EMPLOYEE HEALTH AND WELLNESS IN A CORRECTIONAL ENVIRONMENT

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AUGUST 17, 2017
EMPLOYEE HEALTH AND WELLNESS

• Provide proactive, accessible, sustainable programs to address health and wellness issues impacting CDCR employees and their families.

• Offer education and resources to deal with the stressors of the job.

• Promote good physical and behavioral health throughout their entire career and into retirement.

“Taking Care Of Our Most Valuable Asset – Our People.”
EMPLOYEE HEALTH AND WELL-BEING SURVEY

• Collect data from employees to create a baseline.

• Sent to over 58,000 employees
  • Approx. 50% custody

• Over 10,000 responses received
  • Approx. 18% employee response rate

• Results will be used for the development of new and the enhancement of existing programs to benefit employees and their families.
Physical Health

• Healthier Food and Beverage Education, Accessibility, and Availability

• Walking paths

• Fitness platforms (i.e. challenges)

• Onsite Fitness Centers and Fitness Discounts
Behavioral Health

• First responder specific services
  • Desert Waters
  • Code 9 Workshops
  • Law Enforcement Chaplaincy Services
  • Peer Support Standardization
  • EAP and Health Plans
CURRENT EFFORTS

Ongoing Education and Communication Strategy

- Digital Display
HEALTHY TRIAD

Mind

Stay connected
   (community, social groups, and family)
Schedule activities
   (plan ahead)
Communicate
   (friends, family, someone you trust)

Self-Care

Spirit
   Vacation
      (refresh, renew, recreate)
   Hobbies
      (music, art, outdoors)
   Relaxation
      (meditation, prayer, self-reflection)

Body

Sleep
   (7 to 8 hours daily)
Exercise
   (22 minutes daily)
Eat healthy