

April 10, 2014

DIRECTIVE:	JOB CORPS INFORMATION NOTICE NO. 13-49
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TO: ALL JOB CORPS NATIONAL OFFICE STAFF
ALL JOB CORPS REGIONAL OFFICE STAFF
ALL JOB CORPS CENTER DIRECTORS
ALL JOB CORPS CENTER OPERATORS
ALL NATIONAL TRAINING AND SUPPORT CONTRACTORS
ALL OUTREACH, ADMISSIONS, AND CTS CONTRACTORS

FROM: GRACE A. KILBANE
National Director
Office of Job Corps

SUBJECT: National Mental Health Awareness Month May 2014, and National Prevention Week May 18-24, 2014

1. Purpose. To remind the Job Corps community that May is a critical month for promoting awareness of, and action around, substance abuse and mental-health issues. May is National Mental Health Awareness Month (NMHAM), and the week of May 18-24 is National Prevention Week (NPW). The 2014 theme for NMHAM has not yet been released, but the 2014 theme for NPW is “Our Lives. Our Health. Our Future.” This Information Notice provides center staff and students with ideas and resources to support NMHAM and NPW.

2. Background. A mental-health problem or substance-use disorder can affect anyone. More than 8.9 million people have co-occurring disorders; that is, they have mental and substance-use disorders.¹ These conditions do not discriminate by age, race, ethnicity, gender, or income status, and are as prevalent as many other health issues. It is estimated that behavioral health conditions – which include mental and/or substance-use disorders – will surpass physical conditions as the major cause of disability in the United States by 2020.²

In 2011, 45.6 million adults 18 years and older reported having a mental illness within the past year, and 20.6 million people 12 years and older were classified with alcohol or illicit drug dependence or abuse.³ However, optimism is widespread: Two-thirds of Americans

¹Substance Abuse and Mental Health Services Administration (2010). Results from the 2009 National Survey on Drug Use and Health: Mental health findings. Office of Applied Studies, NSDUH Series H-39, No. SMA 10-4609. Rockville, MD: Substance Abuse and Mental Health Services Administration. <http://www.samhsa.gov/co-occurring/topics/data/disorders.aspx>.

²World Health Organization (WHO). (2004). Promoting Mental Health: Concepts, Emerging Evidence, Practice. Summary Report. Geneva, Switzerland: WHO. http://www.who.int/mental_health/evidence/en/promoting_mhh.pdf.

³Substance Abuse and Mental Health Services Administration (2012). Results from the 2011 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-45, HHS Publication No. (SMA) 12-4725. Rockville, MD: Substance Abuse and Mental Health Services Administration. http://www.samhsa.gov/data/NSDUH/2k11MH_FindingsandDetTables/2K11MHFR/NSDUHmhfr2011.htm.

believe people can manage mental illness with treatment and support, and nearly two-thirds say they would not think less of a person with an addiction.^{4,5}

Job Corps promotes mental-health and substance-abuse awareness and prevention efforts in several ways. Centers are required to provide students with proactive education on mental health and substance use topics throughout each phase of the Career Development Services System (CDSS). This begins with early identification of students with mental-health and/or substance-abuse issues, and providing short-term interventions. There are also multiple mandatory centerwide prevention activities designed to raise awareness for all students and staff members each year.

3. Recommendations. Following are some resources, suggestions, and activities for centers to consider in expanding their prevention activities for NMHAM and NPW. These can also help the Mental Health and Wellness Program and Trainee Employee Assistance Program meet the Policy and Requirements Handbook mandates to have annual centerwide promotion and education events.

- Visit the Web sites below to get free tools and posters to celebrate NMHAM and NPW:
 - Mental Health America, <http://www.mentalhealthamerica.net/>
 - Substance Abuse and Mental Health Services Administration (SAMHSA), <http://beta.samhsa.gov/prevention-week>
 - **National Institute of Mental Health**
<http://www.nimh.nih.gov/health/publications/index.shtml>
 - **Substance Abuse and Mental Health Services Administration**
<http://store.samhsa.gov/home>

NPW will focus on different topics each day:

Sunday, May 18, 2014: Prevention and Cessation of Tobacco Use
Monday, May 19, 2014: Prevention of Underage Drinking
Tuesday, May 20, 2014: Prevention of Prescription Drug Abuse and
Marijuana Use
Wednesday, May 21, 2014: Prevention of Alcohol Abuse
Thursday, May 22, 2014: Prevention of Suicide
Friday, May 23, 2014: Promotion of Mental Health

⁴ Substance Abuse and Mental Health Services Administration. (2007). What a Difference a Friend Makes. Office of Communications, SAMHSA SMA07-4265 <http://mhaac.org/uploads/documents/What%20A%20Difference-ENG.pdf>

⁵ Substance Abuse and Mental Health Services Administration. (2008). Summary Report CARAVAN Survey for SAMHSA on Addictions and Recovery. Rockville, MD: Office of Communications, SAMHSA. http://www.samhsa.gov/attitudes/CARAVAN_LongReport.pdf

- Collaborate with center departments and conduct a lunch time “Live Your Life Well” fair emphasizing how taking care of oneself promotes good health. Nutrition, exercise, stress reduction, and good sleep are all examples. Resources and information can be found at <http://www.liveyourlifewell.org/>.
 - Throughout the month, conduct student assemblies providing tips on maintaining good mental health and living alcohol and drug free. Set up a resource table after the assemblies with brochures and fact sheets staff and students can pick up. Brochures and fact sheets can be downloaded from the Job Corps Health and Wellness Web site, National Institute of Mental Health (NIMH), and/or Substance Abuse and Mental Health Services Administration (SAMHSA).
 - Invite young speakers from the community to share their recovery stories or how they successfully manage their mental-health and/or substance-use condition.
 - Create a poster, rap, or poetry contest using the 2014 themes, or create your own theme.
 - Conduct an all-staff and student training on a mental-health and/or substance-use topic of your choice.
 - Check with your local community mental-health agency, and join their activities.
4. Action. Addressees are to ensure this Information Notice is distributed to all appropriate staff.
5. Expiration Date. May 31, 2014.
6. Inquiries. Inquiries should be directed to Carol Abnathy at (202) 693-3283 or abnathy.carol@dol.gov; or Johnetta Davis at (202) 693-8010 or davis.johnetta@dol.gov.