



# BULLETIN

Nov. 13, 2015

## WATCH YOUR EMAIL FOR MCO-SPONSORED STUDY ON CORRECTION OFFICER WELLNESS

*This is part of MCO's initiative to research the effects of corrections officer stress, and to educate decision makers and the public*

MCO members and leaders have been talking a lot lately about the union's initiatives for member strength and growth. One of those initiatives is research and education on the effects work-related stress on corrections officers. Recent research indicates that over time, the job can take its toll on officers' health and functioning.

To that end, MCO is asking all bargaining unit members to take a secure and anonymous online Staff Wellness Assessment, which examines possible outcomes of exposure to stress related to corrections work. **The link and password to the Staff Wellness Assessment will be emailed to officers' personal email addresses, if they have supplied one to MCO. Because the Staff Wellness Assessment should not be taken at work, it will not be sent to state email addresses. We plan to email the link and password to you next week.**

MCO has partnered with Desert Waters Correctional Outreach to help us carry out this initiative. Desert Waters is a Colorado non-profit corporation which specializes in the health and well-being of corrections professionals. The Staff Wellness Assessment is composed of four validated assessment instruments that ask questions about traumatic stress, depression, and exposure to work-related, potentially traumatic incidents. Learn more about Desert Waters at [desertwaters.com](http://desertwaters.com).

Here are some details about the upcoming Staff Wellness Assessment:

- It is completely anonymous. Your name will not be asked, and no identifying information will be collected. No one, not even the researchers, will be able to tell who answered the questions.
- Expect to spend about 20-25 minutes to answer all questions.
- All questions must be answered if they are to be used in the data analyses.
- You cannot pause the Staff Wellness Assessment and come back to it later. If you log off, your answers will be discarded and you will have to start over from the beginning.
- Only the researchers will have access to raw, individual data.
- Findings will be presented in terms of group statistics (percentages and averages) in a written report, which will be submitted to the union Executive Board.
- The Staff Wellness Assessment does not and cannot be used to diagnose any one person for any type of disorder or condition. Rather, it will be used to increase awareness of consequences of corrections officers' work-related stress.
- The Staff Wellness Assessment is for those in MCO's bargaining unit only.
- Once the link and password are emailed to members, the Staff Wellness Assessment will be available to take over a period of four weeks.
- Those without internet access will not be able to take the Staff Wellness Assessment.

The results will make it possible for us to draw conclusions about how to best support and advocate for our members. This is your opportunity to have your voice be heard! So, please take the Staff Wellness Assessment, and make sure your responses are as complete and accurate as possible. We thank you in advance for your participation in this ground-breaking study!

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