

## **Staff Health and Wellness Committee**

*Sonya Gillespie, Chair*

The Staff Health and Wellness Committee's purpose is to focus on our local corrections staff wellbeing.

- Develop awareness and educational material concerning vicarious trauma, stress and the management of stress specific for staff that work in a correctional setting. Work with AJA headquarters staff to promote awareness via the website, social media and new member packet information.
- Work with the Fall Summit Committee and Training committee on recommendations for specialized activities and training for staff health and wellness.
- Work with the Resolutions Committee to develop a resolution to address quality of life, stress management and the implementation of addressing staff stress in the workplace.
- Develop the infrastructure of a nationwide network for peer support. Work with AJA staff to develop and implement criteria such as training, ways to connect and market this resource.
- Work with the legislative committee to identify and address any proposed legislation relevant to corrections staff that could result in negative consequences for staff well-being.
- Meet bi-monthly via zoom with the President and Committee Chairs.