

20
YEARS

HELPING CORRECTIONAL AGENCIES BUILD A MORE ENGAGED WORKFORCE

CORRECTIONAL OASIS

A Desert Waters Publication

JUNE 2023

National Correctional Family Appreciation
Week

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Volume:20
Issue:6



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

NATIONAL CORRECTIONAL FAMILY APPRECIATION WEEK

BY CATERINA SPINARIS

This issue of the Correctional Oasis is dedicated to wellness needs of correctional families, and we take this opportunity to make a proposal to correctional professionals across our nation.

On May 5, 1984, President Ronald Reagan signed Proclamation 5187 that designated the first week in May as National Correctional Officers Week, to honor correctional officers. We now celebrate this week as National Correctional Officer and Employee Appreciation Week.

For all of us who are familiar with corrections work in some capacity, it is relatively easy to note Correctional Officers' and other correctional employees' tenacity and bravery.

It is not as easy to note the tenacity and bravery of their family members, especially their spouses/domestic partners, who are the glue that holds the family together.

Given the vital, even critical, support provided to correctional staff by their families on an ongoing basis, usually quietly and in the background, why not designate the first week of June as National Correctional Family Appreciation Week?

We hereby propose to formally recognize correctional families for their commitment, loyalty, courage, forgiving spirit, and tireless efforts to keep their home life healthy and their family members together, both practically and relationally. Perhaps we could adjust the old adage to instead say, "Behind every successful correctional employee is a supportive family member."

We want to acknowledge their faithful perseverance in the face of the toll that correctional work takes on their

loved one, and, indirectly, on them, usually with very few tools at their disposal.

Correctional families aim to provide their correctional employee loved ones with a safe haven, a refuge, the place where they go to find peace, to relax, and be refreshed and renewed. Home is the primary place where correctional employees receive love, support, encouragement, and help.

Yet, as you know only too well, correctional families often make considerable sacrifices alongside their loved one who works in a correctional environment.

And with COVID-19 the last few years, and the extreme amounts of mandatory overtime with no end in sight, the sacrifices made by families on an ongoing basis have grown exponentially.

We have the staff's recognition/appreciation week in May. Military families get celebrated the whole month of November.

A week dedicated to correctional families is WAY OVERDUE.

Celebrating correctional families during the first week of June, between Mother's Day in early May and Father's Day in mid-June, may be the perfect slot in the calendar for correctional families, by honoring the mothers and the fathers who lead and provide for these families. This year these dates are June 5-11.

Our desire is that individuals and correctional agencies start recognizing correctional families unofficially (to begin with) this June, as we build momentum for an official recognition for such a national event.

Think of it as launching a grassroots "movement" to build support for this idea collectively, and then approach higher-level decision-makers about making this an officially recognized annual event.

That is why I urge us all to get on board with the celebration of National Correctional Family Appreciation Week. Let us not wait for a presidential proclamation. Let us choose to express our appreciation to correctional families NOW, in our hearts, in our homes, at the places where we work, and in our communities. Perhaps a presidential proclamation will follow later on. In the meantime, let us not keep correctional families waiting

any longer for the belated recognition of their immense value and their untold sacrifices.

Some of you may also want to celebrate parents and other close family members who are part of your support system, and that is completely commendable.

So, what can you do to honor your family and correctional families nationwide during the National Correctional Family Appreciation Week?

Read further for some options. We'd also like to hear your suggestions about this. Email them to us at admin@desertwaters.com.

Celebration of National Correctional Family Appreciation Week at HOME

In your personal life, a sincere, heartfelt THANK YOU to your significant others for supporting you and being there for you is a good start (accompanied by apologies where apologies are due).

Then figure out ways to speak to them in their "love language" by doing something with them and/or for them that you know they like. Spend focused time with them, one-on-one. Express your affection physically, through touch and hugs. Do the one thing they've asked you repeatedly to do and which you've been putting off. Point out their strengths as a person, and the times they've been patient with you, trying their best to understand you or to give you space. Give them a little gift you know they'd enjoy having. Whatever you do, put a smile on their faces.

