Health and Wellbeing Employee and Family Resource Guide

Employee Health and Wellness
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Welcome to the Health and Wellbeing Employee and Family Resource Guide.

The office of Employee Health and Wellness (EHW) provides oversight and administration of statewide Wellness Programs, Return to Work Services, Workers Compensation, Ergonomics and Substance Abuse Testing. We are committed to providing proactive, accessible, sustainable programs to address health and wellness issues impacting CDCR employees and their families.

The Employee Health and Wellness office recognizes the work done by each of you within our California Department of Corrections and Rehabilitation (CDCR) family and we thank you.

The information contained in this guide serves as an overview of the resources that are available to you. Many of these resources are at no cost to you or your families.

-Employee Health and Wellness

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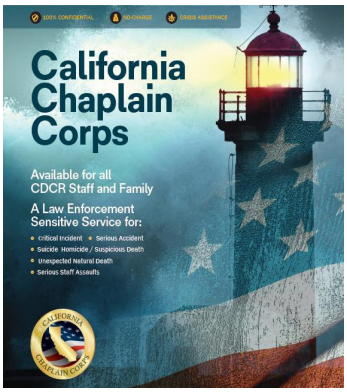
Law Enforcement & Community Services (LECS), California Chaplain Corps

Free Service

1-916-365-2273(CARE) chaplaincorps@lecs911.com



A confidential and law-enforcement–sensitive support service for critical incident stress management and post-trauma stress crisis. Services are provided to employees and/or their family members 24/7/365 days a year. There are no fees or copays.

Employee Assistance Program

Free Service

1-866-327-4762 www.eap.calhr.ca.gov

EAP is a 24-hour confidential hotline for employees and eligible dependents* to help find balance, overcome stress, and help with day-to-day challenges. EAP offers counseling and hosts monthly events, provides webinars, self-assessment tools, community resources and web based care free of charge to employees on the following subject matters:

- Emotional Wellness
- Workplace Success
- Wellness and Balance
- Marriage, Family and Relationship Issues
- Work-life Services
- Legal Financial Consultation
- ID Theft Recovery Services
- Health and Wellness Programs

**EAP defines eligible dependent as an active employee's lawful spouse, or registered domestic partner, and unmarried, dependent children. Dependent children include natural, adopted, or stepchildren who are under the age of 23. Children of any age who are incapable of self-sustaining employment due to a mental or physical disability are also eligible (excluding dependents serving in the military).*

CDCR's Peer Support Program (PSP)

Free Service

1-855-897-9822 www.cdcr.ca.gov/Wellness/

PSP ensures staff involved in work related critical incidents are provided with support 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 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. Employees may contact their local PSP team directly to receive support and resources. To identify your PSP team leader the Statewide PSP leader roster is available on the CDCR website.

First Responder Specific Resources

Free Services

Significant Others and Spouses

1-415-721-9789 www.frsn.org

The Significant Others and Spouses program is for the spouses or partners of first responders who have been affected by critical incidents experienced by their loved ones. They can also help spouse and partners experiencing depression or anxiety symptoms as a result of previous trauma.

First Responder Network

1-415-721-9789 www.frsn.org

The First Responder Network provides educational treatment programs to promote recovery from stress and critical incidents experienced by first responders and their families.

THRIVE Retreat

1-480-532-1858 www.thrivetraumaretreat.com

THRIVE trauma healing retreat is a five-day intensive retreat designed to relieve trauma and PTSD to allow participants to move into recovery. By utilizing a wide range of healing methods, each day the retreat programming shows you how to correct imbalances, explore connections, and practice recovery skills to move toward a new freedom.

Serve and Protect

1-615-373-8000 www.serveprotect.org

During emotional or spiritual tough times Serve and Protect provides criminal justice and emergency services professionals and their families a compassionate, confidential, comprehensive and a collaborative network of professionals who are dedicated to those heroes who serve and protect our communities and homeland.

Resources for Crisis Services

Free Services

Crisis Text Line

Text HOME to 741741 www.crisistextline.org

The Crisis Text Line provides confidential 24/7 connection to a live crisis counselor trained to bring texters from a hot moment to a calm cool.

