

VT DOC STAFF



WELLNESS RESOURCES

DOC OFFERED WELLNESS RESOURCES

OUR MISSION

We lead through innovation; We support staff wellness; We create rewarding career opportunities; We ensure our facilities and field offices are safe, secure, and healthy; We provide justice-involved individuals with opportunities for self-improvement; We cultivate meaningful partnerships; and we advance restorative justice practices.

DEPARTMENT OFFERED WELLNESS TRAININGS

TRAUMATIC STRESS MANAGEMENT

provides staff with tools to manage stress and trauma from the job.

MINDFULNESS IN CORRECTIONS

is offered at the basic academy, adding mindfulness practices to staff's toolbelts for stress relief and wellness.

SUICIDE PREVENTION

teaches staff the warning signs and skills for early detection and intervention as part of our overall occupational wellness.

Many of the trainings we offer can have a positive impact on your professional development and overall wellbeing. Reach out to the OPSC Training Unit if you're interested in attending a training.

OPSC TRAINER CONTACTS

Nick Fortier, Training Unit Director
Nicholas.Fortier@vermont.gov

Brian Mclaughlin, Training Coordinator
Brian.Mclaughlin@vermont.gov

Stephanie Jean, Training Coordinator
Stephanie.Jean@vermont.gov

PEER SUPPORT

a specialized team of corrections professionals trained to assist staff in managing stress and traumas associated with our work along with personal life stressors.

EMAIL CONTACT

AHS.DOCPeerSupport@vermont.gov

DOC WELLNESS CLINICIAN

Lori Gurney is a licensed mental health clinician which staff may be referred to by Peer Support for additional support.

EMAIL CONTACT

lpg@vermontel.net

FAMILY SUPPORT GROUP

a private Facebook group facilitated by family members of VT DOC employees to share and connect over the challenges that come with being a loved one in Corrections.

LINK

facebook.com/groups/vtdocfamilies

AWARDS, RECOGNITION, AND MERITS

Recognizing good work contributes to employee wellbeing and workplace culture. We do this through programs such as Spotlight on Staff, Guardian entries, the annual R&R Ceremony, Retirement Recognition, and Merit awards.

RESOURCE LINK

[OPSC Intranet - Staff ARM](#)

DOC WELLNESS CHALLENGE

a fun incentive program for staff to participate in including a wellness calendar and bimonthly pamphlets which provide daily challenges, tips, tools and local resources to help staff engage in their wellness journeys.

RESOURCE LINK

[OPSC Intranet - Peer Support & Wellness](#)

ADDITIONAL WELLNESS RESOURCES

SOV OFFERS:

DHR

Benefits & Wellness page has information about employee health benefits and wellness including insurance plan compensation, deferred compensation, and long-term disability.

LINK

humanresources.vermont.gov/benefits-wellness

LIVEWELL

SOV employee and retiree incentive program offering wellness coaching, workshops, challenges, healthy recipes, and Wellness Screenings/Flu Clinics at all DOC sites.

LINK

humanresources.vermont.gov/benefits-wellness/wellness/LiveWell-Vermont-Programming

EAP

Employee Assistance Program provides 24/7 clinical help line and short-term counseling at no cost for employees and their household members. Workshops and web-based resources are also available.

LINK

investeap.org

LIVONGO

Blood pressure management program offered to employees and their household members at no cost. Livongo offers tools, tips, and support tailored to your needs.

LINK

signup.livongo.com/registration/signup/3/1

SAM

Smart About Money offers courses in financial wellness to include budgeting, debt issues, emergency fund planning and more.

LINK

humanresources.vermont.gov/content/smart-about-money-courses

PRUDENTIAL RETIREMENT

Free retirement planning and investment services for achieving financial wellness.

LINK

vermont.empower-retirement.com/participant/#/login?accu=Vermont

STATE OF VERMONT TRAININGS

CAPS

Center for Achievement in Public Service provides workforce development training programs.

LINK

humanresources.vermont.gov/training/caps

YOU CAN ALSO CONTACT...

988 SUICIDE & CRISIS LIFELINE

Call 9-8-8 or text 741741 (24/7) free and confidential support for people in distress.

211

Dial 2-1-1 to find local assistance for mental health services in your area.

911

Emergency services

EXTERNAL WELLNESS RESOURCES

CONTINUOUS IMPROVEMENT

A variety of recorded and live courses offered by the Agency of Administration for career development.

LINK

vermontgov.sharepoint.com/sites/SOV-ContinuousImprovement/SitePages/Continuous-Improvement-Training.aspx

ADDITIONAL RESOURCES

RESPONDER STRONG

Tools, resources, and programs for responders and their families to improve life expectancy and wellbeing.

LINK

responderstrong.org

CORRECTIONAL PEACE OFFICERS FOUNDATION

Dedicated to supporting the corrections professionals and the surviving families of Correctional Officers who lost their lives in the line of duty through scholarships, catastrophic assistance, and sponsorship opportunities.

CONTACTS

916.928.0061 or 800.800.CPOF

LINKS

cpof.org

