



Health & Wellness



Winter/January 2024
Newsletter for Job Corps Health & Wellness Staff

Solutions

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HEALS Program Resolutions for 2024?



As we welcome 2024, many of us may have been tempted to set resolutions for behavior change. A [Forbes Health study](#) looking at Americans' attitudes about resolutions found that improving fitness was a top priority this year (with improving finances, mental health, weight loss, and improved diet). Job Corps students have likely set behavior change resolutions to improve their fitness in the new year, and Job Corps centers offer a unique ability to support students in health-related behavior change.

What's new?

The [U.S. Preventive Task Force \(USPTF\)](#) has a draft recommendation guideline open for comment that gives a Grade B (high certainty that net benefit is moderate) recommendation that clinicians provide or refer children or adolescents with a high BMI to comprehensive, intensive behavioral interventions.

Primary care settings are encouraged to provide 26+ hours of behavioral intervention, including group sessions, information about healthy eating, physical activity goals, supervised physical activity, problem solving skills, goal setting, and tracking.

Resolve to enhance your HEALS program for 2024!

Job Corps centers provide the perfect context to support students in achieving healthier body compositions for fitness. We encourage you to develop SMART goals for 2024 to enhance your ability to support students. You might consider the following strategies as you consider **Specific, Measurable, Achievable, Relevant, and Time-bound** changes the center can make at this time.

Can you set a resolution to enhance your HEALS program this year? Consider one or two of the following:

- Increase the number of fruit and vegetable choices available each meal
- Increase the availability of minimally processed foods (versus ultra processed foods) to make them the easy choice
- Host a healthy cooking demo or class each week or month
- Add 15 minutes of physical activity to the training day
- Regularly check in with students to determine what they want for recreational offerings
- Provide an instructional class to help beginners learn fitness techniques
- Identify students who are ready for behavior change
- Teach students to set SMART goals and track success
- Set a goal for students to receive at least 26 hours of intervention

S.M.A.R.T

Specific
Measurable
Achievable
Relevant
Time-bound

Maximum Performance Award — Albuquerque JCC

Submitted by: Carl Adams, MSIS, Center Director

Congratulations! The Albuquerque JCC had an all-staff training and staff voted Amanda King, Health and Wellness Director, as the best director on center.

Ms. King won the “Maximum Performance Award,” which goes to staffers who consistently move the needle forward. It is the highest recognition from her peers who respect and acknowledge her performance, professionalism, and compassion. She was recognized in front of all of her peers during the meeting.



Rachel's Challenge — Delaware Valley JCC

Submitted by: Lynne Wilcox, RN, Health and Wellness Director

The Delaware Valley JCC hosted the "[Rachel's Challenge](#)" on October 17th. While her life was tragically cut short during the Columbine High School shooting on April 20th, 1999, Rachel Joy Scott's shining example of kindness and compassion was not defeated that day. Students got to hear the inspiring true story of one girl's dream being fulfilled over 20 years after her death. The presentation was a powerful reminder of the little things we can do every day to make our world a better place. Students were given a chance to work with staff about changes they would like to see implemented on center. Staff and students will be working on improving center morale by implementing some of the ideas in the coming weeks.

Staff and students spent the day listening, sharing, discussing, and even got emotional from the messages that the presenters brought to them. Kindness and compassion can change attitudes, mindsets, and prejudices and bring about change. Students signed the banner taking up the challenge.



Suicide Prevention Month — Excelsior Springs JCC

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

Excelsior Springs JCC was proud to bring awareness to suicide prevention during the month of September with a variety of CMHC-sponsored activities. During the weekly business meeting, CMHCs highlighted suicide myths, and provided information and intervention resources. Students participated in an Out of the Darkness suicide prevention walk, and staff participated in Denim to Fight Darkness, donating \$5 to wear jeans for the day. The center donated over \$300 to the [American Foundation for Suicide Prevention](https://www.afsp.org/greater-kansas). CMHCs and TEAP Specialists canvassed the center with 988 and Seize the Awkward signage promoting education and resources. A QR code was made and attached to the Seize the Awkward posters allowing students quick access to a resource that offers information on how to have tough conversations around mental health. At the end of the month, Wellness purchased bracelets for all students promoting suicide prevention awareness with reminders that “Your Story Isn’t Over.”



