



Health & Wellness



Winter January 2023

Newsletter for Job Corps Health & Wellness Staff

Solutions

In this Issue >>> [PRH Change Notice 22-02](#) [Center Happenings](#) [Free Newsletters](#) [Health Observances](#) [Webinars](#)

PRH Change Notice 22-02 Health Services and Disability Updates

The release of [PRH Change Notice 22-02 Revisions to the Policy and Requirements Handbook \(PRH\) Applicant File Review, Reasonable Accommodation, Confidentiality and Transmission and Storage of Protected Health and Disability Information, Medical Separation, Direct Threat, and Health Care Needs Processes](#) (November 29, 2022) updated many health services and disability sections in the PRH. The change notice included an attachment [Guide to Significant Changes PRH Change Notice 22-02](#) that provides a detailed summary of all the updates.



**Policy and
Requirements
Handbook**

The following forms have been updated (language, expanded, renumbered, and/or renamed):

- [Form 1-01 Job Corps Informed Consent to Receive Mental Health and Wellness Treatment](#)
- [Form 1-02 Records Release Authorization](#)
- [Form 1-05 Procedures for Providing RA-RM-AAS During Admissions](#)
- [Form 1-06 Center File Review Forms](#)
- [Form 1-07 Equal Opportunity Notice](#)
- [Form 2-03 Procedures for Providing RA-RM-AAS for Participation in the Job Corps Program](#)
- [Form 2-04 Individualized Assessment of Possible Direct Threat](#)
- [Form 2-05 Health Care Needs Assessment](#)

Along with revised forms, the following Appendices and Exhibits have been updated:

- [Appendix 202 Transmission Storage and Confidentiality of Medical Health and Disability-Related Information](#)
- [Exhibit 5-2 Plan and Report Submission Requirements](#)
- [Exhibit 5-4 Required Staff Training](#)

It's a lot of new information. The National Office provided multiple webinars to explain all the changes; if you missed a webinar or need a refresher, you can find them on the [Webinar](#) webpage. The following is a list of those webinars:

- [Change Notice 22-02 Health Services and Disabilities PRH Updates](#)
- [Medical Separations, DTAs, and Disability Discrimination Overview Training](#)
- [Medical Separations and DTAs Detailed Training](#)

Contact your Nurse Specialist with questions.

Red Ribbon Week and Recovery Month — Brunswick JCC

Submitted by: VondaKay McFadden, TEAP Specialist

During Red Ribbon Week (October 23-31), VondaKay McFadden, TEAP Specialist, organized several activities including:

- Recreation Department *Movie Night* centered around living drug free
- Red Ribbon breakfast with an information table in the cafeteria
- Red Ribbon Walk around the campus

For Recovery month, Ms. McFadden organized two additional events — Recovery Hand Wall and Silly String Glow Stick Party. The staff showed students that they could have fun and enjoy each other's company, all while being sober and/or maintaining sobriety.



Wellness Fair — Excelsior Springs JCC

Submitted by: Liz Jarski, LCSW, Center Mental Health Consultant

In September, the mental health team at Excelsior Springs coordinated a wellness fair for students. During this half-day event, students rotated through a variety of experiential activities to help them learn and practice ways to be healthy and happy. The 30-minute sessions included breathwork, nutrition, kickball, art therapy, and a visit from several local therapy dogs. The students also spent time at the resource fair with representatives from 10 agencies who shared information about medical, mental health, substance use, and dental resources in the community. Multiple departments on center joined in to make the event a success.



*Photos from our Business Community Liaison, Sean McNabb



Comfort in the Commons — Excelsior Springs JCC

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

During the warmer months, Excelsior Springs had great success with *Calm on the Lawn* — a weekly outdoor meeting with relaxing music, coloring, resting spots, and connection time. The center continued meeting into the winter months but needed a new venue, with temperatures dropping into the teens. Brrrrr!!! Thus, *Comfort in the Commons* was born!!

