



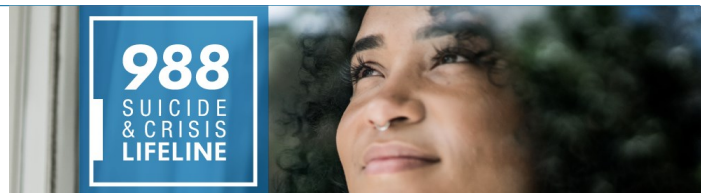
Summer 2022

Newsletter for Job Corps Health & Wellness Staff

Solutions

In this Issue >>> 988 Suicide/Crisis Lifeline Nurses Month Center Happenings In the News Health Observances Webinars

988 Suicide & Crisis Lifeline



In 2020, Congress designated the new 988 phone number to help people who are experiencing a crisis or thinking about suicide. While the number is new, the service is not. It operates through the existing National Suicide Prevention Lifeline’s network of over 200 locally operated and funded crisis centers across the country.

On July 16, 2022, the U.S. transitioned to using the 988 phone number. 988 is more than just an easy-to-remember number—it’s a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also call or text 988 if they are worried about a loved one who may need crisis support.

The 988 phone number is a big step toward strengthening and transforming crisis care in this country. It serves as a universal entry point so that no matter where someone lives, they can reach a trained crisis counselor who can help.

In preparation for the transition of the Lifeline to 988, the federal government and partners from across many industries in the public and private sectors are working together to provide guidance and resources.

Notably:

- The National Action Alliance for Suicide Prevention and its messaging task force developed the [988 Messaging Framework](#) to provide guidance on developing 988-related messaging.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) created a one-stop shop, the **988 Partner Toolkit**, at [samhsa.gov/988](https://www.samhsa.gov/988) and provides [key messages](#), [FAQs](#), [logo and brand guidelines](#), and more information about 988.
- SAMHSA provides 988 Suicide & Crisis Lifeline Wallet Card with Icons that can be downloaded at <https://store.samhsa.gov/product/988-suicide-crisis-lifeline-wallet-card-icons>

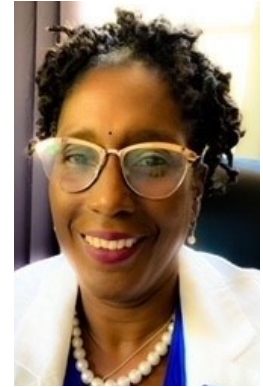
The Lifeline works! Since the Lifeline began in 2005, it has served as an invaluable resource, helping thousands of people overcome suicidal crisis or mental health-related distress every day. With the transition to 988, these life-saving services will be even easier to reach. The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

Nurses Month is May 2022

This year the American Nurses Association selected “*Nurses Make a Difference*” as their theme to celebrate all the roles and responsibilities of nurses. Job Corps wants to acknowledge all the health and wellness directors and nurses that keep our health and wellness centers running and accessible to our students.

Did you know . . .

- Longest Serving Nurse — **Cheryl Bowman, Los Angeles JCC**, started in November 1980!
This November will be **42** years in Job Corps!!!!
- Number of nurses with 40+ years in Job Corps — 2
Cheryl Bowman, Los Angeles JCC
Bertha Price, Turner JCC
- Number of nurses with 30+ years in Job Corps — 3
Janet Jones Ards , Mississippi JCC
Nancy Dean, Phoenix JCC
Mirta Acevedo Rodriguez, Ramey JCC
- Number of nurses with 20+ years in Job Corps — 6
Kay Bain, Oneonta JCC
Sheila Brewer, Mingo JCC
Jamie R. Sjo, Cass JCC
Susan Wilburn, Weber Basin JCC
Chris Hunter, MTC
Connie Keys, MINACT
- Number of nurses who started this year (2022) — 14
- Newest Job Corps nurses — 3; all 3 nurses started in May 2022
Deneshia Clayton, Gulfport JCC
Jessica Johnson, Kittrell JCC
Madelyn Turner, Springdale JCC



Cheryl Bowman

Job Corps Nurse Snapshots



Mary Richard, HWD, and Loring nurses celebrating Hawaiian Day!



Mirta Acevedo
Ramey JCC



Ramey JCC Health and Wellness staff



Brenda Bullock, Kittrell JCC



Mary Erard, Center Nurse,
Roswell JCC



Anastacia Gatley, HWD,
Pinellas County JCC



Ferna Idica, Hawaii; Aloha!



