

19
YEARS

HELPING CORRECTIONAL AGENCIES BECOME WORKPLACES OF CHOICE!

CORRECTIONAL OASIS

A Desert Waters Publication

JANUARY 2022

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Volume:19

Issue:1



A non-profit for the health of correctional agencies, staff and families

FROM THE DIRECTOR'S DESK

Suicide is a grim, “heavy” topic, perhaps not what we want to think about as the new year dawns. Yet in some corrections workforces it is a very real scourge that is not often spoken about in constructive, solution-oriented ways. Thankfully, staff suicides happen relatively infrequently—but at higher rates than the general population¹ and even police officers², and when they do, their devastating aftershocks ripple far and wide and last for a long time.

Given the gravity of this topic, in this issue veteran employees and I present four short articles on the plague of suicide among corrections professionals. And we’ll close this issue with a much lighter—in fact, joyful—note, as we share with you about our latest online instructor training for Desert Waters’ signature course *From Corrections Fatigue to Fulfillment™*.

We wish you a new year of true wisdom, the giving and receiving of love, inner and outer peace, and health of spirit, soul and body.

Caterina Spinaris

¹ Stack, S.J., & Tsoudis, O. (1997). Suicide risk among corrections officers: A logistical regression analysis. *Archives of Suicide Research*, 3, 183-186.

² New Jersey Police Suicide Task Force Report. (2009). [http://www.state.nj.us/lps/library/NJPoliceSuicideTaskForceReport-January-30-2009-Final\(r2.3.09\).pdf](http://www.state.nj.us/lps/library/NJPoliceSuicideTaskForceReport-January-30-2009-Final(r2.3.09).pdf)

SUICIDE IN THE CORRECTIONS WORKFORCE

BY T.C. BROWN

Let me start by saying I am not a doctor or licensed counselor. I am a retired correctional professional with over 20 years of experience in the field. I have worked at almost every type of correctional facility the federal government has. I sat through years of annual refresher training covering Suicide Awareness and Prevention.

My focus in this article is staff suicide and the statements are my own. I am writing this because I feel that all who read this are important.

I know there have been several studies that indicate suicide among corrections is higher than the national average. These studies indicate that active and retired staff are more likely to take their own lives than the average citizen. Studies also indicate that corrections staff are more likely to suffer from PTSD, depression and suicide. I realize that this information is not what you read on the recruiting poster, but it is the truth.

I am very aware of reports of staff suicide in the field of corrections. I vividly recall those times where staff I directly worked with chose to take their own lives. At one location it seemed like someone flipped a switch that made it okay to die by suicide. I attended several funerals and memorials through the years. I spoke with others about what had happened and if others had seen any signs. Many times, none of us saw anything to indicate that a coworker was in distress or suffering due to any trauma. I look back now and wonder if we might have missed the signs because we too were suffering through our own issues and traumas.

You are important and your presence on this earth matters!

In the candid talks and discussions we had with fellow workers after a coworker's suicide, I can tell you some things that were never said. At no time did any of us ever say that we were glad the person was gone. We did not celebrate their passing. We did talk about what we might have done to alter their choice. We did talk about the pain it caused those around them, even if inflicting such pain was not their intent. We were not better off because they were gone. No one was better off without them.

Life is not always fair, but suicide sucks. That is what was decided multiple times. And still the suicides continue. Mental health stigma still exists at many agencies.

All I can ask is that we take care of each other. If you see someone hurting, help them. If you are hurting, seek help. It may be a counselor or doctor. Seek assistance from a spiritual leader in your faith group, such as a church.

Please believe me when I tell you suicide is not ever the best option. The pain can get better with time and treatment. Do not lose hope. We have all had our own life altering experiences and thoughts, even if we have not shared their effects with others.

Resources are also available through Desert Waters Correctional Outreach. Any agency and organization you use should have knowledge of law enforcement or corrections work experience, because we do present our own unique challenges and thought processes.

If you are experiencing a suicidal crisis or emotional distress, please contact the National Suicide Prevention Lifeline at:

800-273-TALK (8255)

or

chat at <https://suicidepreventionlifeline.org/>.

Please hear me: **You are important and your presence on this earth matters!**

T.C. Brown is a retired Federal Bureau of Prisons employee, and a DWCO Board Member.