The event moved into the residence hall lobby area with a cozy drink station with tea and cocoa (homemade by one of our Culinary Instructors!), virtual fireplace, relaxing music, soft blankets, coloring, and connecting with CMHCs and peers! Students were encouraged to come after lunch and before returning to class to restore and take care of themselves. Students loved the first session, and most students talked about returning in the following weeks!



Well-Being Wednesdays — Flatwoods JCC

Submitted by: Rachel Carter, Center Mental Health Consultant

Students have been enjoying a new mental health program entitled, “Well-Being Wednesdays.” This program was created after Rachel Carter, CMHC, facilitated a guided meditation session for students in honor of National Stress Awareness Day. The students loved the guided meditation so much that they asked if it could be offered weekly. This program was created to reduce stress, promote positive mental health and well-being, reduce reactivity when triggered, and create an overall sense of peace and calm.

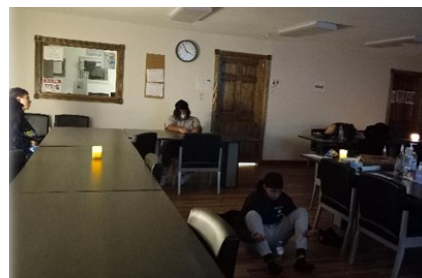
Attendance is optional for students; however, they earn a positive each time they participate, as this encompasses the Career Success Standard of Personal Growth and Development.

Well-Being Wednesdays

What: Guided Meditation Session with Ms. Carter, CMHC
When: Wednesdays @6pm
Where: Conference Room in Wellness Building



Why: To reduce stress, promote good mental health and well-being, reduce reactivity when triggered, to create a sense of peace



Word Scramble — Flint Genesee JCC

Submitted by: Sonja Lee, TEAP Specialist

In September, Sonja Lee, TEAP Specialist, planned a Word Scramble contest for all the classrooms, including the teachers. The word was “METHYLENEDIOXYAMPHETAMINE,” and each class was given 20 minutes to come up with as many words as they could in the allotted time.

The class with the most words got pizza and drinks at the end of the week.

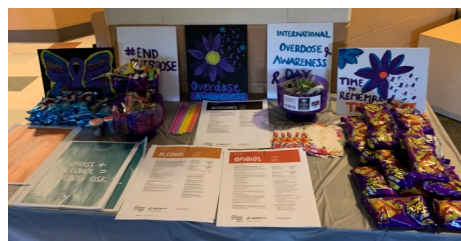
Ms. Lee came up with 94 WORDS!



Overdose Awareness Day — Fort Simcoe JCC

Submitted by: Sandra McNeill, Health & Wellness Director

On August 31st, Ft. Simcoe recognized Overdose Awareness Day, with the center distributing information and students sharing their thoughts and stories.



HEALS Day — Frenchburg CCC

Submitted by: Steven Payne, RN, MSN, Health & Wellness Director

On October 14th, the Frenchburg HEALS team held a “HEALS” Day with various booths for Wellness, TEAP, CMHC, and Nutrition set up to provide students with wellness information. The local state representative was present to provide the students with insurance enrollment opportunity and information.

Nutritious snacks were provided by the culinary art students and instructor. HEALS coordinators, William Border and Amanda Kinn-Gerrells, said the cooperation from all departments shows that the HEALS program is truly a center-wide undertaking. The students enjoyed the different booths and had plenty of questions for staff. They also liked the handouts at each booth and certainly availed themselves of Chief Doug and his students’ offerings of nutritious and easy-to-make finger foods and snacks. All in all, the HEALS Day was deemed a success.



Thanksgiving Gratitude — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant

On November 21st, the Gary students participated in a Thanksgiving gratitude activity by writing thank you notes to family, friends, and/or staff. The gratitude activity was facilitated by Hildy Dinkins, CMHC.



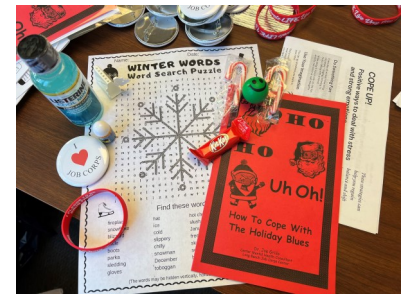
Winter Break Support — Keystone JCC

Submitted by: Camille Zions, LCSW, Center Mental Health Consultant

The TEAP Specialist, Dental Assistant, Dental Hygienist, and CMHC assembled 280 gift bags to encourage students to prioritize their health over winter break. This served to remind them of the supports they can utilize if they struggle while on break. Staff wished the students a safe, healthy, and relaxing holiday and reminded them that they could call or email for support and that they can return to center early as needed.

