

HEALTH AND WELLNESS

CORRECTION SUPERVISORS COUNCIL

CSEA, SEIU LOCAL 2001

Summer 2018
Issue Three

Mental Health First Aid Training

On May 29, members of the Correction Supervisors Council's (CSC) Health and Wellness Committee and our colleagues from the UConn Health Center participated in an all-day training on mental health first aid. Like first aid training for physical injuries, this training focused on helping people with mental health issues. The purposes of Mental Health First Aid are to:

- 1 Preserve life when a person may be a danger to self or others
- 2 Provide help to prevent the problem from becoming more serious
- 3 Promote and enhance recovery, and
- 4 Provide comfort and support

The training was not intended for participants to diagnose mental health issues nor to teach participants to be therapists.

The training provided a Mental Health First Aid Action Plan which is called ALGEE. ALGEE is acronym for:

- Action **A** is to assess risk of suicide or harm
- Action **L** is to listen nonjudgmentally
- Action **G** is to give reassurance and information
- Action **E** is to encourage appropriate professional help
- Action **E** is to encourage self-help and other support strategies

Mental health issues covered in the training included depression, anxiety, psychosis, post-traumatic stress disorder, and substance abuse. A topic that generated the

most discussion was suicide. Participants talked about exposure to suicide and suicide attempts in correctional facilities as well as personal experiences of a co-workers committing suicide.

Participants also received the Mental Health First Aid USA manual and a certificate. The training was conducted by Catherine Sisco of the Wheeler Clinic. The training was put together by Captain Wayne Cole and Lieutenant Millie Brown.

The members of the CSC Health and Wellness Committee are assessing the feasibility of including this type of training as part of our one-day annual training on health and wellness that was recently negotiated into our new collective bargaining agreement.



Sleep Intervention Study Presented at International Symposium

On May 9th, Dr. Alicia Dugan of the UConn Health Center presented the findings from the correctional supervisors sleep intervention study at the 2nd International Symposium to Advance Total Worker Health in Bethesda, MD. The

study's title was "Efficacy of a Sleep Intervention Developed with Correctional Supervisors Using the Healthy Workplace Participatory Program."

This study demonstrates the utility of using participatory interventions to protect and promote worker health. We also showed that dissemination and implementation outcomes can be achieved by designing

participatory interventions with high appeal to end users. Based on this study, the Healthy Sleep Intervention will become a core component of the NP-8's annual health and well-being training day.

The complete results can be found in a previous issue of our newsletter at the CSEA webpage at www.csea-ct.com under the tab for State Workers labeled "CSC."

RESULTS OF CORRECTIONAL SMARTPHONE SLEEP APP PRESENTED AT ACADEMIC CONFERENCE



On May 17th, Graduate student Sara Namazi and Dr. Alicia Dugan from the UConn Health Center presented their findings on the smartphone sleep app developed

and used by our members at the 2nd Annual Conference of the UCONN Center for mHealth and Social Media: Digital Health at the Intersection of Academia and Industry at UConn Storrs. The study's title was "CorrectSleep: A Smartphone-Based Sleep Tracking App for Correctional Supervisors Using Community-Based Participatory Research".

Our colleagues at the UConn Health Center found that correctional supervisors found the CorrectSleep app highly appealing were more satisfied with having used the App to improve their sleep, would continue using what they had learned from the App and had spoken about it with their peers and friends. The majority of correctional supervisors who used CorrectSleep thought the app was easy to try out, and simple to understand and use. Correctional supervisors felt that the app could be improved by making it more visible to potential users, showing how it is better than conventional sleep apps in the marketplace (i.e. because it is tailored to shift working populations), communicating that its development is grounded in science, and that it is effective in improving correctional supervisors' health.

The Correction Supervisors Council is working with the UConn Health Center to improve the smartphone application and to roll it out to all NP-8 members.

SLACK APP

The Correction Supervisors Council has implemented an application that can be used on your mobile devices including your personal computer to receive information and articles of interest to correctional supervisors and our union. Members may want to add information that would be of interest to other members. Nearly 70 members have signed up to use the SLACK app.

Council President Julius Preston said, "Our members work 24 hours a day, 365 days a year and our union wants to communicate with you, and we want you to communicate with us. While our union officers take regular tours of the facilities where our members work, we know that we cannot talk to each and every one of you. We are adding the app as an additional tool in our communications tool box."

In addition to the SLACK app, our Council has a webpage on the CSEA website, www.csea-ct.com and we send out quarterly newsletters on our health and wellness activities. If you visit the CSEA website, we are under the tab for State Workers labeled "CSC."

If you want to join our app user group, please submit your PERSONAL EMAIL ADDRESS, not your State email address, to Julius Preston at jpreston@csea760.com or Millie Brown at mbrown@csea760.com. Once your personal email address has been entered into SLACK, you will receive an "INVITE" via email to participate in our online community.

We are committed to keeping you informed and engaged in the activities of our union.