"Correctional Family
Wellness™"

ONLINE INSTRUCTOR
TRAINING & INDEPENDENT
STUDY

2022 Online Instructor Training Dates

- > March 21-23
- > Nov 14-16

Times

- > 9am–3pm MT (8-2 PT, 10-4 CT, 11-5 ET)
Breaks included

30-hour Instructor Training with certification

Fee: \$1,095

ABOUT THIS COURSE

Desert Waters' proprietary course "Correctional Family Wellness™" (CFW) presents information to adult family members about how corrections work experiences can impact family life, and provides suggestions for dealing with scenarios commonly experienced by correctional families. This highly interactive course is designed to be offered to adult family members of seasoned correctional employees (jail, prison, probation or parole) as a 4-hour course, and also to adult family members of new staff as a 2-hour course. It is also offered to correctional employees as a 30-hour Instructor Training with certification (18 hours online and 10 hours independent study, followed by two 1-hour telephonic coaching sessions with DWCO's coaches). Independent study includes the books "Staying Well" and "When Home Becomes a Housing Unit."



TARGET AUDIENCE

Adult family members of new correctional staff and adult family members of seasoned correctional employees (jail, prison, probation or parole) of all disciplines and job roles

COURSE TOPICS

- Corrections Work Realities
- When Work Comes Home
- What Might My Loved One Face at Work?
- Organizational Ways to Counter the Challenges
- Help for the Family
- The Basics of Self-care
- Managing Your Emotions
- Family Scenarios

ABOUT CFW INSTRUCTOR CERTIFICATION

- 3-day, 18-hour, online Instructor training plus 10 hours of independent study; followed by two 1-hour telephonic coaching sessions with DWCO's coaches.
- Instructor candidates who complete all course requirements successfully are certified by DWCO for three years as CFW Instructors.
- DWCO-certified CFW Instructors can offer the CFW course, only to families of staff at their agency, as often as needed during their 3-year certification. They are not certified to offer the CFW course to employees of other agencies.
- As this is NOT a Master Instructor training, DWCO-certified CFW Instructors are not certified to train other instructors to offer the CFW course.
- Re-certification after three years requires passing an examination and paying the recertification fee.

INSTRUCTOR SELECTION CRITERIA

- Prior Instructor certifications (recommended)
- Experience training correctional employees in classroom settings
- 5 years+ of working in corrections work settings (recommended)
- Experience having worked through work-related challenges in their personal life
- Ability to be empathetic and a good listener
- Ability to moderate discussions

COURSE AUTHOR AND INSTRUCTOR

Caterina Spinaris, PhD, LPC, is DWCO's founding Director and a Licensed Professional Counselor in the State of Colorado. Dr. Spinaris has been treating and training correctional employees and their families since the year 2000. She also develops wellness-related educational materials, and conducts research on correctional employee wellness. In addition to this course, Dr. Spinaris has also authored DWCO's signature course, *From Corrections Fatigue to Fulfillment™ (CF2F)* which received the 2016 Commercial Product of the Year Award of Excellence by the International Association of Correctional Training Personnel; *True Grit: Building Resilience in Corrections Professionals™*; *Towards Corrections Fulfillment: For New Staff™*; and *The Supportive Correctional Supervisor™*. Dr. Spinaris is the 2014 recipient of the Colorado Criminal Justice Association's Harry Tinsley award, and the author of the books *Staying Well: Strategies for Corrections Staff*, now in its third edition, and *More on Staying Well: More Strategies for Corrections Staff*.



DESERT WATERS
CORRECTIONAL OUTREACH

Desert Waters Correctional Outreach is a 501(c)(3) tax-exempt corporation (EIN 30-0151345) with the mission to advance the well-being of correctional staff and their families, and the health of correctional agencies, through data-driven, skill-based training.

COURSE OBJECTIVES

1. Provide information to family members about the possible impact of the job on their corrections employee loved one
2. Provide information to family members about the impact of the job on the family
3. Provide family members with resources and practical suggestions to address commonly occurring challenges at home related to corrections work

WHY THIS COURSE

Family may be the most important support system of correctional employees. And yet family life is often negatively affected by the inherent stressors of corrections work, at times seriously straining relationships, and impacting the well-being and functioning of all concerned.

Correctional families would benefit from:

- Being informed about how the corrections work environment can impact employees
- Being equipped with practical suggestions as to how to be supportive of their correctional employee loved one
- Knowing the basics of managing job stress when it intrudes on home life
- Being informed about the basics of effective self-care

OFFICER INTERVENTION

BY TEDDY LAUBENGAYER, JCOI

When it comes to offenders in our care, we take suicidal statements and mental health crises seriously, just like I would assume all correctional facilities do. It's never taken lightly, even when offenders say they were joking or didn't mean it. We spend hours of training learning the signs, statistics, legality, first aid response, and mental health expectations to best respond to offenders in crisis.

