

# Wellness Unit



Dr. Errol D. Toulon, Jr. Suffolk County Sheriff



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Suffolk County Sheriff

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“True leadership lies in guiding others to success. In ensuring that everyone is performing at their best, doing the work they are pledged to do and doing it well.”

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Suffolk County Sheriff

# Mission Statement

Build and strengthen resiliency for all Suffolk County Sheriff's Office staff and their families.

Furthermore, improve morale, provide education, training and support for staff throughout their careers.



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Suffolk County Sheriff

# Wellness Unit:

Fully Staffed December 2022

Staff:

- 1 Deputy Sheriff
- 1 Civilian Representative
- 2 Correction Officers
- 1 Therapy Dog



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Suffolk County Sheriff

APRIL 2023 - ISSUE NO. 10

## SUFFOLK COUNTY SHERIFF'S OFFICE HEALTH AND WELLNESS

### Health

How to stay healthy during cold and flu season

- 1- Wash your hands. People with flu can spread the virus by droplets made when people with the flu cough, sneeze or talk. If someone touches their mouth, nose or eyes after touching a surface or an object that has flu virus on it, they can contract the virus.
- 2- Eat foods that boost your immunity. Powerful foods like garlic and onions have been shown to possess anti-inflammatory, anti-bacterial and anti-fungal benefits. Citrus such as grapefruit, oranges or kiwis are also packed with flu-fighting vitamin C. This vitamin may help shorten symptoms, boosting both circulation and immunity.
- 3- Get a good night's sleep. Sleep may be the best medicine for your body while fighting the flu or a cold. A nap during the day can also give your body additional time to recover. Rest and sleep may also reduce your risk of serious flu complications, such as pneumonia.
- 4- Listen to your body. If you think you've caught a cold or flu, slow down. Spending unnecessary energy can deplete valuable resources from the immune system.
- 5- Get help if it gets worse. Most flu symptoms resolve within a week or two. If your flu symptoms start to get better and then get quickly worse, or don't get better after two weeks, contact your doctor.

### NUTRITION

#### Helpful Spring Tips

With the warm weather approaching, we have the opportunity to get out and exercise and also maintain a healthy diet. Start now and continue to be consistent. Eat a diet of meats and vegetables, nuts and seeds, some fruit, little starch, and no sugar. A few effective nutritional strategies to consider:

- 1.) If you could not have harvested it out of your garden or farm and eaten it an hour later, it is not food.
- 2.) Shop around the perimeter of the grocery store and do not go down the aisles.
- 3.) If it is not perishable, if it says "best if used by 2026" it is not food.
- 4.) Stay hydrated! Drink 1 oz. of water per 1 lb. of body weight.

Keep moving!

The Suffolk County Sheriff's Office has partnered with the Crisis Text Line. By using the code text "BLUE" to 741741 a qualified volunteer will automatically know that an individual in the Law Enforcement community is in need and can assist you 24/7

LAW ENFORCEMENT OFFICERS IN CRISIS text: BLUE to: 741741

Crisis Text Line is free, 24/7, and confidential

scso.wellness <sup>4</sup>

525 Posts   888 Followers   784 Following

SCSO Wellness Unit  
"Improve the health, well-being and quality of life for all SCSO. Model positive attitudes and behaviors through a lifelong commitment to wellness."

Professional dashboard  
1.2K accounts reached in the last 30 days.

Edit profile   Share profile

SCSO WELLNESS PROGRAM   SHERIFF'S CHALLENGE

New

DO NOT GIVE UP, THE BEGINNING IS ALWAYS THE HARDEST

Good morning  
Remember, if you're going to do it, do it well.