Winter Wellness Bags — Excelsior Springs JCC

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

The CMHC, TEAP, and Wellness teams worked to create and deliver Winter Wellness Bags to all students on center. The bags included a stress ball, journal with coloring pages, pen, coping cards, winter blues handout, and a reminder from TEAP to stay drug free during the holidays. The Wellness Team took this opportunity to connect with students and remind them about wellness support.



Zen Den Ribbon Cutting — Flatwoods JCC

Submitted by: Rachel Carter, Center Mental Health Consultant

On October 24th, the Chamber of Commerce assisted with the official ribbon cutting ceremony for the opening of The Zen Den at Flatwoods JCC. The creation of The Zen Den was truly a team effort, and the following staff and students were crucial in making this space a reality:

- Mr. Spell and Ms. Ferris for approving the use of the space and the items needed to make this space most effective
- Mr. Knapp, Ryan Anderson, and Layton Shiflett for painting the walls, door, and staining the door frame
- Mr. Lampkin, Jemiere Hinton, Ardis Ritter-Brown, Syed Ali, and Mya Frost for putting together the rocking chair and installing the flooring and the window frames
- Mr. Bolling, Kori Johnson, and Sean Morrison for installing the electrical outlet for the string lights
- Antonio Ali for digging the ditch in preparation for electrical
- Mr. Myers for measuring and hanging the blinds and wind chime
- Laken McGhee for ordering the needed items
- Gerald Salyer and Greg Combs for taking care of the packages and hand delivering them for set-up
- Kori Johnson and Steven Webb for cleaning the space and preparing for use
- Kelly Hamilton for assisting with unpacking and setting up the room
- Ms. Brim for testing out the bean bag for approval



The Zen Den will be utilized specifically as a calm down, personal reflection, and relaxation space for our students and staff. Flatwoods is highly focused on promoting good mental health and well-being amongst our students and staff, as well as teaching students how mental health effects employability. The Zen Den features Himalayan salt lamps, a wind chime, rocking chair, table-top water fountain, coloring books with positive affirmations, sketch pads, colored pencils, and other items to promote relaxation and peace. Meditation is at the heart of Zen, along with emphasis on self-control and insight. Flatwoods is active in assisting our students in achieving their optimal well-being and potential in all areas of life.



Suicide Awareness Community Walk — Flatwoods JCC

Submitted by: Rachel Carter, Center Mental Health Consultant

On September 28th, Flatwoods JCC students and staff participated in a Suicide Awareness Community Walk in downtown Coeburn, Virginia. Staff spoke to students on suicide prevention and reinforced that their lives matter. Staff encouraged students to “Be Here Tomorrow.”

Special thanks to the following staff for making this day a huge success:

- Bud Palmer for transporting students and delivering an inspiring message to everyone;
- Tim Knapp, Jesus Rea, and Greg Combs for transporting students;
- Kelly Hamilton for completing accountability checks with students;
- Maynard Spell for making arrangements with the Town of Coeburn, delivering a special message to everyone, and for leading our walk;
- Heather Hamilton for emailing our permit to town representatives and participating in our walk; and
- Sara Ring for taking awesome photos!

Also, thank you Jarred Collins, Jill Branham, Derek Evans, Ryan Evans, Edna Brim, and Tonya Odle for walking with us! We have an amazing team here at Flatwoods!



Center Snapshots — Gary JCC

Submitted by: Hildy Dinkins, Center Mental Health Consultant



On October 5th, the center CMHCs held a **Depression Screening Day** event for students.



The center organized a **Gratefulness Activity** for Thanksgiving. The students filled out thank you notes for staff, friends, and family.



On December 29th, the CMHCs held a **Winter Break** event for students. The picture on left is CMHC Ann Brown–Prier passing out the Holiday Blues flyer. The picture on right is of students who remained on center receiving winter snacks, games, giveaways, and music.

October Fall Festival — Jacksonville JCC

Submitted by: Dr. Mia R. Wilson, LMHC, Center Mental Health Consultant

What's the best way to have a mental health day? A fall festival of course. On October 27th, Jacksonville JCC had an all-day October Fall Festival headed by Dr. Wilson, CMHC. The festival presented activities that promoted fun and relaxation to help reduce stress and increase productivity for both staff and students. Dr. Wilson had the collaboration from every department on campus, and the event was supported by Center Director Paul Wykoff.



Domestic Violence Awareness Month — Miami JCC

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

On October 27th, the Miami JCC organized an event for Domestic Violence Awareness Month! The CMHC team decorated the gym area and treated trainees and staff to journals, pens, stress balls, candy, eyewear, domestic violence arm bands, key chains, pendants, and stickers.