The gift bags included:

- CMHC department — CMHC-Ho Ho Uh Oh brochure, Cope Up card, 988 hotline card, stress ball, candy, Winter Circle A Word, I Love Job Corps button.
- TEAP department — Silicone bracelet pledging to be alcohol and drug free, smoking cessation pamphlet, and coping skills to use instead of alcohol/drugs pamphlet.
- Dental department — oral care kit (toothbrush, toothpaste, toothbrush covers, and mini Chapstick).



Flu Vaccine Campaign — Laredo JCC

Submitted by: Laura I. Muñiz, RN, BSN, Health & Wellness Director/Disability Coordinator

On October 28th, the Laredo JCC hosted a Flu Vaccine Campaign with a goody bag raffle as an incentive for students. The weekly campaign will continue through flu season.

LJCC FLU VACCINE CAMPAIGN



Come join us in protecting ourselves against
Influenza (flu)!

Wednesday 10/19/2022

At 4pm

In the counseling office in the female dorm



Suicide Awareness Month — Laredo JCC

Submitted by: Aracely C. Hernandez, LPC-S, LCDC, Center Mental Health Consultant

The Mental Health Program and SGA collaborated in bringing awareness to the topic of suicide prevention. During this presentation, shirts with the legend "It's Okay to not be Okay" were given away to the students as well as informational cards with the [988 Suicide & Crisis Lifeline](#) number. Students learned about suicide statistics, risk factors, warning signs, and prevention.



Domestic Violence Awareness Month — Miami JCC

Submitted by: Dr. Cassandra Wimes, Center Mental Health Consultant

For Halloween, the Miami JCC CMHC Interns and Recreation Team created a spooky experience decorating the gym for the Halloween Trick or Treat Training and Dance. Trainees and staff were treated to candy, eyewear, domestic violence arm bands, key chains, pendants, and stress balls. Dr. Cassandra Wimes, CMHC, hosted and Kery Constantin, CMHC, conducted training focused on domestic violence and center sexual assault protocols and response team. During Domestic Violence Awareness Month Week of Action (October 17-23), trainees were challenged in the Google Classroom and Townhall to learn about healthy relationships by taking the [Love Is Respect quiz](#). Trainees and staff were informed that help is available 24/7 by calling 1.800.799.SAFE (7233), texting "START" to 88788, or chatting at [THEHOTLINE.ORG](#).

The center would like to extend our gratitude to our Interim Center Director, Jibu Kuruvilla, and welcome our new Center Director, Jamillah Rideout!



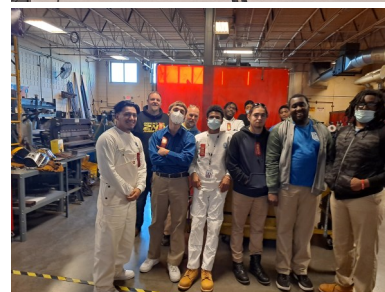
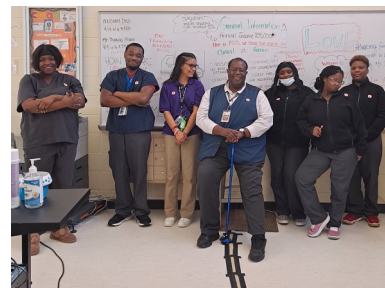
Red Ribbon Center-Wide Event — Milwaukee JCC

Submitted by: Deborah Strong BA, SAC-IT, TEAP Coordinator

TEAP Coordinator Deborah Strong collaborated with several instructors to plan classroom events for Red Ribbon Week during the last two weeks of October. The theme of the event was *How Education is Severely Impacted by the Use of Alcohol and Illicit Substances*.