Suffolk County Sheriff's Office Wellness Unit

Dr. Errol D. Toulon, Jr., Suffolk County Sheriff

## Introducing the SCSO Employee Health and Wellness Program

**Mission:**  
to improve the health, well-being, and quality of life of all Suffolk County Sheriff's Office employees by empowering people to promote and model positive attitudes and behaviors through a lifelong commitment to wellness

The new Sheriff's Office Health and Wellness Program is open to all Sheriff's Office staff and personalized to meet the unique wellness goals of each participant. In addition to the Sheriff's Office In-Service Wellness Program, our employees can participate in ongoing programs and practices designed to reduce stress and improve fitness, nutrition and overall wellness.

**Some of our initial offerings include:**

- Yoga
- Meditation
- Breathing Techniques
- Fitness
- Nutrition Advice
- Outdoor Activities
- Mindful Readiness
- Stress Management
- Martial Arts

**Contact Information for the SCSO Health and Wellness Committee**

C/O Mike Poetta 2-5497	C/O Kristy Eleftherion 3-7101
C/O Jason Fernandez 2-7055	C/O Kevin Lombardi 2-2263
D/S Inv. Michael Rando 2-3209	D/S Thomas Lyons 3-5600
D/S Steven Gordon 2-2651	D/S Paul Weeks 3-7590

Kevin O'Reilly  
2-2270

Follow us on Instagram for continual updates!  
@SCSO.Wellness

Ask any one of them how to get involved!  
Or send an email to:  
scso.officerwellness@gmail.com

# LEO Appreciation Day

## THE SCSO WELLNESS UNIT

SHERIFF ERROL D. TOULON, JR.

INVITES ALL SCSO PERSONNEL TO ATTEND

## LAW ENFORCEMENT APPRECIATION DAY

JANUARY 9, 2023 · 1000 TO 1500

YAPHANK LINEUP ROOM



### FEATURING:

- HEALTH ADVICE AND MASSAGE COURTESY OF COASTAL MD
- FINANCIAL ADVICE COURTESY OF SUFFOLK CREDIT UNION
- PERSONNEL FROM THE OFFICE OF DR. GOLDFARB (MENTAL HEALTH)
- COMPLEMENTARY FOOD COURTESY OF PIZZAIOLO GOURMET EATERY OF OAKDALE, COASTAL MD, AND SUFFOLK CREDIT UNION
- SCSO SPORTS TEAM DISPLAYS, FREE GIVEAWAYS, RAFFLES, PAWS OF WAR, TATE'S COOKIES, THIN BLUE LINE USA, & TEAM LMNT



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# What is Wellness?

Wellness is about building resilience, injury prevention, peer support programs, physical fitness, proper nutrition, stress management, mindfulness, suicide prevention, and more.

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Suffolk County Sheriff

# Why is Wellness important?

To better recognize how the inherent challenges of working in law enforcement can have a detrimental effect on one's own well-being and to overcome an entrenched culture that stigmatizes individuals who admit weakness or ask for help.



# Why is our Wellness important to the Community?

One of Sheriff Toulon's core values for the Sheriff's Office is "**Community Service**" – **The Sheriff's Office is committed to public service and improving the quality of life in Suffolk County through community partnerships and mutual accountability**".

Community Service - to the public and to the inmates who are in our custody.

Our goal is to develop programs, trainings and resources that will ultimately support an Officer's Wellness so they can do their job better - the job of community service.

Better interactions with inmates and the public. Better decision makers. More capable to help those we serve. An Officer's wellness, being distracted at work, depressed or overstressed, poor diet and out of shape, may make the difference for providing that help an inmate or citizen needs.

In addition, our goal is to drive down costs to the public. Increased Wellness means less sick days, workers comp, less health care etc...