Post the celebration of the first National Correctional Family Appreciation Week on social media – Facebook, Instagram, LinkedIn, TikTok, Twitter and use the hashtag [#nationalcorrectionalfamilyappreciationweek](https://www.instagram.com/nationalcorrectionalfamilyappreciationweek)

Celebration of National Correctional Family Appreciation Week at WORK

In your professional life, spread the news about National Correctional Family Appreciation Week to coworkers, supervisors, administrators and union leaders. Then consider implementing some of the following ideas:

- Administrators and supervisors, make a special announcement to that effect at your facility.
- Ask staff to submit anonymous statements of reasons why they are grateful for their families, and share these with your workforce. Maybe even print that list and send it home for the families to read.
- Prepare a letter of appreciation that staff can take home and share with their significant others, including their children. We provide you with a sample letter here. (I believe that it is no exaggeration to say that some of your staff are still working at your agency because of their families' rock-like support and encouragement, and their carrying the burdens and demands of home life to a large degree.)
- If at all possible, host a barbecue or another form of a Family Day, even if you have to schedule it

Email us at admin@desertwaters.com to let us know that you're in! We will email you a flyer that you can share, and also a short video announcing this event, so you can continue to spread the word about the first National Correctional Family Appreciation Week!

- for a later time, as this is your first National Correctional Family Appreciation Week.
- Administrators, guide your Public Information Officer to announce the celebration of National Correctional Family Appreciation Week to the local media.

If your agency supports this initiative, send us an email stating that (and also perhaps giving us any additional information or feedback) at admin@desertwaters.com.

We will be compiling a list of all the agencies that support this effort, to submit it to decision makers as we move forward with our proposal to establish the first week of June as the National Correctional Family Appreciation Week.

For Administrators: A Sample Family Appreciation Letter

Here is a sample letter of appreciation you can prepare for your staff's adult family members, to be mailed out or sent home to them with your employees. You can modify it as you see fit.

Dear Family Member of (Agency Name) Employees:

Working in corrections is a very demanding job that places a lot of responsibilities on staff's shoulders, and confronts them with many harsh circumstances. It can be very difficult to relate to by family members unaware of the realities of correctional work environments, even though they are affected by these working conditions "when work comes home."

As part of our very first National Correctional Family Appreciation Week, we want to take this opportunity today to express our appreciation for what you do to keep home life running while your loved one is at work, and doing what you can to be there for them when they are home.

You play a vital role, because our staff are truly our most valuable asset, and you are a key contributor to their wellbeing.

So, we humbly and gratefully say, "THANK YOU!"

Signature
Name
Title

JOIN US IN CELEBRATING THE FIRST EVER:

NATIONAL CORRECTIONAL FAMILY APPRECIATION WEEK

JUNE 5-11, 2023



"I have always said that this profession takes a serious toll on the family. Things as simple as shift work and unexpected overtime, missed birthdays and family get together on top of the day to day stressors of the job."

John Eckenrode

President

Pennsylvania State Corrections Officers Association

"I think this initiative is the natural evolution from individual mental health, and an important area to improve wellness in corrections."

Tor Erik Larsen

President / Union Leader

Union of Norwegian Correctional Services Employees

Click or scan the code to show your support!



admin@desertwaters.com

"Recognizing the important role family members play in helping correctional staff maintain a sound work life balance throughout their careers is long overdue. Corrections is a unique profession with unique stressors. Providing family members with the support they need and a network of contacts to reach out to can be essential to helping them and their loved ones negotiate this challenging career. We applaud the efforts of Desert Waters for raising awareness of this issue to a national audience. Please add One Voice United among your list of supporters."

Andy Potter

Founder / Executive Director,
One Voice United

#nationalcorrectionalfamilyappreciationweek

IMPACTING THE MARRIAGES AND FAMILIES OF CORRECTIONS STAFF

BY DARIA MAYOTTE

The spouse of a corrections staff member said, “When my husband got a job at the Department of Corrections as a Correctional Officer, I had no idea that the kids and I would be signing up too.”

Working in corrections takes a toll - not just on the individual, but on the entire family. It's a job in which the challenges (and sometimes the rewards) are much more extreme than in other professions. It's a job that changes you, and often not for the better. It's a job that often assaults the ability to actively participate in family life and relationships. It's a job that leaves an indelible mark both on the staff member as well as his/her loved ones.

Caterina and I were honored to have the opportunity to facilitate our Correctional Family Wellness for Staff (CFW-S) course to more than 120 participants at One Voice United's (OVU) Elevating Our Profession conference in Colorado Springs on April 27.