The instructors presented on marijuana, underage drinking, and fentanyl. Ms. Strong provided resources, informational pamphlets, and incentives. The following instructors presented to students:

- Penn Foster Instructor, Ms. Wiesner; Reading Instructors, Mr. Engling and Mr. Shoop
- CMT Instructor, Mr. Mattsen; MFG Instructor, Mr. D'Amato; Welding Instructor, Mr. Lutz
- CTR Specialist, Mr. Bowser
- Seeds of Health Instructor, Ms. Jackson; Material Handler Instructor, Ms. McKay
- MAA Instructor, Mr. Thomas
- CCP Instructor, Mr. Bates



On October 31st, Red Ribbons were given to instructors, administrators, directors, management, and career counselors. Students were given Red Ribbons and Red Ribbon Pencils which said "I believe in Me, Happy, Healthy, and Drug Free."

Unity Day 2022 — Ottumwa JCC

Submitted by: Caren Roth, Center Mental Health Consultant, and Ben Wyldes, TEAP Specialist

On October 19th, students and staff celebrated Unity Day by wearing and sharing orange to show UNITY for KINDNESS, ACCEPTANCE, and INCLUSION. Unity Day is celebrated worldwide and is an annual event that occurs during Bullying Prevention Month in October. The event was started by [PACER's National Bullying Prevention Center](#) in 2011.



Suicide Awareness and Prevention Month — Phoenix JCC

Submitted by: Nancy Dean, Health & Wellness Director

During the week of September 26, the Phoenix CMHCs held various events to promote [Suicide Awareness and Prevention Month](#), including information about 988, the new hotline number, and steps to report a concern to the CMHCs if a fellow student expresses suicidal thoughts. A special presentation to all students and staff on suicide awareness was completed at the weekly business meeting.



Ornament Decorating — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

The Pinellas JCC organized a Health & Wellness Ornament Decorating event for students. The students decorated ornaments to give to family and friends. During the event, students enjoyed holiday music and goodies.



Angel Card Project — Pinellas County JCC

Submitted by: Cate Courtney, CAP, TEAP Specialist

The Pinellas County JCC organized the [Angel Card Project](#) for the third year in a row. This is a web-based volunteer project that gathers names of individuals in need of holiday cheer. The students chose recipients from the list and wrote out holiday cards to them. The students did a wonderful job!



Red Ribbon Week — South Bronx JCC

Submitted by: George Cabrera, TEAP Specialist

The South Bronx JCC celebrated Red Ribbon Week (October 23-31) with a Halloween party to celebrate life and living drug free.

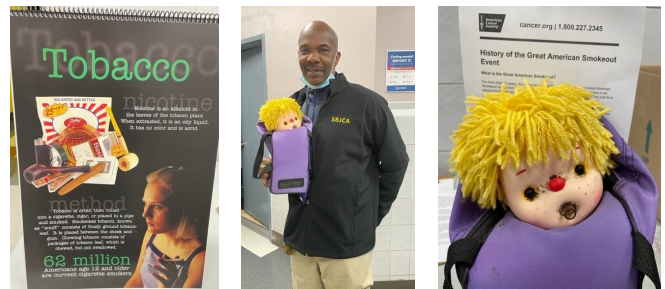


Great American Smoke Out — South Bronx JCC

Submitted by: George Cabrera, TEAP Specialist

The South Bronx JCC put together information for the Great American Smoke Out, including:

- Cigarettes are Addictive
- It is Hard to Quit
- What We Can't Do Alone
- We Can Work to Help One Another



The trainees had a good learning experience!



Community Garden — Tongue Point JCC

Submitted by: Chris Hunter, RN, Wellness Director, Management & Training Corp.

In March, the Tongue Point JCC worked to revitalize the center community garden. Lauren Mengedoht, CMHC, Patricia Boncz, Counselor, and a handful of students spread manure and planted seeds, hopeful that they could harvest crops this fall (during Quarter 4) for a Farm to Table event.

The aim of the project was to cultivate community and an environment where students could access fresh foods. Additionally, the center wanted to bring awareness to the power of healthy eating and the social impact of food.



