

Chair Taylor Members of the Committee, I work about two mandatory shifts a week. It takes a toll on my physical ability to work my regularly scheduled shifts when I have to work overtime. I work the swing shift (afternoon to late evening) and then I have to be prepared for mandatory overtime on night shift. Then I have barely have time to go home and sleep before I have to come back to do my next swing shift.

When I come home all I want is to sleep until my regular shift start. There's no way I can get 8 hours of sleep and I'm too worn out to do anything with my loved ones. It's a burnout.

It makes me not want to go back to work because I worry that I'm going to get mandatory overtime again. I can't be at my best to serve the community I work for this way.

It's not healthy for myself and my family, or for those that need my help. It's time to do something about the mandatory overtime abuse.

**Teresa Knight**

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