After five years of working in corrections on both the adult and juvenile sides, the training has become like muscle memory to me. I've become so good at doing what I need to do for the offenders in crisis, without hesitation or second guessing. I can deescalate an offender who is threatening to self-harm. I know from experience how to use the suicide cutters to get a sheet off an offender's neck. I can be proactive in seeing the signs of depression and calling mental health before it becomes a crisis. The list of what I can do for offenders goes on and on.

If an officer is in crisis and having suicidal thoughts, there is a notable disparity in resources and response.

I often hear my coworkers make jokes about wanting to die or kill themselves, talk about how drunk they get after work, or how much they hate their lives. It feels awkward, and like it is not my place to check on my teammate, even when I know those are red flags for depression.

We are conditioned to think that our coworkers are adults, and that they can handle these dark feelings on their own. But I know the statistics and signs for correctional officers and suicide. Deep down, I know that by saying nothing or by laughing at their statements, I am just enabling the depression to take further hold of my friends.

How can I be so good with offenders in crisis, but with officers in crisis, I feel like a deer in headlights?

The more I think about this, the more I wish that all corrections agencies had a protocol for officer's mental health. I wish there was training for staff suicide prevention with just an ounce of the same emphasis we give to crisis intervention with offenders.

Asking for that would mean that I would have to challenge the taboo topic of mental health among correctional officers. It would be breaking the unwritten vow of silence we as officers have made to not look weak or soft. It might even mean the gap between offenders and us would not be as wide as we would like it to be. It would mean admitting we have parts of this job affect our lives outside the fence.

But all this would be worth it, as it could save precious lives.

Editor's note: *Thankfully, some correctional agencies now offer a staff suicide prevention course annually. We'd like to see policies be put in place so this practice can be implemented in all correctional agencies across the country.*



TRUE GRIT:

"Building Resilience in
Corrections Professionals™"

INSTRUCTOR TRAINING

Online Training &
Independent Study

2022 Online Instructor Training Dates

- > Feb 07-10 & Feb 14-16
- > Dec 6-9 & Dec 12-14

Times

- > **Times Online:** 10am–2pm Mountain Time (9am Pacific, 11am Central, noon Eastern)
- > **Independent Study:** 12 hours
- > **Phone Coaching:** Two 1.5 hour individual sessions following the online training

"This course will have a profound impact on all correctional staff both at home and at work."

7-day (43-hour) Online Training & Independent Study

- Science-based factors that promote resilience
- Skill-based tools that apply to corrections employees' work and home life
- Positive, practical, empowering, engaging, motivating—and FUN!
- Sequel to the award winning CF2F course, but also stands alone
- Certification for the 1-day training with the same title

Upon Successful Completion of Certification

Requirements Instructor Candidates Will Receive:

- Certificate of Completion for 43 Contact Hours
- Three-year certification and license* as Instructors** or Co-instructors** to offer the 1-day TG course to their agency staff***
- Electronic copies of TG course materials
- TG updates during their three-year certification

Fee: \$1,495.00 per Instructor Candidate.



True Grit

Course Author: Caterina Spinaris, PhD., is DWCO's Executive Director and a Licensed Professional Counselor with over 30 years of clinical experience. Caterina conducts research, and offers research-based trainings and interventions to corrections agencies to counter the effects of occupational stressors, and to increase organizational health and employee well-being.

In addition to TG, she authored the award-winning course "From Corrections Fatigue to Fulfillment™," as well as the courses "Correctional Family Wellness™," "The Supportive Supervisor™," and Peer Support Training. Caterina is the 2014 recipient of the **Colorado Criminal Justice Association's Harry Tinsley award.**

What staff have said about True Grit

- "This course delivers the answer to the 'Now what?' question after CF2F. It builds and strengthens the toolbox for employees working in such high stress environments in a simple yet profound way. 'True Grit' generates bond-building discussion with real life application."
- "By far the best training I have been through."
- "I would like to see this class in the future in Block Training. The class opened your eyes to the different ways of being a better partner at work as well as at home."
- "This class is a great tool for work and more importantly HOME LIFE!!! This should be given during Block Training. I feel it is an important tool to help people take a step back and look at things they may be doing or not doing. Overall an EXCELLENT class!!!"

