

ADDITIONAL SUPPORT

Employee Health, Wellness & Safety:

The Employee Health, Wellness and Safety Section (EHWS) coordinates services in wellness, trauma, occupational health, fire and safety, and compliance with the Family Medical Leave Act (FMLA).

Family Medical Leave Act (FMLA): For information about FMLA, contact DOC.FMLA@doc.mo.gov.

Americans with Disabilities Act: See your supervisor for assistance in locating your worksite's ADA coordinator.

Victim Services: If a crime is committed against you as a Department of Corrections staff member, the Office of Victim Services can help you understand your rights as you proceed through the criminal justice process. Questions? Call Victim Services Coordinator Amanda Douglass at 573-526-0546 or email Amanda.Douglass@doc.mo.gov.

Institutional Chaplains: Missouri DOC Chaplains support employee wellness through connection, guidance and referral. To find your institution's chaplain view the online directory at doc.mo.gov.

EXTERNAL SUPPORTS

CIT First Responder Provider Network:

Mental health professionals who are familiar with first responder culture. To learn more or locate someone in your area, visit www.missouricit.org/first-responders.

Correctional Peace Officers Foundation:

Have you experienced financial difficulty as a result of an illness, injury or natural disaster? The Correctional Peace Officer Foundation may be able to help. To learn more, visit www.cpodf.org. For application assistance, contact Meckenzie Hayes.

ACCESS SUPPORT NOW



Learn more about employee support resources:

Access your Employees Self-Service portal (ESS.mo.gov):



Access the free first responder wellness app:

Department ID: MOCIT

Department Code: Wellness1

24/7 Crisis support line



CONTACT INFORMATION

Employee Health, Wellness & Safety

Asst. Division Director, VanDee Miller
VanDee.Miller@doc.mo.gov
573-526-6518

Employee Wellness

Worksite amenities, staff challenges & events
Coordinator, Caitlin Rudolph, MBA
Caitlin.Rudolph@doc.mo.gov
573-522-3584

Employee Trauma Response

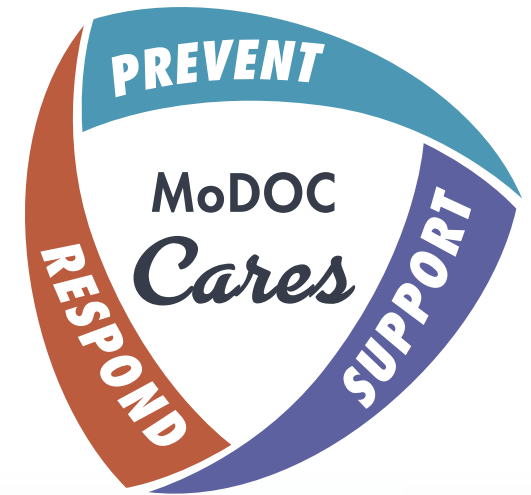
Manager- Meckenzie Hayes, MSW, LCSW
Meckenzie.Hayes@doc.mo.gov
573-526-3021

Employee Support Services

DOC.ESSTeam@doc.mo.gov
Coordinator, Jennifer Hernandez, MSSW, LCSW
Jennifer.Hernandez@doc.mo.gov

Employee Health Nurse Team

Coordinator, Amy Kitchens RN
Amy.Kitchens@doc.mo.gov



EMPLOYEE RESOURCES

2024 UPDATE



MISSOURI DEPARTMENT OF CORRECTIONS

Improving Lives for Safer Communities

MoDOC Cares

RESOURCES ARE AVAILABLE

for whatever you endure.

PREVENT SEVERE OUTCOMES OF
STRESS AND TRAUMA

SUPPORT EMPLOYEES, WORKSITES,
COMMUNITIES AND FAMILIES

RESPOND IN HELPFUL AND HEALTHY WAYS
THAT BUILD RESILIENCE

PEER ACTION CARE TEAM (PACT)

Peers are present at each worksite to provide confidential peer-to-peer support on the job.

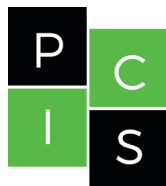
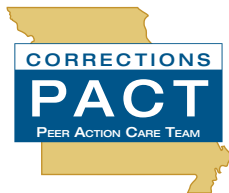
Peers receive specialized training on trauma response and vicarious trauma, the culture of corrections, and suicide prevention. They can provide a listening ear, assistance connecting with appropriate supports, and information about the Employee Assistance Program (SELF).

Who is my PACT member? Ask any supervisor, or locate the PACT team roster on the K: Drive.

POST CRITICAL INCIDENT SEMINAR

MoDOC's Post-Critical Incident Seminars (PCIS) offer a secure, 3-day, off-site setting for staff to share and process line-of-duty traumatic experiences.

Contact Steph Tandarich for more information:
Stephanie.Tandarich@doc.mo.gov



EMPLOYEE TRAUMA RESPONSE

The Department's Employee Trauma Team is made up of trained professionals who can:

- Outreach, response (including CISM debriefings) and followup after serious or critical incidents,
- Engagement with individuals experiencing mental health crises or related challenges, including suicide intervention.

This team does NOT conduct fit-for-duty evaluations or provide long-term services.

To contact the Employee Trauma Response Team, reach out to your regional specialist, or email **DOC.TICTeam@doc.mo.gov**.

EMPLOYEE SUPPORT SERVICES

Employee Support Specialists are trained professionals who:

- Offer confidential support to DOC employees experiencing personal stressors, impacting day-to-day lives
- Help with goal planning and exploring issues affecting employees and their households
- Help to bridge the gap between local resources and employees
- Advocate for staff needs and support stress management

Employee support specialists *won't* provide legal advice or advise employees in an investigation; provide counseling or mental health assessments; intervene or mediate job-related disciplinary action; or report information to anyone without your informed consent, except mandated reporting cases.

To contact the Employee Support Services Team, reach out to your site's assigned employee specialist, or email:
DOC.ESSTeam@doc.mo.gov

EMPLOYEE ASSISTANCE PROGRAMS

Strive Employee Life & Family (SELF)

24/7 no-cost, confidential
Call **800-808-2261**



Guidance Resources: Support for all of life's challenges
guidanceresources.com

Guidance Now mobile app

First time log in use
WebID: MCHCP

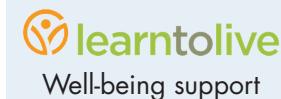
Anthem BCBS Health Insurance members can access these **FREE SUPPORT PROGRAMS** in the syndey app:



Virtual Physical Therapy



Diabetes Prevention



Well-being support



Pharmacy Benefit

\$28/month MULTI-Gym membership. Access by visiting **Anthem.com**; log into your profile, click on CARE, then DISCOUNTS, then the Active & Fit Direct icon.



Online videos created by first responders and veterans to address various topics of wellness. Email **wellness@doc.mo.gov** to request enrollment and earn elective training credits.