



Health & Wellness



Spring 2020
Newsletter for Job Corps Health & Wellness Staff

Solutions

In this Issue >>> [Online Learning](#) [COVID-19 Resources](#) [Center Happenings](#) [Health Observances](#) [Webinars](#)

Health and Wellness Online Learning

During Job Corps' COVID-19 Spring Break, staff are encouraged to complete training. This is a great time to complete continuing education required for licensure and Job Corps professional development. Copies of past webinars are available for review on the Job Corps Health and Wellness website under "Conferences and Webinars."

Various companies and organizations offer free or low-cost virtual trainings, including:

- [CE4Less Mental Health Webinars](#)
- [Nurse CE4Less Webinars](#)
- [Improving Cultural Competency for Behavioral Health Professionals](#)
- [NetCE Continuing Education](#)
- [Medscape](#)

COVID-19 Training

- [SAMHSA Training and Technical Assistance Related to COVID-19](#)
- [Telebehavioral Health Institute \(TBHI\) COVID-19 Telehealth Best Practices](#)

Membership Organizations Offering Credit

- [American Psychological Association](#) is offering members 5 Free CE credits by reading articles of your choice from the APA Monitor Psychology's "CE Corner" series and by taking a test.
- [National Association of Social Work](#) is offering members free virtual trainings for CE credit.
- [American Counseling Association](#) is offering members free webinars for CE credit.
- [SMI Advisor](#) is offering free online courses for clinicians and providers. (Some for CE credit)
- [American Nurses Association](#) and other state Nurses Associations offer CE credits for members.

(continued on next page)

Health and Wellness Online Learning (continued)

Other resources

- Check with your local/state professional boards for free webinars for CE credit for members.
- Check with your professional liability insurance carriers for free webinars for CE credit.
- **The National Council for Behavioral Health** provides [free webinars](#) but does NOT OFFER CE credit.

COVID-19 and Hand Sanitizers

This is a reminder that Health and Wellness Centers should ensure use of CDC-recommended alcohol-based hand sanitizers. The CDC has indicated that hand-washing removes pathogens and kills the COVID-19 virus when they are alcohol-based (60% ethanol and 70% isopropanol being the active ingredients).



Health and Wellness Centers should follow CDC recommendations. It is recommended that at least one hand sanitizer dispenser be at the main entrance/exit to each building on center, with dispensers outside every room in the Wellness Center, and a sink with soap and water and dispensers in all bathrooms and in the cafeteria.

Historically, there have been concerns that in this age group, individuals might attempt to consume the alcohol from the hand sanitizers. Given this, students should be educated about the adverse effects of ingesting hand sanitizer and on Job Corps policy on alcohol use. Centers are reminded that most breathalyzers will detect both ethanol and isopropyl alcohol in an intoxicated student. Here is an article from the CDC that addresses the health risks of ingesting alcohol-based hand sanitizers <https://www.cdc.gov/mmwr/volumes/66/wr/mm6608a5.htm>.

Coronavirus/COVID-19 Resources

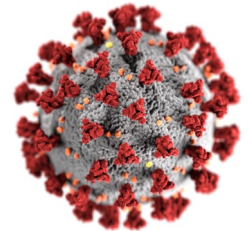
Stay up to date about Coronavirus/COVID-19 with the following information:

- **World Health Organization (WHO) — Coronavirus disease (COVID-19) Pandemic**
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- **Centers for Disease Control and Prevention (CDC) — Coronavirus 2019**
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **Centers for Disease Control and Prevention (CDC) — Nonpharmaceutical Interventions (NPIs)**
<https://www.cdc.gov/nonpharmaceutical-interventions/index.html>
- **CDCs Morbidity and Mortality Weekly Report (MMWR) 66(1) Community Mitigation Guidelines to Prevent Pandemic Influenza, April 21, 2017**
<https://www.cdc.gov/mmwr/volumes/66/rr/rr6601a1.htm>

People are most likely to spread COVID-19 before they show symptoms

The latest *Nature Medicine, Brief Communication*, published on April 15, 2020, reports the following:

“We observed the highest viral load in throat swabs at the time of symptom onset, and inferred that infectiousness peaked on or before symptom onset. We estimated that 44% (95% confidence interval, 25–69%) of secondary cases were infected during the index cases’ presymptomatic stage, in settings with substantial household clustering, active case finding and quarantine outside the home. “




The entire article is available to read/download at:
<https://www.nature.com/articles/s41591-020-0869-5>.

Job Corps Center Happenings

Job Corps centers did a lot of activities during the late fall and over the winter. As our students are on break for the spring, let's look back at some past activities.

Muhlenberg Job Corps Center

 **American Red Cross** Muhlenberg JCC has held successful blood drives for several years. In 2018 they were designated a Premiere Blood Partner with American Red Cross (ARC). They provided 102 units of blood for the ARC and it went on to help many people in need.