Criteria for Instructor Candidates

- Prior classroom training experience
- At least 5 years of working in corrections
- Experience working through work-related challenges
- Ability to motivate others
- Ability to manage classroom discussions



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CORRECTIONAL OUTREACH

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REGISTRATION FORM

Dates: Feb 07-10 & Feb 14-16, Dec 6-9 & Dec 12-14 Fee: \$1,495 per Instructor Candidate

We also offer in-person instructor trainings for 10 or more.

Instructor Candidate Name(s): _____

Corrections Agency Name: _____

Address: _____ City/State/Zip: _____

Phone: _____ Email: _____

Method of Payment: Check enclosed, payable to DWCO, P.O. Box 355, Florence CO 81226

Credit Card: Visa/MC Discover American Express

To pay by Credit Card, call us at 719-784-4727. Purchase Orders accepted.

desertwaters@desertwaters.com.

Cancellation Policy: No refunds less than three weeks prior to the training. Registrations are transferable to another instructor candidate of the same agency as long as instructor candidate criteria are met.

*TG licenses are renewable for another three years by passing an online exam (fee \$490)

**Instructors can teach on their own if necessary; Co-instructors must always team-teach with an Instructor

***Instructors and Co-instructors are NOT certified to train other instructors or individuals outside of their agency

LET'S TALK ABOUT IT – SUICIDE

BY SUSAN JONES

When was the last time that you talked to an inmate or a correctional client about their suicidal feelings or actions? Most corrections people talk to inmates or clients about issues surrounding suicide quite often. It is what we do. Moreover, after the first couple of times, we do it well. I have seen many corrections people have a kind, caring conversation with an inmate who is contemplating suicide with as much ease and professionalism as having a conversation about a work referral process. We know that many those we manage have a history of suicide attempts or they have considered making an attempt. We also know that it is our job to try to prevent them from taking their own life.

I could go on about our legal obligation to protect the people we are charged with supervising. I could also talk about the risk that a suicidal inmate poses for the staff and other inmates – but I won't. I want us to consider, just for a moment, the ease with which we deal with this potentially volatile conversation and the "facts" that we know about this process. Then, I want each of us to consider using those same skills when we deal with each other and with people in the community.

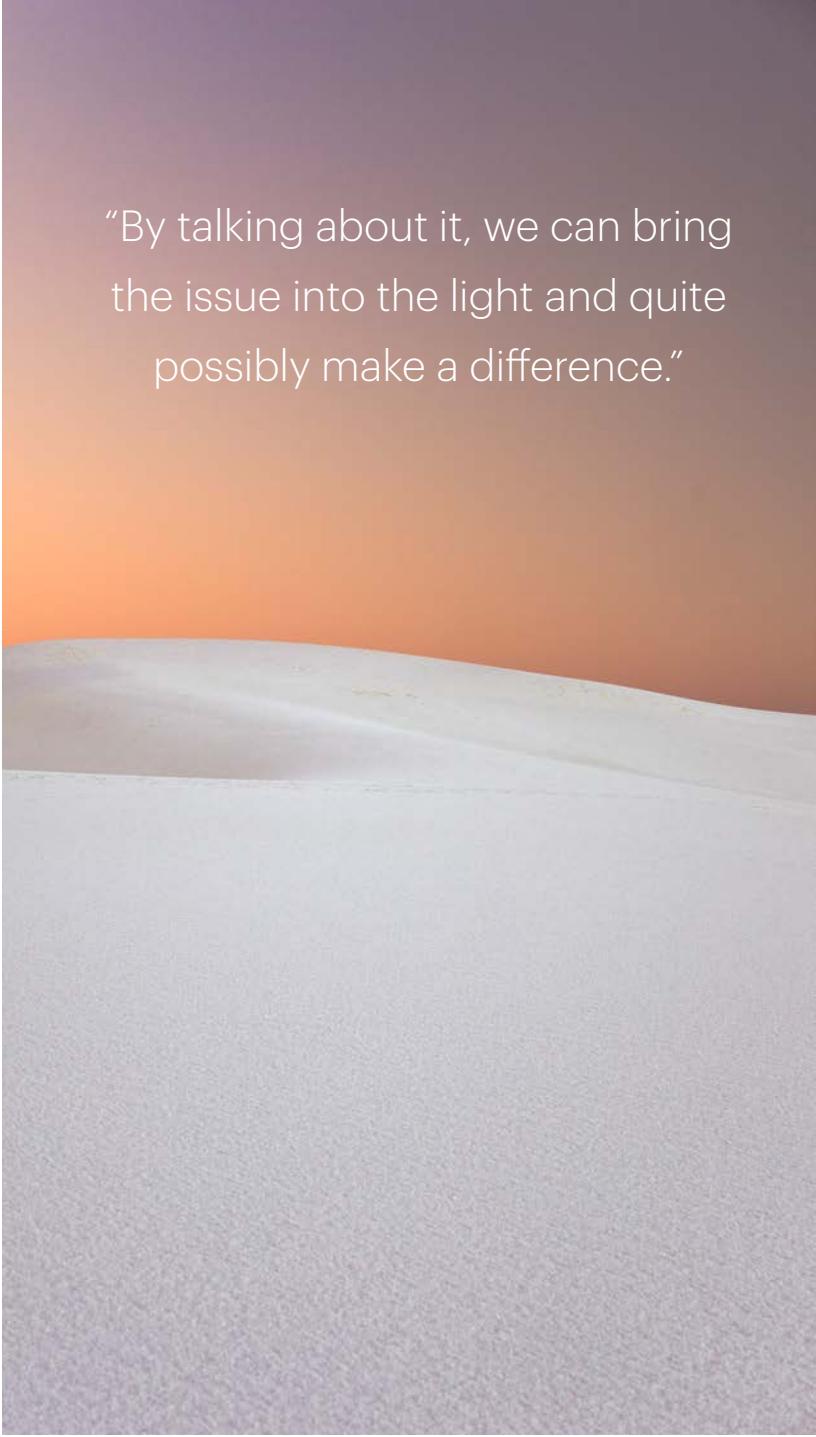
You see, I have a friend that has been dealing with depression during the past five years. One day she started to tell me about it and, of course, I asked her whether she had any suicidal thoughts. She started to cry and told me that I am the only friend she has that will talk to her about this very dark part of her illness. She has many other friends who work in corrections and none of them will have a real conversation with her about this very serious issue.