Veterans Crisis Text

Text 838255 www.veteranscrisisline.net

The Veterans Crisis Line is available 24/7 and connects Veterans, their families and friends in crisis with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

National Suicide Prevention Hotline

1-800-273-8255 www.suicidepreventionlifeline.org

The National Suicide Prevention Hotline provides 24/7 confidential support for people in distress. They also provide prevention and crisis resources for you and your loved ones.

Resources for Grief

Free Services

Friends for Survival

1-800-646-7322 www.friendsforsurvival.org

Friends for Survival provides a variety of services that can comfort those in grief who have been affected by a death caused by suicide. Encourages healing and growth, fosters the development of skills to cope with a loss and educates the community regarding the impact of suicide.

Compassionate Friends

1-630-990-0010 www.compassionatefriends.org

Compassionate Friends provides highly personal comfort, hope, and support to families experiencing the death of a loved one.

Open to Hope

www.opentohope.com

Open to Hope is an online forum of support for people who have experienced loss. Resources provide an avenue to cope with their pain, heal grief and invest in ones future.

Behavioral Health Services Are Also Available Through Your Health Plans

Anthem Blue Cross HMO

1-855-839-4524

www.anthem.com/ca/calpers/find-care/

California Correctional Peace Officers Association (CCPOA) Medical Plan

1-877-263-9952

http://www.ccpoabtf.org/MentalWellness/index.html

United Healthcare (HMO)

1-800-999-9585

calpers.welcometouhc.com/support-resources

PERS Select, PERS Choice & PERS Care

1-800-399-2421

www.anthem.com/ca/calpers/health-wellness/

Sharp Health Plan

1-877-257-7273

www.sharphealthplan.com/calpers

Blue Shield of California

1-800-263-9952

https://blueshieldca10-prod.modolabs.net/programs_services/index

Health Net of California

1-888-426-0030

www.healthnet.com/portal/member/content/iwc/mysites/calpers/behavioral_health.action

Kaiser Permanente

1-800-464-4000

https://healthy.kaiserpermanente.org/health-wellness/mental-health

Peace Officers Research Association of California (PORAC)

1-800-288-6928

www.ibtofporac.org

Resources for Cancer

Free Services

Law Enforcement Cancer Support Foundation

1-888-456-5327 www.lecsf.net

The Law Enforcement Cancer Support Network is a network of mentors comprised of law enforcement cancer survivors who are committed to providing emotional support, guidance and resources to all members of the law enforcement community during a cancer experience.

Cancer Hope Network

1-877-467-3638 www.cancerhopenetwork.org

Cancer Hope Network matches cancer patients and their loved ones with trained, volunteer cancer survivors who have undergone and recovered from a cancer experience. They provide one-on-one confidential support along the entire continuum from diagnosis through survivorship.
to all people impacted by cancer.

Resources for Domestic Violence

Free Services

National Domestic Violence Hotline

1-800-799-7233 https://www.thehotline.org/

The National Domestic Violence Hotline provides 24/7/365 confidential highly trained advocates for anyone experiencing domestic violence.

National Resource Center on Domestic Violence (NRCDV)

1-800-537-2238 https://www.nrcdv.org/

NRCDV has resources available to assist in the planning of domestic violence interventions and prevention efforts.

Military Resources

Free Services

Military One Source

1-800-342-9647 www.militaryonesource.mil/

Military One Source is a confidential Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and Reserve Component members, and their families. Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment and education, parenting and childhood, and much more.

California Department of Veteran Affairs

1-800-952-5626 www.calvet.ca.gov

California Department of Veteran Affairs serves California veterans and their families to ensure they get the state and federal benefits and services they have earned and deserve as a result of selfless and honorable military service.

VA Mobile Store

www.mobile.va.gov/appstore/mental-health

VA Mobile aims to improve the health of veterans by providing them with a regularly updated list of mobile apps. That equips users with the tools and information to assist in managing stress, practicing mindfulness, and other health related topics.

