



# Officer Wellness Program 10-Point Checklist



## **PROGRAM TRUST, CONFIDENTIALITY, AND ENDORSEMENT**

- Officer Wellness Program is trusted and endorsed at all levels
- Leadership, Unions, Peer Support, All Personnel, Spouses, Significant Others, Retirees
- Confidentiality of utilization is prioritized and maintained

01



## **PROGRAM ACCESSIBILITY**

- Officer Wellness Program resources are available 24/7/365
- Preventative emphasis on proactive utilization
- Resources are easily accessible

02



## **MENTAL WELLNESS RESOURCES**

- Mental wellness resources spanning topics including: alcohol, anger, anxiety, brain health, cognitive strength, compassion fatigue, critical incidents, depression, emotional health and survival, family support, financial fitness, goal-setting and achievement, grief and loss, major life events, marital guidance, mental toughness, mindfulness, panic attacks, parenting tips, peak performance, posttraumatic stress, relationship success, resilience, sleep optimization, stress management, substance abuse, trauma, suicide risk and prevention, and work-life balance.

03



## **PHYSICAL WELLNESS RESOURCES**

- Physical wellness resources spanning topics including: behavioral health tools, heart disease and cardiac health, healthy habits, injury prevention, nutrition, physical fitness, and sleep conditioning.

04



## **PEER SUPPORT RESOURCES**

- Selection, Training, Policies and Procedures, Continual Improvement, Confidentiality
- Trust, Accessibility, Utilization

05



## **SPIRITUAL RESOURCES**

- Selection, Quality Control, Policies and Procedures, Confidentiality
- Trust, Accessibility, Utilization

06



## **THERAPIST VETTING PROCESS**

- Culture Competence, Therapist Quality, Availability and Responsiveness, Confidentiality
- Trust, Accessibility, Utilization

07



## **SUICIDE RISK AWARENESS AND PREVENTION RESOURCES**

- Warning Signs, Trauma-Informed Training, Support Resources, Tools, Strategies

08



## **PROGRAM UTILIZATION METRICS**

- Confidentiality, Aggregate Data, Validation, Continual Improvement

09



## **CULTURE OF WELLNESS**

- Leadership
- Proactive Culture, Preventative Culture, Solution-Focused Culture
- Agency Wellness Culture Identity

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