



## Corrections Stress: Peaks and Valleys

Register Online for this Live-Streaming Internet Broadcast at <http://nicic.gov/training/ib201606>

June 22, 2016 at 9am PT / 10am MT / 11am CT / 12pm ET.

A live-streaming internet broadcast on the impact of operational stress and traumatic experiences on corrections professionals.

*"All of life is peaks and valleys. Don't let the peaks get too high and the valleys too low."*

– John Wooden, Former Head Coach, UCLA Bruins

Staff is the life blood of any agency and its most valuable resource. Their wellness is paramount to organizational health and mission effectiveness. What can individuals and organizations do to identify issues commonly associated with corrections stress and cultivate a climate of staff resilience and agency health, stability and excellence?

This three-hour broadcast will be live on Wednesday, June 22, 2016 at 9am PT / 10am MT / 11am CT / 12pm ET.

During this live event we will:

- Acknowledge the effects and consequences of corrections stress on staff and the organization
- Identify commonly referenced terminology that informs the discussion of corrections stress
- Explore the context and continuum of stress within the corrections profession
- Discuss research and knowledge focusing on corrections stress that affects the individual and organizational culture
- Present proactive strategies to identify and address cumulative effects and consequences of corrections stress
- Describe individual and organizational strategies to build and maintain a healthy workforce
- Discuss proactive tools and resources for both individuals and organizations
- Provide individual and organizational resources to promote and support a healthy workforce

This broadcast will answer the following questions:

- Why is corrections stress an issue we need to address?
- What are characteristics of corrections stress? What does it look and sound like?
- What are distinguishing features of corrections stress within institutional and community settings?
- How do you build awareness of this issue for yourself and your organization?
- How do you address the problems and effects associated with corrections stress?
- What are strategies to deal with stressors?
- How can leadership introduce this issue within the agency? Who needs to be at the table to discuss it?
- What resources are available to you and your organization to address this issue? Are you taking advantage of them?
- What are tools and strategies for engaging and connecting directly with your community stakeholders?
- What positive steps can you take to make a difference personally and within your organization regarding corrections stress?

## Panelists

### **Maureen Buell**

Correctional Program Specialist / Project Manager  
National Institute of Corrections

### **Deborah Kelly**

Training and Development Coordinator  
Virginia Department of Corrections

### **Jaime Brower, Psy D, ABPP**

J. Brower Psychological Services and Consulting, Inc.

### **Brandon Kelly**

Superintendent, Santiam Correctional Institution  
Oregon Department of Corrections

### **Kirsten Lewis**

Adult Probation Officer  
Maricopa County, Arizona

### **Tracy H. Joseph**

National Employee Assistance Program  
Federal Bureau of Prisons – Psychology Services  
Branch

### **Rebecca Lane**

Employee Benefits Manager  
Virginia Department of Corrections

### **Caterina Spinaris, PhD, LPC**

Executive Director  
Desert Waters Correctional Outreach

*NIC's live Internet broadcasts* offer corrections professionals an interactive video forum on current and pressing topics in corrections. These broadcasts are interactive and allow participants to engage with and learn from experts around the world.

Delivered via Internet streaming, the broadcasts are available for viewing by any individual, agency, or facility nationwide. Participants can view the broadcast individually on a computer screen, smart device/tablet and/or use a projector to enlarge the signal for a sizeable audience. **Registration is required**, but there is no charge.



## ***For More Information***

### **Program Specific Information**

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### **Broadcast Logistics Information**

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