Community Resources

Free Services

Institute on Aging

1-415-750-4111 www.ioaging.org

The Institute on Aging is a national 24/7 toll-free hotline for both crisis intervention as well as a warm line (non-urgent emotional support calls) for adults 60+ and adults with disabilities. Available to those who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide.

211

2-1-1 www.211.org

A 24/7 confidential referral and information service that connects people from all communities and of all ages to a specialist who will help find local health and human services.

1800Victims

1-800-842-8467 www.1800victims.org

1800 Victims provides community resources, referral information, service providers and advocates to victims and their families.

Resources for Substance & Alcohol Abuse

Substance Abuse and Behavioral Health Treatment Services Locator

1-800-662-4357 www.findtreatment.samhsa.gov/

Provides 24/7 confidential assistance for persons seeking substance abuse and behavioral health treatment facilities in the United States.

Alcoholics Anonymous (AA)

212-870-3400 www.aa.org

Alcoholics Anonymous is a nonprofessional, self-supporting, multiracial fellowship that is committed to helping members stay sober.

SMART Recovery

1-440-951-5357 www.smartrecovery.org

SMART Recovery is an abstinence-based, sensible self-help program for people having problems with drinking and using.

Al-Anon/Alateen

1-888-425-2666 www.al-anon.org

Al-Anon is a support program for the family members affected by their loved one's addiction.

Lionrock Recovery
1-800-258-6550 www.lionrockrecovery.com
Is an online alcohol and substance abuse counseling program conducted via live video conference that offers a specialized program for active, retired, and former first responders.

Treatment Facilities that Serve First Responders

Inpatient Facilities

Akua
Rancho Cordova
833-258-2669

Mountain Vista Farm
Glenn Ellen
1-707-996-6716

Bayside Marin
San Rafael
1-877-522-2024

Outpatient Facilities

Azure Acres
Sacramento
1-888-647-3603

Kiasi
Fair Oaks
1-800-993-6177

Financial Literacy and Assistance Resources

Your finances play an important role in your overall health. There are tools and resources to help. To learn more visit the following entities' websites.

- Employee Assistance Program (EAP) www.eap.calhr.ca.gov
- Corrections Federal Credit Union (CORFED) corfed.com/
- Golden One Credit Union www.golden1.com/
- Savings Plus - www.savingsplusnow.com
- Citizens Bank - www.citizensbank.com

Health and Wellbeing Books for Law Enforcement and Their Families

- *Arresting Communication: Essential Interaction Skills for Law Enforcement.* Glennon, Jim, 2010.
- *The Beauty of a Darker Soul; Overcoming Trauma Through the Power of Human Connection.* Mantz, Joshua, 2017.
- *Because I'm Suitable: The Journey of a Wife on Duty.* Uribe, Allison, 2012.
- *Bullets in the Washing Machine.* Littles, Melissa, 2011.
- *Bulletproof Spirit: The First Responder's Essential Resource for Protecting and Healing Mind and Heart.* Willis, Dan, 2014.
- *A CHiP on my Shoulder.* Newman, Victoria M., 2011.
- *Dependence Day.* Paulson, Heidi, 2016.
- *Desert Waters Correctional Oasis,* a monthly newsletter. It can be accessed by visiting http:// desertwaters.com/
- *Emotional Survival for Law Enforcement: A Guide for Officers and Their Families.* Gilmartin, Kevin M., 2002.

- *Firebreather Fitness; Work Your Body, Mind, and Spirit into the Best Shape of Your Life.* Amundson, Greg, 2017.
- *Guardian of the Golden Gate; Protecting the Line Between Hope and Despair.* Briggs, Kevin, 2015.
- *I Love a Cop: What Police Families Need to Know.* Kirschman PhD., Ellen, 2006.
- *No Angel: My Harrowing Undercover Journey to the Inner Circle of the Hells Angel.* Dobyns, Jay, 2010.
- *Trident: The Forging and Reforging of a Navy Seal.* Redmond, Jason, 2014.
- *World Changer: A Mother's Story.* Vaughn, Karen, 2017.