Mary Erard, Center Nurse, and Sylvia Orosco, HWD,
Roswell JCC



Rita Alexander, HWD, and Guthrie nurses

Nurses Month is May 2022

A survey of center nurses asked, "One word that describes your time in Job Corps." Here is what they said:



These are additional comments Job Corps nurses had about their experiences:

"Fulfilling! I was a student at this same Job Corps about 10 years ago and I know what a difference we make in youths' lives, so to be able to come back and be the person I felt I needed at that age is truly incredible."

"What keeps me at Job Corps is that every single day I have the opportunity to make a difference in someone's life."

"I love the opportunity to connect with students and offer them ways to advocate for their health and future. I also love how much I am able to learn from them."

"LOVE (The most unbelievable incredibly fascinating wonderful job that I have ever had!)"

"Love seeing the changes that we make in these young people's lives from a spiritual, physical, and mental standpoint."

"This is not a job, it is an avenue to empower our youth to be the best person that they can be. Anaconda does this by boosting the self-image and self-confidence of every student by providing positive feedback and acknowledgement of growth both personally and professionally. I plant a seed, I don't always get to see it grow; but when talk to students years later, I have learned that the seed did grow. They took my advice or the advice of someone else on center, and it made all the difference. My descriptor word for my time in Job Corps: Empowering (both myself and the students)."

"I enjoy meeting with students every day, getting to know them, and caring for them, as well as getting to know all employees on center and trying to make this the best experience for students as possible. As you know, mental health seems to be such a huge part of our students and I really try to listen and help our students the best I can. Every day I feel like I am finally getting to understand the job; it is truly a job like no other but I really enjoy the challenges and have a great support team."

Of those who completed the survey, the following is a list of Job Corps nurses and the year they started in Job Corps:

Cheryl Bowman, Los Angeles, 1980	Tina McBride, Gerald R. Ford, 2020
Bertha Price, Turner, 1981	Stephanie Williams, Schenck, 2020
Nancy Dean, Phoenix, 1985	Samantha Campos, Laredo, 2020
Janet Jones Ards, Mississippi, 1987	Cheryl Carrier, Brunswick, 2020
Mirta Acevedo Rodriguez, Ramey, 1991	Anastacia Leeanne Gatley, Pinellas County, 2020
Kay Bain, Oneonta, 1994	Laura I. Muniz, Laredo, 2020
Sheila Brewer, Mingo, 1996	Selena Jones, Brunswick, 2020
Jamie R. Sjo, Cass, 1999	Teresa Groska, Hubert H. Humphrey, 2020
Susan Wilburn, Weber Basin, 1999	Heather Bransfield, Hartford, 2020
Chris Hunter, MTC, 2001	Diana L. Hernandez Gutierrez, Inland Empire, 2021
Connie Keys, MINACT, 2002	Mary Richard, Loring, June, 2021
Ferna L. Idica, Hawaii - Oahu, 2003	Retta Diehl, Red Rock, 2021
Barb Mayer, Anaconda, 2004	Gladys Haase, Miami, 2021
James D. Falls, Jacksonville, 2004	Tacresha Danyell Harrington, Kittrell, 2021
Marita Jansevics, Maui, 2004	Kathy Kelley, Fred G. Acosta, 2021
Bernette Dickerson, Wilmington, 2004	Holly Jeffrey, Tongue Point, 2021
Trudy Crowe, Oconaluftee, 2005	Paul Godfrey, Edison, 2021
Rita L. Bush, Great Onyx, 2006	Richlin Morrow, New Haven, 2021
Jean Wood, Penobscot, 2008	Glennis Boykins-Walker, Gerald R. Ford, 2021
Shawana Osborn, Finch Henry, 2010	Jessi McCoy, Jacobs Creek, 2021
Kara Cunningham, Earle C. Clements, 2011	Rhoda Woodworth, Alaska, 2021
Janine Floryshak, Keystone/Red Rock, 2011	Jessica Gibson, Serrato Corp., 2021
Marion Oja, Tongue Point, 2011	Cecilia Schueneman, Quentin Burdick, 2021
Cynthia Angel, Lyndon B. Johnson, 2012	Melissa Frank, Red Rock, 2021
Steven Payne, Frenchburg, 2012	Rylee Henningson, Flint Hills, 2021
Amy Passero, Pine Ridge, 2012	Ruizhi Xing, San Jose, 2021
Glenda Lee Anderson, Talking Leaves, 2012	Kelsie Millard, Ottumwa, 2021
Ngozi Ugboko, Lyndon B. Johnson, 2012	Rahissa Aquino, Arecibo, 2021
Mary Erard, Roswell, 2013	Jamayca Nelson, Angell, 2021
Cherrice Lewis, Milwaukee, 2014	Rita Alexander, Guthrie, 2021
Connie M. Sutton, Oconaluftee, 2014	Saralyn Franklin, Muhlenberg, 2021
Sandra G. McNeill, Schenck, 2014	Yusianawati Santoso, Cincinnati, 2021
Susan Searah, Grafton, 2014	Pat Heck, Tongue Point, 2021
Mandi Noll, Ottumwa, 2015	Crystal Echols, Long Beach, 2021
Dariann Skaggs, Muhlenberg, 2015	Tiffany Johnson, Gulfport, 2021
Rebecca Brua, Charleston, 2015	Denise Krell, Phoenix, 2021
Victor Lopez, David L. Carrasco, 2016	Allison Stokes, Gadsden, 2021
Angela Ferris, Flatwoods, 2016	Ladana Walker, Phoenix, 2021
Trabienne Sturdivant, Serrato Corp., 2016	Anna Bailey, Inland Empire, 2021
Brenda Bullock, Kittrell, 2016	Tanya Johnson, Wolf Creek, 2021
Patricia Thomas, Fort Simcoe, 2017	Michelle Brown, Dayton, 2021
Nicole Standberry, Montgomery, 2017	Laquasha Hunt, Milwaukee, 2022
Heather Stephens, Pine Knot, 2017	Felisha Hamilton, Tulsa, 2022
Brenda Smith, Exeter, 2017	Rick Labbe, Shriver, 2022
Ashley Parker, Gadsden, 2017	Chantel Dawson, Milwaukee, 2022
Kimberly Knight, Gadsden, 2017	Jaimie Cole, Blackwell, 2022
Janell Neighbors, Mingo, 2018	Tanjanika King, Brunswick, 2022
Cheyenne Luther, Fred G. Acosta, 2018	Dawn Smith, Anaconda, 2022
Ranotta Taulbee, Talking Leaves, 2019	Lucinda L. Linebaugh, Ottumwa, 2022
Alexandra Ford, Atterbury, 2019	Tien Lu, San Jose, 2022
Gisele Pena, Detroit, 2019	Keri E. Downer, Fred G. Acosta, 2022
Laura Flowers, Pinellas County, 2019	Michele Reynolds, Cassadaga, 2022
Sylvia Smith, Old Dominion, 2019	Jessica Johnson, Kittrell, 2022
Jessica Beisbier, Milwaukee, 2019	Madelyn Turner, Springdale, 2022
Colleen Herriven, Iroquois, 2019	Deneshia Clayton, Gulfport, 2022
Freda Davis, Whitney M. Young, 2019	
Tammi DePascale, Angell, 2019	
Sue Logsdon, Long Beach, 2019	
Paula Solaas, Boxelder, 2019	
Kimberley M. Sukstorf, Boxelder, 2019	