In 2019, the center beat their output for 2018 and provided 124 units of blood. Jason Young, Health and Wellness Manager says, "We are blessed to have so many caring students and employees donate with such regularity. It does make a difference even if you do not witness it." Mr. Young believes 2020 will be even more successful.

Potomac Job Corps Center

In September, Dr. White, CMHC at **Potomac JCC**, showed an episode of *Blackish* entitled "All Minds Matter" to select students. The episode dealt with a student who attempted suicide while the student body president worked to obtain more mental health resources for Black students. Afterward, there was a debrief and discussion with students about their experiences with mental health issues and services.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Ottumwa Job Corps Center

Mental Health First Aid at Ottumwa JCC—Mental Health First Aid (MHFA) was first introduced in the United States in 2008. It is an 8-hour course designed to train individuals how to recognize warning signs of mental health and substance use disorders and connect people with appropriate professional help. The program is managed by the National Council for Behavioral Health. Their goal is to make Mental Health First Aid as common as CPR. Individuals who become certified in MHFA expand their knowledge and understanding that mental illnesses are real, common, and treatable.



There are currently 2,148,015 individuals certified in MHFA and 17,398 instructors in all 50 states, Puerto Rico and Guam. Some of MHFA's largest supporters include Lady Gaga, Senator Patrick Kennedy, Professional Athlete Brandon Marshall, and television personality Dr. Oz.

Ottumwa Job Corps has been offering Mental Health First Aid training to all staff since 2016. Caren Roth, CMHC at Ottumwa JCC, has been a certified instructor since 2016. She provides the training on center a minimum of three times per year. Most of the staff are certified in MHFA and many have recently completed their three-year recertification. Since Ms. Roth began offering this training, she has noticed a big difference in the comfort level of staff recognizing and responding to trainees who might be struggling with mental health symptoms. She says, "There is greater understanding and knowledge about mental health and how to identify and respond to a potential crisis and connect someone with appropriate professional help."

Job Corps Center Happenings

San Diego Job Corps Center

San Diego JCC hosted a stress management event on February 28. Students were able to win a variety of prizes including stress balls, play dough, journals, colored pencils/mandalas, and mini Etch-a-Sketches for answering stress trivia, demonstrating deep breathing, signing up for group, or downloading stress apps on their phones. Both students and staff had a good time and learned some effective ways to deal with stress!



Treasure Island Job Corps Center

Lisa Spears, CMHC at **Treasure Island JCC**, along with her husband, 11-year-old daughter, two of her daughter's friends, and Wellness Nurse Clara Ramirez, spent New Years Eve on center celebrating with students who stayed in dorms over holiday break. They brought pizza, soda, popcorn, and neon glow sticks for everyone to enjoy. They played Just Dance on the Wii and students and visitors had dance competitions complete with prizes.



Wind River Job Corps Center

Wind River JCC hosted a Teen Dating Violence Awareness & Prevention Event. Seventeen students in two shifts volunteered to run the information table where they handed out healthy relationship quizzes and Healthy Relationship coloring books and crayons. They also provided online chat/text/phone support information from loveisrespect.org, an organization which provides 24/7 access for anyone struggling with relationship issues.



2020 Health Observances

April



- Alcohol Awareness Month
<https://www.alcohol.org/awareness-month/>
- Sexual Assault Awareness Month
<https://www.nsvrc.org/saam>

May

- May 5
World Hand Hygiene Day
<https://www.cdc.gov/handhygiene/campaign/index.html>
- May 1-7
National Physical Education and Sport Week
<https://www.shapeamerica.org/events/pesportweek/National-PE-and-Sport-Week.aspx>
- National Teen Pregnancy Prevention Month
<https://www.hhs.gov/ash/oah/news/teen-pregnancy-prevention-month/index.html>

June

- PTSD Awareness Month
<https://www.ptsd.va.gov/understand/awareness/index.asp>
- Men's Health Month
<https://www.menshealthmonth.org/>

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



Job Corps Webinars

Upcoming 2020 Webinars



- CMHC Orientation Part 1 — April 23
- CMHC Orientation Part 2 — April 29
- Motivational Interviewing: Part 1 — May 5
- Motivational Interviewing: Part 2 — May 19
- Making Anxiety Work for You — June 2 & 4
- Childhood Infectious Diseases — June 23

You can register at: <https://jobcorps.webex.com>.

Past Webinars

- Mastering the Center AFR Process: Increasing Understanding and Improving Efficiency of Applicant File Clinical Review and Reasonable Accommodation Processes — April 8
- Well Being in the Time of COVID-19 — April 8 & 9
- Communication Strategies for Conflict Prevention and De-escalation — April 1 & 6
- TEAP: Ethics, Boundaries, and Documentation — March 30
- Understanding and Addressing Non-Suicidal Self-Injury in Job Corps Students — March 12
- Ethical Decision Making for CMHCs in Job Corps— February 26
- Alcohol Detection in Job Corps—February 4 & 6
- Ethical Decision Making for Nurses in Job Corps— January 8 & 17

Webinars are available for download at:

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