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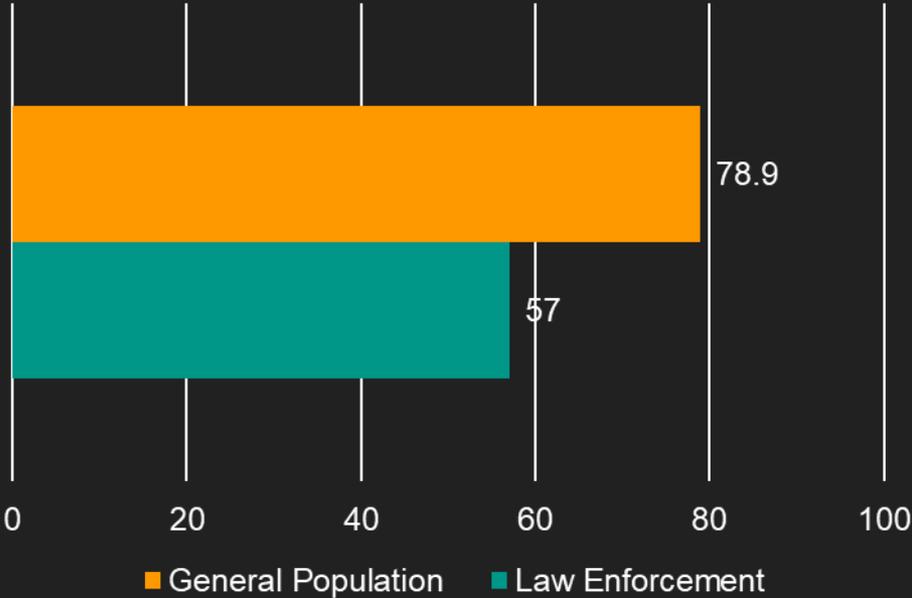


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# *SMASH THE STIGMA*

# Life Expectancy



# Life expectancy in law enforcement

According to cardiologist and sworn Officer Dr. Jon Sheinberg of The Public Safety Cardiac Foundation, the life expectancy of a public safety officer is almost 20 years less than that of a civilian counterpart. The average lifespan of a civilian is 79 years old. For a Law Enforcement Officer, it is 57. The news gets worse. The average age for a cardiac event in the civilian population is 67 years old. For a LEO, it is 49.



# 8 Dimensions of Wellness



# 8 Dimensions of Wellness

- **Occupational wellness** – Ability to contribute unique skills to personally meaningful and rewarding paid or unpaid work
- **Social wellness** – Ability to form and maintain positive personal and community relationships
- **Intellectual wellness** – Commitment to lifelong learning through the continual acquisition of skills and knowledge
- **Physical wellness** – Commitment to self-care through regular participation in physical activity, healthy eating, and appropriate health care utilization



- **Emotional wellness** – Ability to acknowledge personal responsibility for life decisions and their outcomes with emotional stability and positivity
- **Spiritual wellness** – Finding purpose, value, and meaning in your life with or without organized religion. Participating in activities that are consistent with your beliefs and values
- **Environmental wellness** – Refers to one's relationship to their surroundings that affect humans' wellness
- **Financial wellness** – Is your relationship with money and skills in managing resources

# Supporting Officer Wellness

Our agency can proactively support officer wellbeing by providing law enforcement wellness programs with comprehensive resources. These give officers access to guidance, education, and insights on important wellness topics, such as:

- Recruit program
- Academy in-service training
- Physical fitness and nutrition
- Resiliency training
- Stress management
- Sleepy Hygiene
- Walking throughout facilities and commands
- Retiree exit interview
- Peer Support Program
- Policy and Procedure
- Mental Health resources
- Therapy K-9
- Fitness incentives

Considering the sensitivity of mental health in law enforcement, a balanced officer wellness program ensures officers have a reliable, trustworthy way to get the support they need



# Therapy Dog

Research has shown that the presence of therapy animals can lower blood pressure, decrease anxiety, improve mood and foster feelings of support and confidence in humans. Additionally, dogs can act as a jumping off point in therapy, breaking the ice and opening up the conversation by fostering a safe environment. Therapy dogs can help people stay present in the moment while better managing and responding to their emotions with resilience.



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# Wellness Interactions

Wellness Interaction: Communication between Wellness Unit and sworn/non-sworn members of the SCSO that lasts longer than two minutes or an immediate emergency requiring a referral. This could be a phone call, a peer to peer conversation or a series of text messages.