Mental Health Awareness Month — Excelsior Springs JCC

Submitted by: Dianna Hall, LCSW, Center Mental Health Consultant

The Excelsior Springs JCC kicked off Mental Health Awareness Month with self-care exploration activities. The first activity was self-care bingo for staff and students. The center created and distributed bingo cards filled with all things “self care” to all students and staff. Everyone was encouraged to “get bingo!” and submit their card to Wellness for a small prize and a chance to win a raffle basket filled with self-care items.



As May got underway, the center organized several days to rotate students through self-care stations/exploration activities. Various locations around the center were set up for “make and take” activities including: space for listening to music, coloring, and yoga. Make-and-take goodies included: sensory bottles, balloon fidgets, aromatherapy, and scented lotion with hand massage instructions.

Wellness staff publicized these events during meetings, through the Mental Health Google Classroom, and with personal invitations to come out and play! All events were well attended and the center is making plans for sustaining the activities.



Greens and Jeans Day — Excelsior Springs JCC

Submitted by: Dianna Hall, LCSW, Center Mental Health Consultant

On May 19th during Mental Health Awareness Month, the Excelsior Springs JCC held a Greens and Jeans Day. Staff and students were invited to wear green and jeans to show their support for mental health. Staff made donations and the SGA donated the money to the [National Alliance on Mental Illness \(NAMI\)](#). The center raised approximately \$550 that will be doubled by NAMI!!



CMHCs distributed mental health packets that included a crisis card, general wellness information, and a current listing of free mental health apps.

Stop the Stigma — Gary JCC

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

For [May is Mental Health Month](#), Dr. Dinkins, CMHC, distributed ‘Stop the Stigma’ bags stuffed with goodies and information about mental health awareness.