Fitness and Health Phone and Tablet/IPAD Applications

Argus – Argus is a fitness tool in your pocket for pretty much anything and everything. It monitors every step, stride, cycle, bite, sip, pound, snore and more. This app is constantly processing your daily routine, giving you feedback that will help you meet your health goals and improve your overall wellbeing.

Calm – Need to take a break? Calm will help you do just that. Whether you need focus, creativity, or a little extra shut eye, Calm offers 50 guided meditations to choose from. You can also sync your meditations with 16 soothing music tracks by meditation musician Kip Mazuy.

Daily Yoga – encourages you to make yoga part of your everyday routine. It'll show you more than 500 asanas in more than 200 yoga, Pilates, and meditation classes. Themed classes include "Mindfulness Everyday" and "Getting Toned." Combine yoga with other exercises and breathing techniques to get the most out of your practice.

LoseIt – This calorie tracking app creates a weight loss plan just for you, depending on what your goals are. Tracking what you eat is easy with the barcode scanner feature implemented in this app, and to add a little competition, the app allows you to create head-to-head, team and group-based challenges.

Mindshift – This app can help you change the way you think about anxiety – rather than trying to avoid the sources of your nerves, you can learn to face them. The app includes strategies for dealing with everyday anxiety, as well as tools to attack specific ones like social anxiety, performance anxiety, worry, panic, and conflict.

NIKE Training Club – This free app offers 100 full-body, 15, 30, and 45 minute workouts complete with step-by-step audio, visual, and video demos. You can tailor the programs to achieve whatever your goals are: getting lean, getting toned, or getting strong. This app goes above and beyond basic instructions to measure your progress in number of workouts, minutes logged, and average calories burned.

RunKeeper – This is an app for everyone who wants to hit the pavement and get some miles in. Runkeeper keeps track of all of your running stats, such as pace, distance, and time, and notifies you of them while you're moving. It organizes all that data into neat graphics for your perusal so you can take control of your fitness.

Shopwell – This app can be your own personal nutritionist, and help you decide which foods meet your dietary needs. Simply scan the barcode of the item, and Shopwell will score the product based on your age, gender, health goals, diet needs, and ingredient and nutrition preferences. Scores range from 00 to 100; the higher numbers indicating healthier goals are met.

Sleep Cycle – This bio alarm clock analyzes your sleep patterns and wakes you when you're in the lightest sleep phase. This allows you to start the day feeling relaxed and refreshed. Sleep Cycle also allows you to keep track of everyday factors that might be affecting your sleep patterns.
Strava Cycling – Take your exercise and turn it into a game with this app as you challenge other cyclists to rides that will push both of you further. Each time you set a new personal record, you get 'King or Queen of the Mountain' accolades. You can also check in on friends and send them support while they're out chasing their own goals.

Sleep Smarter Resources

Why fix fatigue? Fatigue - that feeling of weariness, tiredness, or lack of energy. Causes include lack of sleep, depression, shift work, sleep apnea, insomnia, and more. If you are constantly pushing through fatigue, you could be reducing your ability to:

- Concentrate
- Handle complex tasks
- Think logically and critically
- Communicate clearly and accurately
- Remember and recall
- Assimilate and analyze new information
- Make good decisions

Perform and execute tasks that require motor function

Resources:

- Time for a Bedroom Makeover?- http://bettersleep.org/better-sleep/the-ideal-bedroom/
- Mattress Education- http://bettersleep.org/mattress-education/mattress-types/
- Secrets to Stealing Extra Sleep- http://bettersleep.org/better-sleep/top-15-better-sleep-tips/
- The Better Sleep Guide- http://bettersleep.org/better-sleep/better-sleep-guide/
- Sleep Myths- http://bettersleep.org/better-sleep/sleep-myths/
- Consequences of Poor Sleep- http://bettersleep.org/sleep-extras/consequences-of-poor-sleep/
- Heart Health and Sleep- https://www.healthypeople.gov/2020/topics-objectives/topic/sleep-health
- How Sleep Deprivation Affects Your Heart- https://sleepfoundation.org/sleep-news/how-sleep-deprivation-affects-your-heart