

Chairs Evans and Sollman and members of the committee,

The corrections facility that I work for is in a staffing crisis, and it is being held together with mandatory overtime. I work at least one forced overtime shift per week, but usually more.

The constant overtime causes me extra stress, a lack of quality sleep, and impacts my immune system. I have been sick more often and caught Covid several times at work. I dread coming back to work every day. I am burned out.

It has also caused so much stress in my marriage and family life. I can go several days without seeing my family awake. I can't reliably plan anything after work, so doing things like taking my pets to the vet, or celebrating a birthday or wedding anniversary, are not possible for me. I've been mandated on Christmas Eve, New Years, Halloween, and my family doesn't understand or forget it.

I have struggled with major anxiety, depression, alcohol dependency. On October 20th, 2021 I ended up in an ambulance with major chest pains that was caused by an acute panic attack. I have worked for DOC for over 17 years and a career I was once proud of feels like it is slowly killing me. I have utilized the EAP for counseling, quit drinking alcohol completely and am trying to push through to retirement, but it's getting harder every week. I see the same thing happening to many of my peers who are struggling.

I can say that constantly being mandated for overtime is causing good, hard working employees to hate their jobs. People are fleeing. There are Sergeants who are taking office specialist, library, records positions all to avoid the constant mandates. We need work/life balance! I want to be happy and healthy to live to retirement and after.

Please help us. We are desperate to get our lives back.

Jason Sork

Oregon Department of Corrections