

California Department of Corrections & Rehabilitation

Office of Employee Wellness

Peer Support Program (PSP)



This program was established to ensure staff involved in work related critical incidents are provided with intervention and available resources to cope with the immediate effects of a traumatic incident.

Local PSP teams are available at each CDCR location and consist of *volunteer* custody and non-custody staff who have the desire and passion to help fellow staff in a time of need. A PSP team member is someone who will listen, answer questions, and offer resources to help the employee deal with his/her situation in a confidential environment. There are over 1,200 CDCR trained peer supporters.

The PSP team members are trained in providing peer support and resources to support the overall health and well being of staff. PSP teams have helped many CDCR employees and their families get through traumatic events that have taken place at work. The team members understand the impact an incident can have not only on the employee, but their family as well.

Suicide Prevention Program

The PSP has a Suicide Prevention/Intervention Program for staff. PSP team members are trained in providing support, intervention and appropriate resources to staff who may be experiencing suicidal thoughts and emotions. Suicide prevention pocket guides have been distributed to CDCR employees statewide to ensure staff awareness of the program and resources available to them.

Military Peer Support Program

The PSP has a Military Peer Support Program for military service employees. PSP team members provide information, support, and resources to employees and their families during pre-deployment and post-deployment to military duty. This program was established to ensure support and positive working relationships between the Department and staff who have a military reserve obligation.

Contacts

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