May is Mental Health Month — Gary JCC

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

In observance of [May is Mental Health Month](#), Hildy Dinkins, CMHC, held a balloon release for students and hosted a staff training by NAMI Central Texas.



The Clothesline Project — Grafton JCC

Submitted by: Colleen Lanza, Center Director

On April 29th, Grafton JCC students participated in “[The Clothesline Project](#)” in support of Sexual Assault Awareness Month. The mission of the Clothesline project is to increase awareness of the impact of violence and abuse, to honor a survivor’s strength to continue, and to provide another avenue for them to courageously break the silence that often surrounds a sexual assault. Students decorated t-shirts with quotes and images that resonated with them. Then, the t-shirts were hung on a clothesline in the cafeteria displayed for all staff and students to see.



Spring Health Fair — Hawaii JCC

Submitted by: Ferna L. Idica, BSN, RN, Health & Wellness Director

The Hawaii JCC Spring Health Fair was held on April 5, 2022. Students were given a “Passport” upon entry to the Health Fair. At every booth, facilitators had a unique rubber stamp to mark a student “visit” to their station. The center had 70 students on center that day that attended the fair.

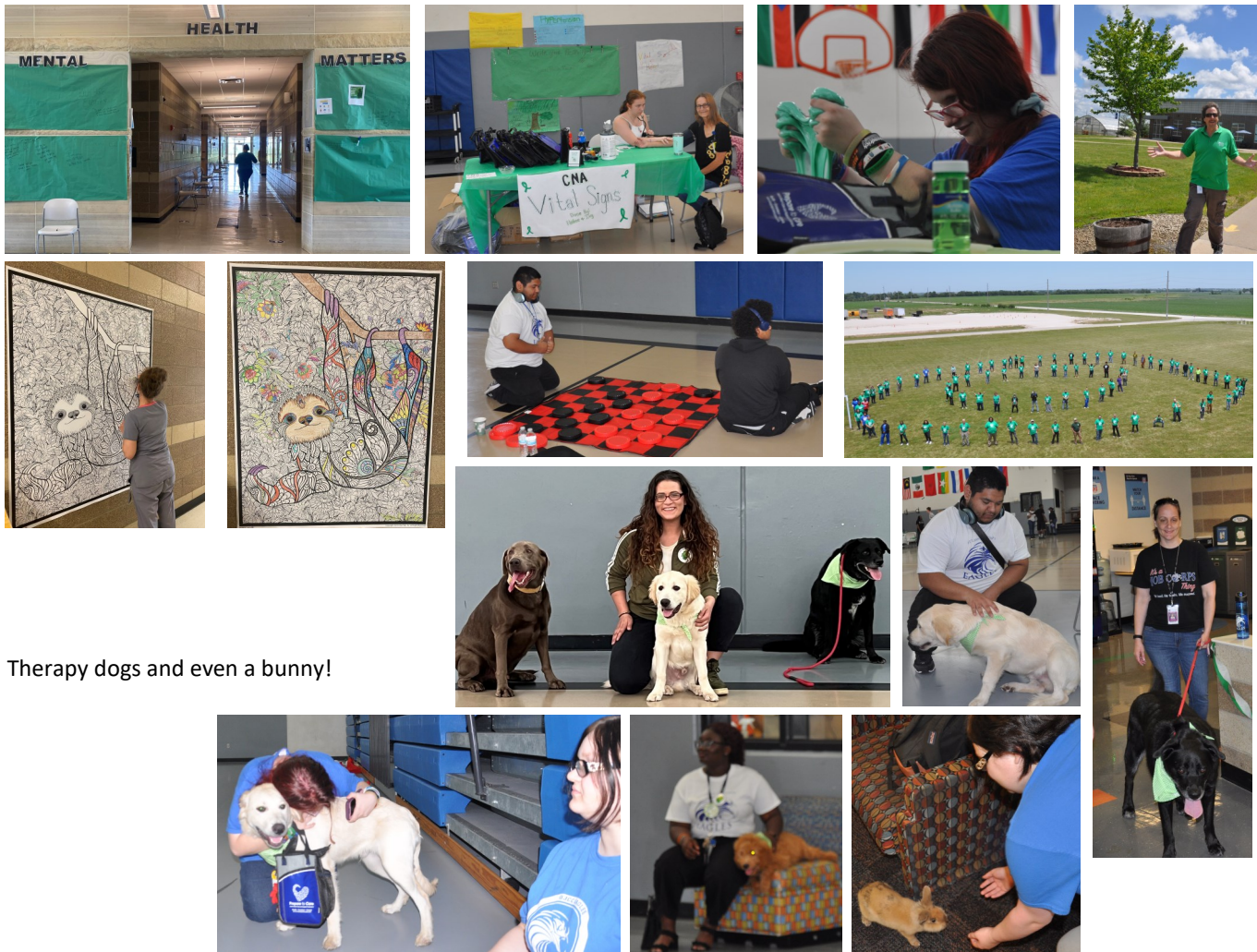
The facilitators were center staff and nursing students from the Hawaii Pacific University and Chaminade University. In addition, the Safety & Security Supervisor ran the Workplace Safety and PPE booth, and nurses from the Department of Health Hanson’s Disease Branch ran the skin screenings booth.



