



Health & Wellness



Spring 2024

Newsletter for Job Corps Health & Wellness Staff

Solutions

In this Issue >>>

Center Happenings

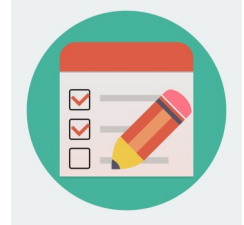
Health Observances

Webinars

TEAP Action Steps for Updated Zero Tolerance (ZT) Policy

General

- Review the following documents:
 - Updated [PRH 2.3 R5 Trainee Employee Assistance Program \(TEAP\)](#)
 - [Exhibit 2-1 Infraction Levels, Definitions, and Appropriate Center Actions](#)
 - [PRH Change Notice 23-03, Attachment B: Talking Points for Staff to Use with Students Not Covered by Job Corps' Strategy to Prevent Unwarranted Disciplinary Action Due to Residual THC Concentrations](#)
- Check to make sure all TEAP-related forms are updated with the most current policy information, including:
 - [CPP Welcome letter](#)
 - [TEAP intervention agreement template](#)
 - Any center-specific forms that relate to the intervention period and the ZT change
- During interactions with students, emphasize the Job Corps program remains drug-free.



Career Preparation Period

- Download and modify the [TEAP Career Preparation Period \(CPP\) presentation](#), which contains the most up-to-date information on these policy changes.
- Ensure that the CPP presentation includes the additional required elements regarding the prevention of opioid overdoses and the administration of Narcan (see [Program Instruction 22-16 Responding to Opioid Overdose in Job Corps](#) and [Attachment A — Medical Emergency and Infectious Disease Plan Template](#)).

Assessments Using Formalized Assessment Measures and MSWRs

- Ensure that assessment of high-risk students occurs and is documented for:
 - Students with a score of 2 or more on the CRAFFT (embedded in the SIF and in questions 4-9)
 - Students whose medical records (or through other information) have a history of problematic alcohol or drug use that may prevent them from benefiting from the JC training at this time
- Note that the PRH 2.3, R5(g5.d) now clarifies that an MSWR may be granted at any point PRIOR to the collection of the follow-up urine drug test.

(continued on next page)

Intervention Period

- Note that the PRH 2.3, R5(d) now clarifies that the intervention count begins on the day of arrival to center.
- Center physician now determines whether a positive confirmed drug test is due to valid prescription use (e.g., the student has a prescribed medication for an amphetamine for ADHD or an opioid for an oral health procedure (PRH 2.3(g1f)).
- Provide intervention services to students who:
 - test positive on the entry drug test.
 - are assessed as at-risk for substance use problems or have a high probability of substance use disorder based on the formalized assessment measures (these students would not receive a follow-up drug test as long as they tested negative on entrance).
- Review the intervention period framework to ensure at least:
 - A total of 7 group and individual sessions (with at least 2 being individual sessions).
 - 15 hours of recreational/leisure time activities must be offered to students.
 - All intervention sessions are interactive, evidence-based, and include motivational interviewing techniques.
- Review intervention period content, and ensure PRH-required topics are included (see PRH 2.3, R5(d2): Basic information regarding current drugs of use and misuse (e.g., marijuana, alcohol, tobacco/nicotine, fentanyl, abuse of prescription drugs, and drug use trends); short-term and long-term effects and consequences of drug use on health and employability; identification of triggers for substance use; relapse prevention to include development of coping and resistance skills; development of alternative activities to remain abstinent from drugs or alcohol in social situations, and; availability of referrals and community resources).
- Attend student case management meetings with CMHC, counselors, and other appropriate staff, and ensure this is documented in the SHR along with the follow-up plan.

Relapse Prevention Services

- For students retained because of residual concentrations of THC, provide a minimum of five additional mandatory relapse prevention sessions and document the plan and the sessions in the SHR.

Suspicion Screen

- During interactions with students, emphasize that Job Corps uses the suspicion screen process to identify impairment. If this drug screen is positive, then that is a violation of the ZT policy and students are separated from the program.

Documentation

- For those students who test positive on entry, enter both the entry and follow-up test results into the CIS after you receive the follow-up drug screen results.
- The [TEAP/TUPP Referral Form](#) is recommended, and it is emphasized that there must be multiple and notable signs of substance use as the basis for the referral for the suspicion screen.

Additional Resources

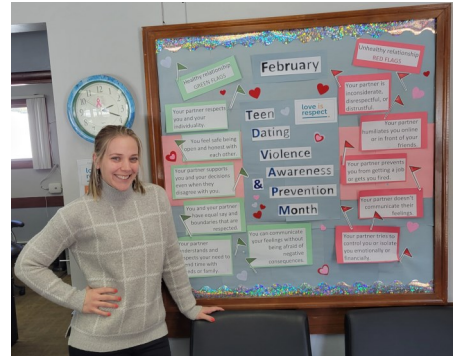
- [PRH Change Notice 23-03 Revisions to the Policy and Requirements Handbook to Amend Job Corps' Zero Tolerance Policy Regarding Marijuana](#)
Attachments: [23-03a](#), [23-03b](#)
Release Date: February 14, 2024
- Webinar: [ZT Policy Training for Center Staff](#) — February 7, 12 & 16; January 18 & 22, 2024

February Teen Dating Violence Awareness & Prevention Month — Anaconda JCC

Submitted by: Myranda Hardy, LCSW, Center Mental Health Consultant

During the month of February, Myranda Hardy, CMHC, created a bulletin board for Teen Dating Violence Awareness and Prevention Month. The bulletin board highlighted healthy relationship with green flags and unhealthy relationships with red flags.