Collaborating with Miami Dade County's Office of the State Attorney and Mrs. Torres, Center HR Manager, the students and staff were immersed in a training session covering domestic violence, sexual assault protocols, and our SART program. Adding a poetic touch to the occasion, Isiah Stephens, SGA member, wove a heartfelt verse on nurturing healthy relationships and leaving a lasting impression on all attendees.

Throughout the month, our trainees were met with engaging challenges in the Life Matters Google Classroom and Student Meeting, where they delved into the crucial topics of recognizing warning signs, understanding statistics, and discovering vital community resources. To cap off the event, the SGA conjured a spine-tingling experience in the recess room, creating an unforgettable backdrop for the Halloween Trick or Treat dance. It was a day of empowerment, education, and eerie delights, all in the name of fostering a safer, more informed Miami JCC.



Health and Wellness Fair — Mingo CCC

Submitted by: *Scott Foster, Center Mental Health Consultant and Janell Neighbors, RN-BSN, Health and Wellness Director*

The Mingo JCC hosted a Health and Wellness Fair for students and staff. The Community Resource Council and FCC Behavioral Health provided information and resources for students. The big hit of the fair was Cockadoodle Moo Mobile Petting Zoo!



Suicide Prevention Month — Paul Simon Chicago JCC

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

Paul Simon Chicago's JCC Health and Wellness Team created a 'Day of Play' and hosted the founder of [Joy First Foundation](#), Katy Bee. Ms. Bee facilitated a campus-wide Laughter Yoga session. Laughter Yoga is a "A series of movement and breathing exercises to promote deliberate and voluntary laughter"—no yoga mat required!

Other "Day of Play" activities included tug-of-war, dodge ball, and double dutch. The goal was to remind and educate about laughter as a tool to boost moods, strengthen immune systems, reduce stress, improve social connections, and increase resiliency when faced with challenges.



Vaping Awareness — Pine Ridge JCC

Submitted by: Suzanne Crane, LADC, TEAP Specialist

TEAP hosted a Vaping Awareness Assembly featuring Robb Holla, an internationally in-demand youth expert and youth motivational speaker. During the assembly, he talked to the students about:

- How to Build Your Life and Make Positive Choices
- Marketing messages of BIG TOBACCO and VAPING companies vs. the Truth
- Why students still choose to VAPE and SMOKE
- The Science of Vaping and what students don't know
- Power of influence and perception
- What students need to know about Marijuana Use and Fentanyl



Suicide Prevention Awareness Month — Pittsburgh JCC

Submitted by: Melissa Baker and Dr. Callie Scott D.Ed., M.S., NCC, LPC, Center Mental Health Consultants

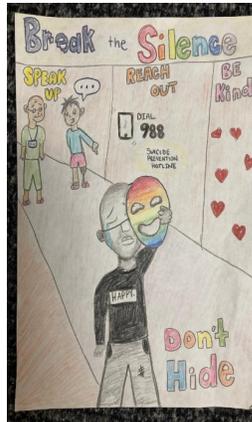
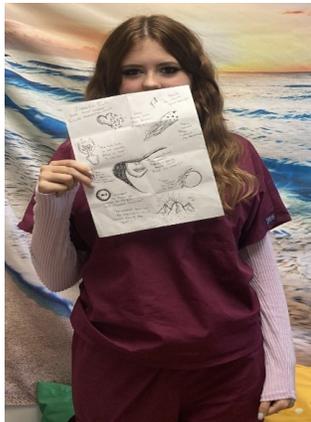
For Suicide Awareness Month, Dr. Scott focused on several activities to increase awareness, bring engagement, foster empathy, and generate artistic expression.

Students were invited to share their thoughts and feelings with the PJCC community, in regard to what they can do to support others in their mental health, by writing their thoughts on green ribbons that were displayed for all to see. Students that participated in this activity were gifted a canvas tote bag that displays the Job Corps logo, along with the statement “Mental Health Matters” in the teal and purple colors commemorative of Suicide Awareness Month. In the months following, tote bags carried by students will serve as a visual reminder of the importance of mental health and the students’ commitment to supporting each other in mental health.



A book cover illustration contest was also held allowing those students with a creative flair to share their talents. The theme of the book cover contest was “Breaking the Silence: A Journey of Hope.” Prizes in the form of gift cards were awarded for first, second, and third place, while all students were given an award for participation.

