

# IMPACT OF STRESS AND TRAUMA ON CORRECTIONAL STAFF

Correctional staff experience high levels of stress, burnout, and other mental health-related consequences. They also experience higher rates of PTSD and suicide compared to those of the general working-age population. Stress and trauma can impact all aspects of one's life, including relationships with family, friends, and coworkers, and various obligations and hobbies.



## Solutions

IDOC received \$500,000 to deploy trauma interventions for staff and residents. We are looking for providers who can deliver holistic solutions that address corrections fatigue, trauma, and stress.

We intend to provide mental health first aid, one-on-one incident response and other services ourselves but need providers who can offer and comply with the identified needs.

This is a statewide funding opportunity and services will need to be provided in proximity to our facilities and during non-traditional work hours.

Applications will be reviewed as they are received.

## Needs

We are looking for providers to facilitate: trauma-informed yoga, cognitive-behavioral techniques, mindfulness, neurofeedback, and Eye Movement Desensitization and Reprocessing (EMDR) therapy. We will also consider broader mental health services that are geared towards mitigating impacts of trauma.

Additional information to note:

- Pre and post testing is required
- Minimal reporting/summary of findings and outcomes
- Funds must be expended by June 30, 2023
- We will consider telehealth but will give preference to in-person facilitation



If you have questions or are interested in applying, please email us at [grants@idoc.idaho.gov](mailto:grants@idoc.idaho.gov)