In addition, Ms. Hardy sent out weekly emails to all students and staff showcasing different topics and resources from the Loveisrespect.org website.



Health Observances — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

The Gary JCC CMHC team held several events and trainings for students and staff in the month of February. The CMHC team organized a Black History Month Jeopardy game.

The team also organized a suicide awareness and prevention training for residential advisors (RA) and recreational specialists staff. There was also a discussion with RAs about identifying students for a sexual boundaries and healthy relationships group that will be starting at the beginning of March.

For National Eating Disorders Awareness Week, there was an email blast and a new group will be forming. The center is also starting a support group for students who are native Spanish speakers.

A staff training was held in observance of Teen Dating Violence Awareness Month and was delivered by our partner, the Hays–Caldwell Women’s Center.



Women of Wisdom — Gary JCC

Submitted by: *Hildy Dinkins, Center Mental Health Consultant*

The Gary JCC hosted a Women of Wisdom event for students. The event was open to students and staff, but was required for all female students and optional for female staff. Dr. Dinkins, CMHC, was a guest speaker, in addition to a local police deputy sheriff, local family court judge, local county executive, and two former students. The meeting was organized into three groups — Group 1: Resilience and Mental Wellness, Group 2 : Bloom and Blossom Activity, and Group 3: Body Positivity and Self Love.

A special thank you to the following:

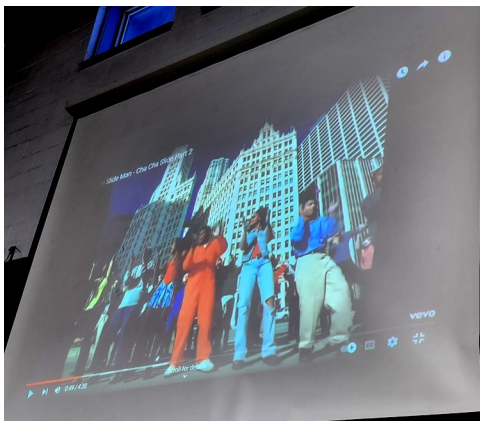
- Hope Powell, Student Government Association Coordinator — Organizer/Planner
- Susanne Rittter and Purchasing and Recreation Departments — Organizers/Planners
- Tiesha Littlejohn, Social Development Director — Mistress of Ceremony
- Angela Rackley-Meadows, Center Director — Keynote Speaker
- Hope Powell, Lashanda Thompson (Advanced Human Services Instructor), Dr. Hildy Dinkins — Presenters
- Grisell Perez-Carey — City of San Marcos' first Diversity, Equity, and Inclusion Coordinator
- Lt. Christina Dail — Travis County Sheriff's Office
- Judge Sandra Bryant— Founder, CEO, and President of Keeping Communities Connected
- Madison Battise — Former student; Apprentice Lineman in the Electric Utilities Department for the city of Seguin
- Captain Heather Escalante — Former student and current Corrections trade instructor



Dance Into Healthiness — Paul Simon Chicago JCC

Submitted by: *Jessica M. Brumfield, LCSW, Center Mental Health Consultant*

Mental health, sobriety/drug-free living, and physical health go hand in hand, so the center kicked off 2024 with an event to make health and wellness a priority. On January 22nd, the center's HEALS, TEAP, and CMHC departments collaborated to bring 'Dance Into Healthiness' to the center. Staff and students joined together for line dancing and healthy snacks. The Office of Center Standards Incentive Manager, career counselors, and recreation staff supported the event with their upbeat energy, event set-up/clean-up, and A/V tech support to blast the YouTube instructional videos and music for all to follow along. It was a good time! Students have already requested a round-two, so get your dancing shoes ready and stay tuned!!



Health Observances & Resources

April

- [Sexual Assault Awareness Month](#)
- [National Public Health Week](#)
April 1-7

May

- [Mental Health Awareness Month](#)
- [National Allergy & Asthma Awareness Month](#)=
- [National Prevention Week](#)
May 12-18
- [National Fentanyl Awareness Day](#)
May 7

June

- [National Safety Month](#)
- [National Migraine & Headache Awareness Month](#)

Do you have a ...

Topic idea or want to highlight your center activity? **The deadline for the Summer 2024 newsletter is May 31, 2024.** You can submit your suggestions to:



Julie Luht, MPH

Email:

julie.luht@humanitas.com

Job Corps Webinars

Upcoming Webinars

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



Past Webinars

- Hot Topics on Suspicious Screening for Drugs — March 20 & 21
- Management of Chronic Health Conditions: How Can We make Healthy Behaviors Easy? — March 19 & 20
- Team Building in Health and Wellness — March 11 & 12
- Supporting Students Experiencing Psychosis — March 6 & 12
- ZT Policy Training for Center Staff — January 18 & 22; February 7, 12 & 16
- Networking with Community Partners — February 13 & 15
- Dental Readiness Inspection Training — January 17 & 18

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