"The awareness of the number of suicides among correctional staff seems to be increasing, and leaders are creating programs or calling for studies into the reasons behind the deaths."

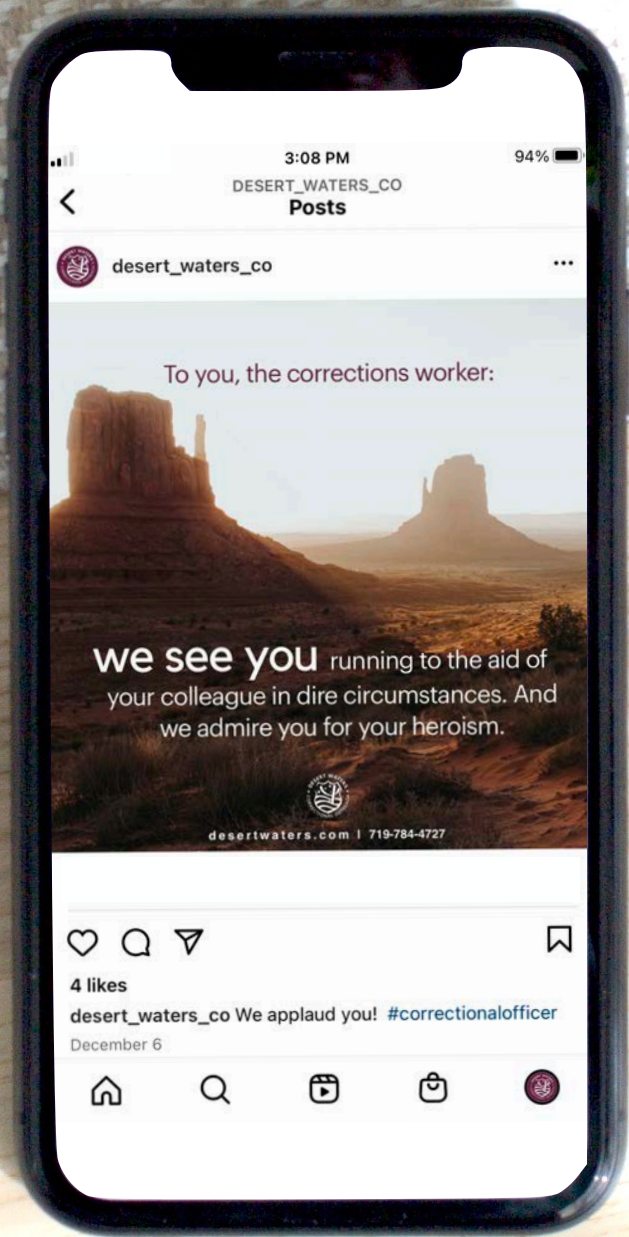
I was surprised and saddened when I heard this. I reflected on why these same people who I know deal with suicidal issues on a frequent basis, were not able to help their “non-corrections” friend without being hindered by the social stigma that so often goes along with this topic. This particular instance is not the only time I have seen this type of reluctance of highly trained corrections professionals to address the issue and instead turning away from having a real conversation with a friend about suicide.