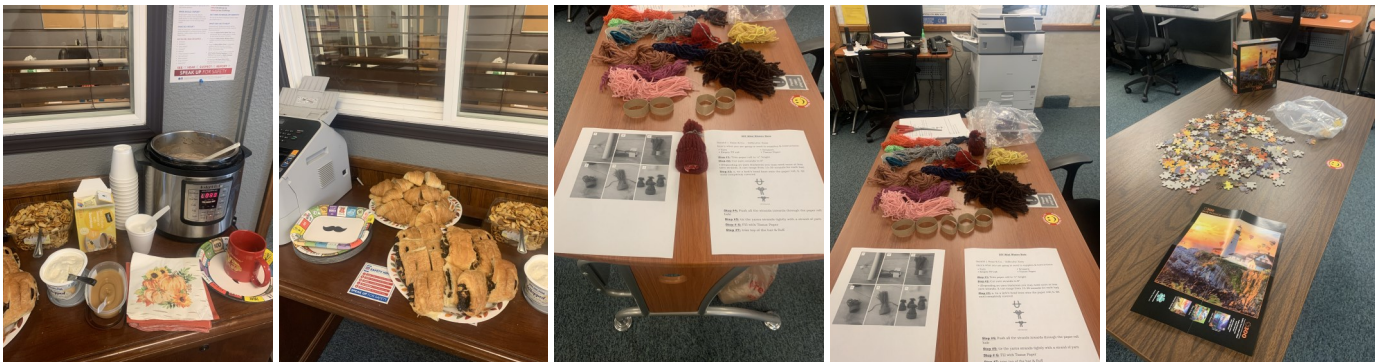
Great American Smokeout — Wolf Creek JCC

Submitted by: Troy D. Davidson, ICSAC, CADCI, TEAP Specialist

On November 17th, Wolf Creek staff and trainees celebrated CENTERWIDE! All of the departments assisted in posting signs, flyers, and brochures; Cafeteria — sponsored pizza night; Recreation — carnival night with inflatables and games in the gym; DESI staff — tobacco cessation video on digital photo frame; Administration — funding this event; Acting Center Director — signing all procurement requests; Medical — supplying the mint pouches; Umpqua Lodge staff — allowing me to present this event at the Career Success Standards meeting; Residential Living — considering the day's activity and education as part of evening and weekend studies; Trades and Counseling — display brochures and handouts front and center; Maintenance — the new office space to provide a hub of preparation activity; and our wonderful trainees for putting together "quit kits" in support of their peers who need additional assistance on this day...those goodie bags ROCKED: gum, cinnamon toothpicks, flyers, mint pouches, water bottles, chap stick, straws, etc.



The center also invited students to spend some time during "Smokeout Breaks" with Stephanie Reid, Career Transition Liaison, in the Employment Office. Students were offered warm, homemade Icelandic hot cocoa, croissants, danishes, and party mix. Ms. Reid also provided two activities — quick and easy holiday craft and puzzling.



Free Health Newsletters

- [NIH News in Health](#)
Monthly newsletter from the National Institutes of Health
- [IZ Express](#)
Weekly newsletter from Immunize.org
- [Your Health](#)
Monthly e-newsletter from Johns Hopkins Medicine

2023 Health Observances

January

- [National Birth Defects Prevention Month](#)

February

- [National Eating Disorder Awareness Week](#)
February 27– March 5
- [National Black HIV/AIDS Awareness Day](#)
February 7

March

- [Developmental Disabilities Awareness Month](#)
- [National Women and Girls HIV/AIDS Awareness Day](#)
March 10
- [National Drug and Alcohol Facts Week](#)
March 20-26

Do you have a ...

Topic idea or want to highlight your center activity. **The deadline for the Spring 2023 newsletter is March 17, 2023.** 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

- Medical Separations and DTAs Detailed Training — December 15 & 16
- Medical Separations, DTAs, and Disability Discrimination Overview Training — December 12, 13, & 14
- Change Notice 22-02 Health Services and Disabilities PRH Updates — December 6, 7, 8, & 9

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