.cdc.gov/vaccines/events/niam.html)

### September

- **Fruits & Veggies—More Matters® Month**  
[www.fruitsandveggiesmorematters.org/September+is+Fruits+%26+Veggies--More+Matters+Month](http://www.fruitsandveggiesmorematters.org/September+is+Fruits+%26+Veggies--More+Matters+Month)
- **Sexual Health Awareness Month**  
[www.ASHAsexualhealth.org](http://www.ASHAsexualhealth.org)
- **September 10, World Suicide Prevention Day**  
[www.iasp.info/wspd2019/](http://www.iasp.info/wspd2019/)



## Web Resources

**National Prescription Drug Take Back Day**—Details are available at <https://takebackday.dea.gov/>

**Get Naloxone Now**—A computer-based training module that is provided free of charge. A nominal fee may apply if a CE or CASAC credit is requested. Details are available at [http://www.getnaloxonenow.org/online\\_training.html](http://www.getnaloxonenow.org/online_training.html)

**Digital tools for Obsessive Compulsive Disorder (OCD)**—Details are available at <https://medium.com/psyberguide/dealing-with-ocd-in-college-4c8297af493b>

## Webinars on the Job Corps Web

### Upcoming Summer 2019 Webinars



- Recognizing and Responding to Trauma—June 19
- CMHC Orientation, Part 1—June 20
- CMHC Orientation, Part 2—June 27
- Implicit Bias and Student Relationships—July 10
- TEAP Orientation, Part 1 (tentative)—July 16 and 18
- TEAP Orientation, Part 2 (tentative)—July 30 and August 1
- HWM Orientation, Part 1 (tentative)—August 7
- HWM Orientation, Part 2 (tentative)—August 14
- Continuous Quality Improvement in HWC—August 20
- Oral Health Orientation—August 21
- HWM Orientation, Part 3 (tentative)—August 28
- Latent TB in Job Corps—August 29

You must login and register at the Job Corps Citrix website at: <http://jcweb.jobcorps.org/EventBoard/EventList.aspx>.

### Past Webinars

- Understanding Domestic Violence and Youth—June 6, 2019
- Communication for Conflict Prevention: Being Right vs. Building Relationship—May 16 & 22, 2019
- Ways to Make the Most of the Expanded TEAP Hours—April 30, 2019
- Youth Depression and Suicide: What Is It and What Do We know About It?—April 24, 2019
- CMHC Orientation: Part 2: Medical Separations and Applicant File Review—April 23, 2019
- Managing Diabetes in Job Corps—April 18, 2019
- CMHC Orientation Part 1: Overview of PRH Requirements—April 9, 2019
- TEAP Specialist Orientation Part 2—March 19, 2019
- HWM Orientation Part 2: Student Support Services—March 14, 2019
- HWM Orientation Part 1: Student Services—March 7, 2019
- TEAP Specialist Orientation Part 1—March 4 & 5, 2019

Webinars are available for download at: <https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx>.