I am amazed that as corrections professionals we can deal so effectively with inmates but we don't want to see this issue with our friends. I know this is a part of the stigma that goes along with suicide and suicide attempts, but I also believe that if we can normalize this conversation, we will very likely become better able to help each other.

The awareness of the number of suicides among correctional staff seems to be increasing, and leaders are creating programs or calling for studies into the reasons behind the deaths. I know that with each suicide comes a very complex set of circumstances and there is not one simple solution. However, I also know that we as corrections professionals are ideally situated to help with this crisis. We must begin to talk to each other, both at work and in the community, with the same level of professionalism and concern as we do with inmates. We need to become more comfortable with having this conversation when the need arises, and make it a key part of taking care of each other and ourselves. By talking about it, we can bring the issue into the light and quite possibly make a difference.



“By talking about it, we can bring the issue into the light and quite possibly make a difference.”



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on Instagram and
Facebook!

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IF YOU ARE FEELING SUICIDAL

BY CATERINA SPINARIS

Dear Correctional Worker:

Lately you may have been thinking that life has become too hard, that holding on is not worth the struggle. Seductive thoughts of “ending it all” comfort you—but they also scare you. They seem like friends offering an alluring way out. But you don’t really want to die. You just want the pain to go away.

Having thoughts of killing yourself is not terribly unusual. None of us likes to suffer. We all want pain relief, solutions for our problems. When cornered, we all want “out.” But there are many infinitely better ways to deal with pain than suicide.

I don’t know what your circumstances are, but perhaps recent losses or failures feel devastating. Perhaps your significant other informed you that the relationship is over. Maybe you crossed a line at work and you’re now under investigation. You might have just gotten a DUI. You may be in serious debt due to your gambling. Perhaps you were diagnosed with an illness which, to you, strips you of your quality of life. Perhaps you have a family history of severe depression.

Sorrow, shame, guilt, regret, self-hate, rage, and worry threaten to suck you down into their black hole. Feelings of worthlessness, hopelessness, and helplessness overwhelm you. You keep flying off the

handle or you can barely stop crying. Your mind screams at you, “Loser! You messed up BIG this time! It’s over! You’re done!” Thoughts of death come masquerading as a merciful escape.

A part of you may be feeling a pull toward self-inflicted death. Yet, another part of you wants to live. Perhaps that is why you are reading this now.

Please hear me. If you see yourself in what I described above, see a medical doctor and behavioral health professional **promptly**, even if that means going to the emergency room. Or call 911. At the very least, call a 24/7 suicide hotline **immediately**, like the [National Suicide Prevention Lifeline](#) at 800-273-8255.

You need help and support NOW. This may involve psychological treatment and/or medications (at least for a season).

You may not like to take medications. Yet, extreme and repeated stress affects brain chemicals and therefore brain functioning, sometimes leading to depression. If your car’s battery was out of juice, you would recharge that battery. In similar ways, to recharge and heal, the depressed brain needs assistance, such as through medications and/or “talk” therapy. Why try to tough it out? So if your physician prescribes medication to help with your mood, please take it faithfully, as prescribed. Make that a priority, no matter

how you feel. Do not mix alcohol with it! If side effects bother you, let your physician know, so that a different medication can be prescribed. If you have concerns about your treatment and believe you need a second (and even third) professional opinion, get it. Never give up on looking for help.

Now, about your life situation. Look for a psychotherapist who uses evidence-based approaches, such as cognitive-behavioral therapy, to treat depression. When we're severely depressed, our thinking becomes muddled. A bad situation appears to us like a catastrophe that can't be remedied. We lose hope that anyone will ever love us again, or that we'll ever feel good again. We believe the lie that we can't get our lives back on track. We become convinced that there is no forgiveness for our wrongdoings. We embrace the lie that suicide is the best option.

