



SHIFT February Newsletter

"I am very thankful for the opportunity every day to supervise the best employees on the face of this earth!"

Jerry Barker - Arizona ICAC Commander

Supervisors Role in Mental Health

I hope everyone had a wonderful and safe holiday season! We are beginning 2018 with some great training and information for everyone to take advantage of. One of the topics many supervisors ask me about is how to manage their role in the mental health arena. This is a very sensitive area and a big responsibility for all of us. The last thing any of us want is an employee who is permanently damaged by the material and cases we investigate.

It is with my full commitment that I will provide you with some examples and knowledge of what I believe a supervisor should be doing for their staff. I've seen an extremely positive change in how supervisors are handling situations involving their role with the mental health aspect, and I'm very happy and proud to report that we are doing a great job! I have spoken with many of you during the commander's meetings, as well as on the phone, about ways to deal with circumstances that may arise involving their employees.

To ascertain how we move forward and improve on what we are already doing, I will reflect on my previous experiences. Those of us who have been in law enforcement for over 20

FREE Mental Health and Wellness Webinar for Law Enforcement and Their Support System:

Building Resilience: The Importance of privacy and Confidentiality in Wellness Programs

March 8, 2018, from 10:00 to 11:00 a.m. PST

The Innocent Justice Foundation, in collaboration with OJJDP, will present "Building Resiliency: The Importance of Privacy and Confidentiality in Wellness Programs"

This webinar will present participants with the concept that, due to the stressors and trauma to which they are consistently exposed in their work, they have a responsibility to engage in and/or provide staff with opportunities to engage in a consistent wellness practice. It will describe components of healthy wellness practice that includes skill building and activities that

years have seen the biggest changes. When I began my career almost 30 years ago, there was little to no information or guidance for supervisors regarding mental health and wellness, and certainly no formal instruction. In fact, most supervisors just referred the employee to city, state, or federal mental health programs to deal with it.

Many of our agencies invest a large amount of time and money into our employees, so supervisors have the responsibility to groom the employee into the best they can be. Over the years, I have been involved in numerous employee situations. One of the most difficult aspects has been when I must speak with the employee about their performance and try and determine what the issues are.

To read more click [here](#).

Upcoming Training

- [SHIFT Wellness Psycho Educational Program - Davenport, IA](#)
- [SHIFT Wellness Psycho Educational Program - Cape May, NJ](#)
- [SHIFT Wellness Psycho Educational Program - Lincoln, NE](#)

Click [here](#) for the rest of the Training Schedule!

Success Stories

Share your success: Please send us a personal success story of how you have implemented suggestions from attending SHIFT into your life! Please include your state and title, however names will remain anonymous.

promote resilience, that may include mental health consultation and support, and that addresses trauma impacts experienced in the course of working with child sexual exploitation, that may include mental health treatment or counseling. Participants will receive information about the differences between mental health consultation and programming for wellness, and treatment or counseling, about mental health providers' responsibility to maintain client confidentiality and to notice clients of any limits on that responsibility, such as reporting child abuse. Participants will be given information about how to address concerns they have about confidentiality or involvement with mental health programming. Information will be provided about the benefits of engaging in wellness practice, from the individual perspective and the supervisory, agency or management perspective.

ALL law enforcement professionals should register for this webinar!

Register [here](#)

Login Page- [here](#)

Your TIJF Wellness Team

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