Mental Health Month — Ottumwa Job Corps Center

Submitted by: Caren Roth, MSW, LISW, Center Mental Health Consultant

In May, the Ottumwa JCC organized several mental health-related center wide activities to help students raise awareness and strengthen their own coping skills. The coloring station was a big hit!



Therapy dogs and even a bunny!

Mental Health Awareness Month & Gay Pride Month — Philadelphia JCC

Submitted by: Dr. Gayle V. Logan, Center Mental Health Consultant

Dr. Logan, CMHC, provided the following activities for staff and students as part of Mental Health Awareness Month in May and Gay Pride Month in June:

- Presentation on Promoting Understanding of Mental Illness
- “Doctor Logan’s Drop-In” was an open forum Zoom event available to staff and students to ask questions or discuss various mental health topics like how to recognize and intervene in suicidal behaviors.
- Presentations on trauma and Post Traumatic Stress Disorder (PTSD) focused on communicating and interacting with compassion and empathy towards students.
- Education and awareness of gender identity; experiences of the lesbian, gay, bisexual, transgender, and queer (LGBTQ) population; myths; and the dynamics this population deals with during their lives (social problems, bullying, family conflict, and high suicide rate).



PRIDEwalk Art — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

The Pinellas County JCC held a lunchtime PRIDEwalk Art event to show their support during PRIDE month.



Alcohol Awareness Month — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

As part of Alcohol Awareness Month, the Pinellas County JCC organized an obstacle course with Impairment Goggles.



The center also organized an Ultimate Frisbee Tournament. Students did a great job!



Mental Health Awareness Month — Pittsburgh JCC

Submitted by: Dr. Callie Scott, D.Ed., MS, NCC, LPC, Center Mental Health Consultant

Dr. Callie Scott, CMHC, kicked off “Mental Health Awareness Month” with a Virtual Calming Room. Staff and students were asked to sign up for the “Mental Health & Wellness Google Classroom” and explore the nine activities in this interactive therapeutic setting.

Students were also encouraged to participate in the EVERFI: Mental Wellness Basics Course, which provides learners with the knowledge and skills necessary to build, maintain, and promote positive mental health. By helping all students develop a positive mindset and normalizing the discussion of mental health concerns, this course reduces stigma and empowers students to help themselves and others.



Fit 4 Life Walk-A-Thon — St. Louis JCC

Submitted by: Chantell Mixon-Gregory, RN, BSN, Health and Wellness Director

The St. Louis JCC held a 3-mile Fit 4 Life walk-a-thon. Participants were able to win various prizes including backpacks, water bottles, gift cards, t-shirts, and more. A special thanks to Ms. Collins and her team for setting up a FABULOUS display!

The walk-a-thon was featured in the center’s Fit for Life Newspaper May 2022 issue.



In the News



- [Asthma: Why It Can Be Worse During the Summer](#) — Healthline
- [National Disaster Distress Helpline 1-800-985-5990 Provides Immediate Crisis Counseling to People Affected by Mass Shootings, Other Disasters](#) — SAMHSA

2022 Health Observances

August

- [National Immunization Awareness Month](#)
- [Summer Sun Safety Month](#)

September

- [National Recovery Month](#)
- [National Suicide Prevention Week](#)
September 4–10

Do you have a ...

Topic idea or want to highlight your center activity. **The deadline for the Fall 2022 newsletter is September 9, 2022.** 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

- CMHC Orientation Part 2 — July 21
- CMHC Orientation Part 1 — July 19
- Center Physician Orientation — July 11
- Vaping and E-cigarettes — June 28
- Cultural Competence and Humility — June 22
- Silver Diamine Fluoride in Dentistry — June 14
- Center Physician Orientation: Part 1 — June 13
- TEAP Orientation June 1
- Nursing Ethics — June 1
- AFR for CMHCs — May 24
- Sun Protection and Skin Cancer Prevention — May 19

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