We need an objective, compassionate and knowledgeable professional to help us find our way out of this darkness. That person can help us see that these thoughts are distortions stemming from highly charged emotions, and possibly from a chemically-depleted brain.

You ARE worth loving. This is based upon your sacred spiritual core and on Who created you. It has nothing to do with who wants to be with you, your finances, or your professional status.

Life-affirming alternatives to suicide abound. Solutions—short-term and long-term—can emerge as you give yourself time to heal. Do your part—get the help you need—and solutions will appear. Hold firmly onto that hope. You'll watch your depression melt away as you gradually apply more effective ways to tackle challenges, take better care of yourself, and quell emotional storms. Getting through this crisis will result in your adding valuable coping tools to your toolbox.

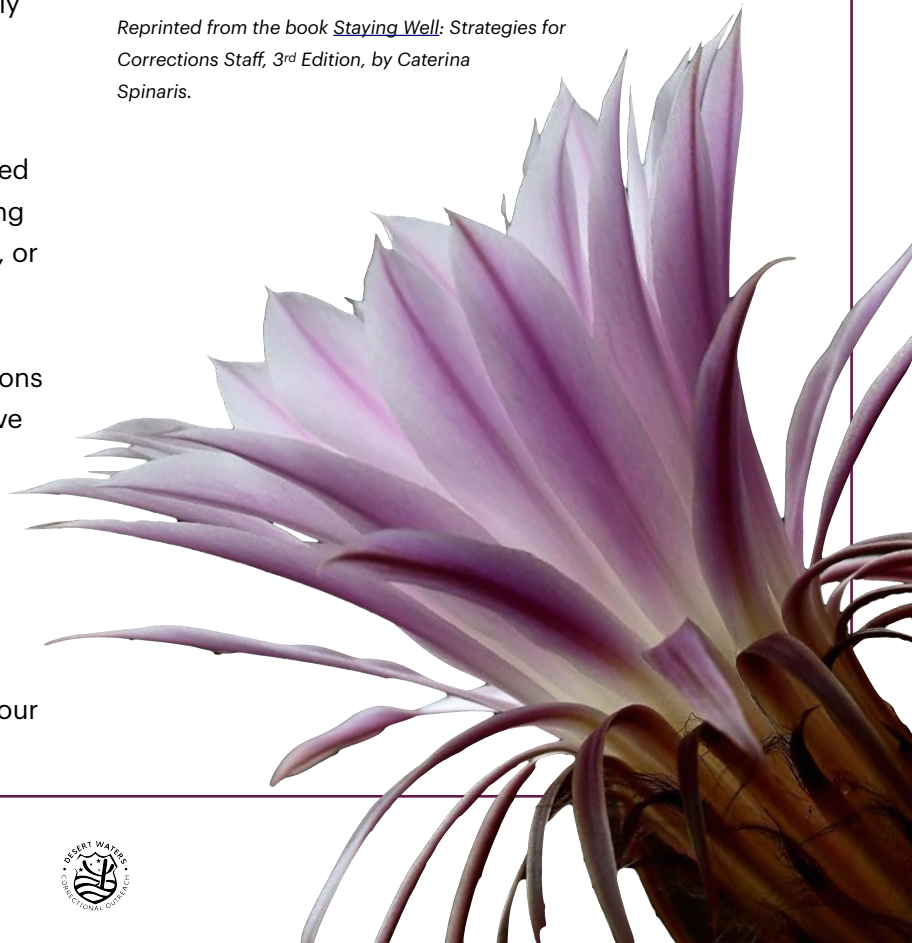
To overcome the darkness, you also need the fuel of love. Look for a community that will accept you “just as you are.” This may be a 12-step group, such as Alcoholics Anonymous, a divorce recovery group, a support group for people suffering from a certain illness, or a faith community. Or it may simply be trusted friends and family. It may be a “vertical plugging into” the Highest Power, the One you call your Maker or your God.

Good can come out of bad. Mistakes can be amended. Forgiveness can be found. Love can come knocking on your door again. Dignity can be restored. Progress can spring from catastrophes. Purpose can grace your path once more. Peace can reign in your heart.

If you don't yet believe that life can get better, I invite you to piggyback on my hope for you. I KNOW it can.

Remember: **a vital part of you wants to live. Protect your life!** It is a precious gift, absolutely worth preserving!

Reprinted from the book [Staying Well: Strategies for Corrections Staff](#), 3rd Edition, by Caterina Spinaris.