A virtual calming room was curated by Dr. Callie Scott for students to experience and enjoy. The virtual calming room is meant to be a serene space that provides solace and support to students.



Disability Awareness — San Jose JCC

Submitted by: Janet Negley, PhD, Center Mental Health Consultant

October was Disability Awareness Month at the San Jose JCC, and as part of our year-round monthly diversity events, the mental health team participated and provided resources for mental health challenges. Booths that simulate disability conditions (including mental health), spin-the-wheel information quizzes, and CTT outreach about disabilities in the workforce were presented. Each activity opened up opportunities for discussion: Can you have a reading problem and still be smart? What if it was this hard for you to speak: how would that affect you? As you struggle to decipher this paragraph, at what point do you want to give up? How does this difficult experiment make you feel? If you have a mental health challenge, should you speak up in job interviews? Participation earned each student a de-stress squeeze toy. A great multi-department event that treated mental health challenges as just one more way in which we all have our own unique challenges.



Suicide Awareness Month — Sierra Nevada JCC

Submitted by: Edward Shelley, LCSW, Center Mental Health Consultant

On September 20th, the center conducted a suicide awareness booth in the cafeteria. On September 28th, a SOS presentation was held for students in the Recreation Center Theater which had 33 students attend. The SOS platform to address the suicide portion of CPP was discussed during the regional webinar.



Red Ribbon Week — St. Louis JCC

Submitted by: Chantell Gregory, RN, BSN, Health and Wellness Director and Lesley Mitchell, LCSW, Center Mental Health Consultant

CMHCs and students partnered together to pot over 175 plants for Red Ribbon Week. Each potted plant presented to staff and students around campus was accompanied by an affirmation card. Throughout the week, information on bullying and drug awareness was distributed with a daily email blast. The week ended with a chance to win a Visa Gift Card after completing an online quiz on alcohol and drug abuse. The first person to answer correctly was awarded with a prize.



Drunk/Distracted Driving Wreckage — Wolf Creek JCC

Submitted by: Troy D. Davidson, ICSAC, CADCI, Alcohol & Drug Abuse Counselor

The Oregon Department of Transportation's team of kind, "can-do" spirits (to especially include Rosalee Senger, Phil Schermerhorn, Trent White, and Michelle Richardson), went beyond the call of their duties to ensure our trainees would benefit from the Drunk Driving Wreckage, prior to winter break. They eagerly delivered the vehicle this afternoon from Bend, Oregon IN THE RAIN. They could barely get it docked before a group of trainees ran to investigate. As soon as it was parked, the trainees examined it. A powerful, visual reminder of what drunk/distracted driving can do to the driver, passengers, and other drivers on the road.



Mental Health Advent Calendar — Woodstock JCC

Submitted by: KaRon Wilson, MS LCPC NCC, Center Mental Health Consultant

Dr. Felder Moore (Dr. K) and KaRon Wilson (Mr. K) launched their final project of 2023, the Mental Health Advent Calendar! Created with the five languages in mind as well an ecumenical approach, the Mental Health Advent Calendar was designed to help us reflect on the past year and prepare for a new year, while building outstanding mental health.

The best part is that you can engage with us by following us on YouTube, Instagram, and Facebook (see resource links at right) for videos and messages.

For those interested, the five love languages are not just for romantic partners (although that was Dr. Gary Chapman's first book based on the research). The languages refer to ways we express love and feel loved in any relationship; there is a love languages book for teens, parents/children.



Resources

- YouTube: [Keep This In Mind](#)
- Instagram: [@ keepthisinmind](#)
- Facebook: [Keep This In Mind](#)
- Book: [The 5 Love Languages of Teenagers: The Secret to Loving Teens Effectively](#) — Gary Chapman

Health Observances & Resources

January

- [National Birth Defects Awareness Month](#)

February

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

March

- [National Women and Girls HIV/AIDS Awareness Day](#)
March 10
- [National Drug and Alcohol Facts Week](#)
March 18-24

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

- Relapse Prevention Resources and Programing — October 26, 2023
- Presentation and Management of Oral Health Issues in Students with Autism Spectrum Disorder — October 11 & 31, 2023

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

Do you have a ...

Topic idea or want to highlight your center activity? **The deadline for the Spring 2024 newsletter is March 1, 2024.** You can submit your suggestions to:



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