This being the first time this course was presented, we were truly amazed and humbled by the interactions and responses. With a crowd of individuals inclusive of union leaders, supervisors, correctional staff, spouses and partners of correctional staff, and adult children of correctional staff, among others, the impact that the profession has had on each of their families was (sometimes excruciatingly) evident.

Participants were challenged to evaluate a wide variety of areas that have likely been impacted as a result of their career, including emotional closeness with family members, social life, faithfulness struggles, increased

mistrust, insensitive humor and foul language, among other topics. Consequences often include broken marriages and families. Perhaps it is worth again mentioning dire statistics among corrections staff, such as the 34-43% PTSD rate, 24-48% moderate to severe depression rate, and 32-60% generalized anxiety disorder rate - all rates that are significantly higher than found among the general public. You can imagine the impact all of these symptoms can have on health, family life and relationships.

Throughout the course we utilized the printed stories and comments of many correctional staff family members over the years and encouraged participants to respond and interact around those statements. They could overwhelmingly relate and subsequently build a sense of community with others in the room - those from multiple States across the USA as well as New Zealand, Australia, Israel, and Norway. We have learned over the years that the toll corrections takes is not exclusive to a particular country; the impact of such an unnatural environment is universal in many respects.

Among the most significant outcomes of the course was the fact that one participant, following the conclusion of CFW-S, left the conference early for the purpose of an early trip home to work towards reunification with a spouse. There could be no greater answer to prayer for a conference such as this.

Seeds were planted that are literally being spread across the nation and world. May they take root, grow, and bear much fruit.



Join us for Desert Waters'

CORRECTIONAL FAMILY WELLNESS™

As a corrections staff member, do you feel like you are living two separate lives?
(Work & Home)

Are you concerned that work experiences may be hurting your most important relationships -- those with close family members?

Do you want to gain insight and tools to help you and your spouse/significant other manage work-related challenges?

Do you want to become a DWCO-certified CFW Instructor to help your colleagues better address these challenges?

**Sign up today for this online
Train the Trainer course.**

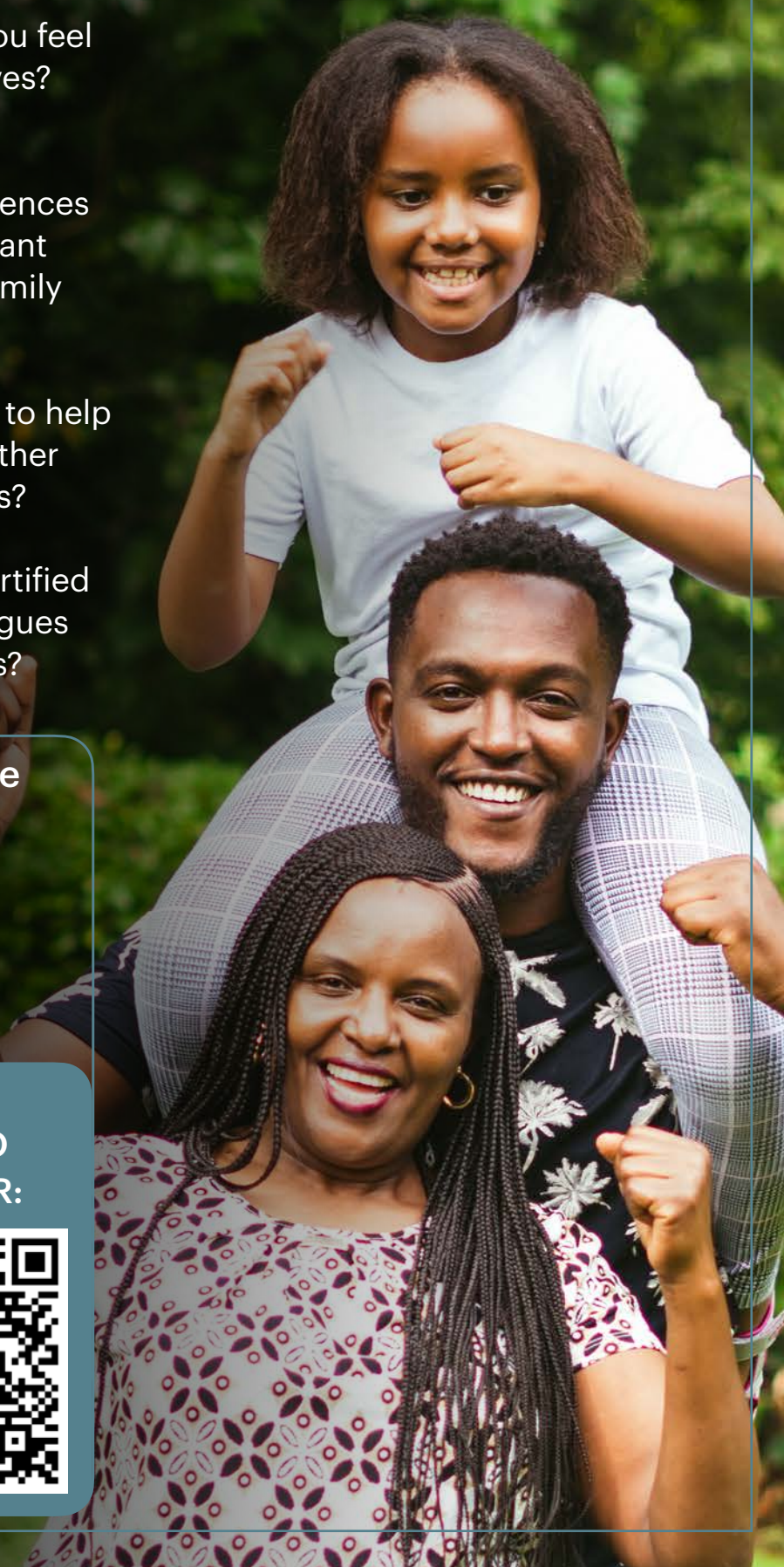
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CORRECTIONAL FAMILIES – COLLATERAL DAMAGE?