TRANSCONTINENTAL TRAINING

BY DARIA MAYOTTE



With individuals from five states across the US, the US Army, as well as two additional countries, our group of 15 participants for the online *Corrections Fatigue to Fulfillment Training for Trainers (CF2F T4T)* was quite a diverse group!

A prison chaplain from Australia faithfully signed on with us daily at 3am his time.

Two others worked partial shifts from 5:20am-10am before taking a “break” to join the class.

Another dealt with an attempted suicide of one of the individuals in custody at their institution in between our sessions.

Needless to say, this was a committed group of men and women, eager to dive into the details of the course for the benefit of becoming certified to offer CF2F to their colleagues.

Throughout the course of the seven, four-hour days we spent together online, we had opportunity to get to know one another more personally, spend some time in small groups, and share from the heart.

Although there are drawbacks to interacting through a screen instead of in person, many of those who participated would not have had opportunity to do so outside of internet lines. Technology has certainly shortened the distance from state to state and country to country. And for that we are immeasurably grateful.

In a world where many are prone to highlight differences among groups, it is interesting to note the strong similarities we observed regarding occupational stressors (and their consequences) among corrections staff as we interacted with these men and women.

In the same vein, there is also a camaraderie among corrections professionals regardless of their location, job assignment, or rank. These similarities cross jurisdictions, states, countries, and even continents. What a powerful way to connect despite being oceans apart!

The training went smoothly in three parts: two days of teaching CF2F to the participants as learners; four days of teaching the participants how to teach the course; and a final day in which we broke up into small groups for the participants to teach the material back to us.

It was an impressive group whose hearts are in the right place, desiring to teach the course as one participant said because, "I care about people, and I want to see our facility succeed."

There was some notable introspection as we worked through the content. One commented, "There's a definite need to identify and address traditional barriers that exist which up to this point prevented the airing of 'dirty laundry.'"

Another participant commented, "We give everything to this job. We've got to find a way to keep enough back for our families."

Day 5 presented opportunity to discuss the topic of forgiveness, a conversation which unearthed some

sincere discussion from participants grappling with this idea on a personal level.

We are grateful for the ways in which each one wrestled with the content and began making it their own as they retaught portions. And we are encouraged to have been left with comments such as:

"I've seen lots of generic 'resilience' programs, and some that deal with trauma, but to find one that recognizes the stressors that also come from operational and organizational (sources) as well as the trauma is such a relief. I feel 'seen' by that, and I'm confident other staff will also."

"Break off teams were cool. Intentionally looking at my team and their strengths is good. Personal growth section was good. I am very impressed with the instructors, well-spoken and great communicators."

"I love the program, and can't wait to teach it. It is such good information that I think everyone needs."

CF2F Instructor candidates will complete two hours of phone or virtual coaching with us in the coming days, and several will begin teaching the course at their facilities within weeks. Our prayer is that they would not only represent the material well, but that they would be men and women of exemplary character who would care well for those entrusted to their classrooms.

IN MEMORIAM

Robert Daniel, Corrections Officer,
Graves County Jail and Restricted Custody Center, Kentucky

Delmar Dean, Lieutenant,
West Virginia Division of Corrections and Rehabilitation

Ericka England, Corrections Officer,
California Department of Corrections and Rehabilitation

Thomas Huneycutt, Correctional Officer II,
North Carolina Department of Public Safety

Richard "Rich" W. Newkirk, Corrections Officer,
Iowa Department of Corrections

Anthony Pasquarello, Correction Officer,
Essex County Jail, Massachusetts

Kevin Reaux, Detention Cadet,
Bexar County Sheriff's Office, Texas

Mark Rustemeyer, Corporal,
West Virginia Division of Corrections and Rehabilitation

Quote of the Month

"We were built to count, as
water is made to run
downhill. We are placed in a
specific context to count in
ways no one else does. That
is our destiny."

- Dallas Willard

MEET THE CORRECTIONAL OASIS TEAM



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Founding Director

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Executive Assistant

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STEVEN MAYOTTE, B.DES., LEED AP
Chief Operating Officer

GRAPHIC DESIGN & LAYOUT

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DWCO Mission

Advancing the well-being of correctional staff and their families, and the health of correctional agencies, through data-driven, skill-based training

Caterina Spinaris, PhD, LPC, Executive Director
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Your gifts are tax-deductible.

Desert Waters Correctional Outreach, Inc., is a non-profit corporation which helps correctional agencies counter Corrections Fatigue in their staff by cultivating a healthier workplace climate and a more engaged workforce through targeted skill-based training and research.



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