

**Department of Corrections
Stress on Corrections Officers**

On March 20th, the Public Safety Subcommittee recommended approval of the submission of a federal grant application from the Department of Corrections to the U.S. Department of Justice in the amount of \$750,000 to research the impact of acute and/or chronic stress on corrections officers and their families.

The National Institute of Justice notes that frequent exposure to stress and traumatic events by correctional officers remains largely unexamined. The purpose of the grant is to study the impact of acute stress on physical and mental health, the long-term effects of chronic stress, and the effectiveness of programs aimed at treating stress and stress-related disorders. The Department of Corrections would use the grant funds to study its mindfulness-based emotional intelligence staff interventions by tracking physiological stress markers (such as heart rate), and by evaluating absenteeism. The grant award period is for up to three years, depending on project length, and there is no match requirement. If successful, the Department of Corrections may return to the Legislature to seek additional Federal Funds expenditure limitation.

The Public Safety Subcommittee recommends approval.