BY CATERINA SPINARIS

In ongoing discussions and movements across the nation several reasons are given as to why we need prison reform in the U.S. Today I want to share with you one more such reason, a reason that has been embedded in the heart of Desert Waters' mission since its birth in 2003.

This reason is the *health and wellbeing, even the survival of what may be correctional staff's most valued asset – their family life.*

The words I am about to share may sound overly dramatic to some, but I know from hard data, and also from my interactions with correctional staff and their family members for 23 years now, that they are based on fact, and that, sadly, they prove to be true only too often.

What Do We Mean by Correctional Families Being Collateral Damage?

According to the Oxford Learner's Dictionaries, **collateral damage** in military terms refers to deaths of or injury to civilians (that is, people not in the armed forces) or damage to buildings that are not connected to the military during a war.

Correctional staff family members and their family life can become "collateral damage" when they are impacted by the destructive ways correctional work impacts their loved ones, which then "come home," invading and overtaking their personal lives.

Negative consequences of correctional work can be thought of as falling in two broad categories:

- (a) the ways families are affected by lifestyle changes and external demands imposed on them when their loved one becomes a correctional employee; and
- (b) the ways families are negatively affected by their loved one's Corrections Fatigue – negative changes in their loved one's personality, health, and functioning – work-related changes that keep adding up over time.

These effects do not necessarily have to end in broken relationships or family violence. However, they can often lead to emotional distancing; family members not feeling emotionally safe around their correctional loved one; feeling cast aside; being rightfully concerned about loved one's habits (such as a notable increase in alcohol consumption or the continual playing of violent video games); or "walking on eggshells" to not set their correctional loved one off, given the obvious increase in their moodiness and irritability.

These negative changes and their fallout occur in contexts where staff are not trained in handling work-related stressors, or are faced with work conditions and policies that undermine wellness. And they are not taught how to be supportive of their families, how to help them cope with the lifestyle and other adjustments that corrections work throws their way.

Similarly, adult families are not prepared or equipped to deal with the stressors of corrections work that impinge upon them.

Simply instructing staff to leave work at work without equipping them with skills, work conditions, and the opportunities to do so, such as through regular debriefings at the end of a shift, does not work well, especially on high-stress days.

Leaving work at work is more likely to be accomplished through healthy means, mostly on low-stress days, and by staff who are well-rested, and who have an opportunity to process their workdays' events before they get home. These conditions are not typically afforded to U.S. correctional staff. (In Norway, by contrast, staff enjoy overlapping shifts. During the overlap, the exiting shift updates the incoming shift regarding observations about the incarcerated persons, discusses how challenging situations were handled and how else they could have been handled, and shares concerns. And Norwegian COs do not work much mandatory overtime.)