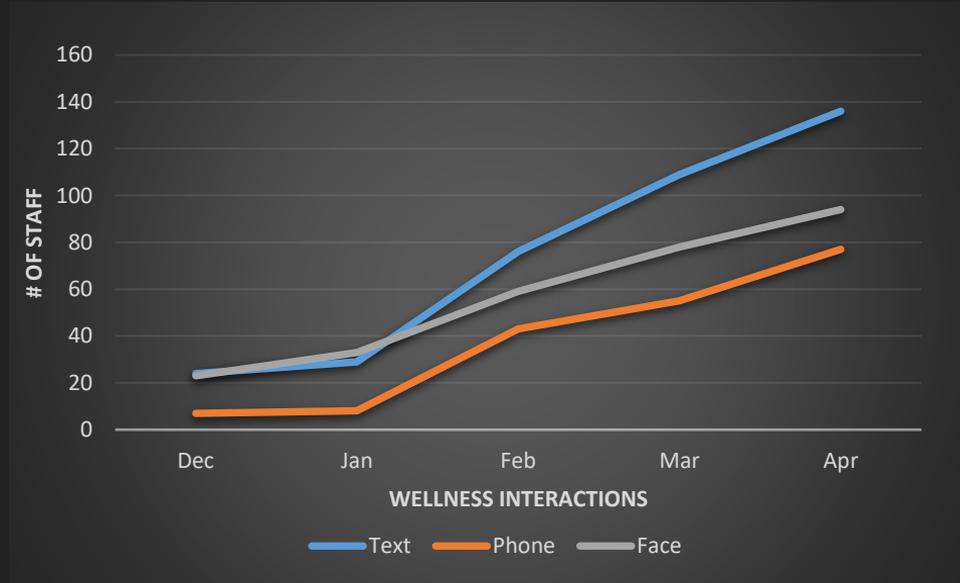
## **Conversations with members include:**

- Personal/Family relationships
- Work-related issues
- Substance abuse
- Mental Health referrals
- Work achievements/personal accomplishments
- Pride in the department, positive representation
- Creating a healthier lifestyle

***“Most members don’t want you to fix their problems, but find value in listening”***



# Wellness Interactions



851 Wellness Interactions as of April 19<sup>th</sup>, 2023

# Community Partners



# Conclusion

Early evaluations of officer wellness programs have been associated with positive mental and physical health outcomes, including reductions in officer stress, improved communication, decreased use of force incidents and morale improvement.

Throughout the United States, it has been stressed that the implementation of wellness programming—including peer support, wellness checks, and access to psychological services—is a promising approach to preventing suicide among law enforcement officers.

The research is clear that by making employee wellness a top priority, Administrators can help ensure the mental and physical health of their personnel, and also promote positive Law Enforcement community interactions.



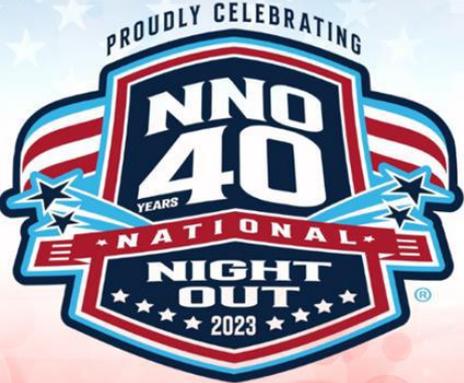
# Contact:

Inv. Sgt. Michael Poetta – michael.poetta@suffolkcountyny.gov

Wellness Unit:  
631-852-3763

**Save the Date!**

**The Suffolk County Sheriff's Office Presents**



**Tuesday, August 1, 2023**  
**5:00-8:00 p.m.**

**Fireman's Memorial Park**  
**725 Middle Country Road, Ridge**

**Free event and fun for  
the whole family!**

[www.suffolksheriff.com](http://www.suffolksheriff.com)

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