And when we say "family members," let us not forget to include the parents and the siblings of correctional staff, and others close to them. I still remember the father of a Correctional Officer who worked at a particularly violent maximum-security institution, who told me with tears in his eyes, "We do not know who our son is anymore." After reading our booklet **Staying Well**, he told me that now he understood more about what happened to his son, and how to best approach him.

Data

Regarding research data, one study indicated that staff's Work Health impacted their Family Health unusually strongly (**Spinaris & Brocato, 2019**). As staff's Work Health increased, so did their Family Health. And, conversely, as staff's Work Health decreased, so did their Family Health.

(Work Health in that study referred to staff's level of morale, energy – physically and emotionally, and job satisfaction. Family Health was measured by items such as, *My work schedule causes conflict at home; My family has told me I should find a job outside of corrections; When I get home from work, I feel like I've got nothing more to give; Since I started working in corrections, I find it harder to express affection to my family.* Do any of these sound familiar?)

Another study of Correctional Officers (Lerman, 2017) reported the following percentages of respondents agreeing at some level with the issues below:

- **66%** indicated that work makes it hard for them to spend sufficient quality time with family;
- **65%** indicated that they were told by family that they judge others more harshly since they started working in corrections;
- **53%** indicated that they are harsher or less trusting towards friends and family since they started working in corrections;
- **41%** indicated that they would be better parents, spouses or partners if they did not work in corrections.

Possible Solutions

These statements are not meant to blame anyone or hold anyone responsible for their genesis/origin. The correctional system in the U.S. has devolved in ways that only too often hurt all those who come in contact with it, even those who come in contact with it indirectly, such as staff's family members.

We believe that all of us who are involved in corrections can help change that, when we all focus our energies on doing what we can within our sphere of influence.

So, what are we at Desert Waters doing about this situation?

Here are some of our efforts to date:

1. We work to **increase awareness** about the correctional family as collateral damage by:
 - a. Publishing articles such as this one, and dedicating entire issues of *the Correctional Oasis* to this subject;
 - b. Speaking at conferences about it;
 - c. Conducting research in this area; and
 - d. Designing and delivering training for staff and their family members. One such training is Desert Waters' **Correctional Family Wellness™ (CFW)** course, which has two versions – one **for adult family members** to understand and support their loved one who works in corrections, and another for **for staff**. We train instructors who can then train coworkers and also family members on these topics.
2. We work to **devise solutions** for these matters, and we collaborate with others who are interested in these same issues.
 - a. We are starting to explore the possibility of offering one-day wellness retreats to correctional couples, to help them identify and address issues related to Corrections Fatigue and its consequences. Ideally, this would be in person, but virtual options could also be considered. (If you are interested in such a one-day wellness retreat for correctional couples in your area, or have some ideas about such an endeavor, please share your thoughts with us at admin@desertwaters.com.)
 - b. We encourage correctional administrators to consider offering Family Days, perhaps off site, and adding an optional prison tour to be provided to adult family members who want to tour their loved one's workplace.
 - c. We strongly recommend that correctional agencies' EAP services include family therapy and individual sessions for spouses/domestic partners.

References

1. Lerman, A. E. (2017). Officer health and wellness: Results from the California Correctional Officer Survey. <https://gspp.berkeley.edu/assets/uploads/research/pdf/>
2. Spinaris, C.G., & Brocato, N. (2019). Descriptive study of Michigan Department of Corrections Staff Well-being: Contributing factors, outcomes, and actionable solutions. https://www.michigan.gov/documents/corrections/MDOC_Staff_Well-being_Report_660565_7.pdf

ADDITIONAL READING:

More articles on correctional family experiences written by staff and family members are posted here:

Click the box below to read these articles

[After CF2F—A Family’s Perspective](#)

[Notes from the Home Front](#)

[Emergency Preparedness for the Heart](#)

[The Little Note](#)

[Live to See Another Day](#)

[A Solid Partner](#)

[My Thoughts about CF2F](#)

[Flavor of the Month](#)

[Start Building Your Village NOW](#)

[Forever Changed?](#)

RESPONSES TO A CORRECTIONAL WIFE'S SOS

While back we posted this note by a correctional officer's wife on Desert Waters' Facebook page, and asked how readers would respond to her plea for help.

"I wonder what happened to my husband since he became a corrections officer. He used to be so easy going. He'd laugh and joke, and didn't complain much about things. Now, after five years in the system, he's all somber. It's like he can't enjoy anything. He's also become paranoid. We don't go out together much anymore (he's sleeping in the evenings before going to work), but when we do, he insists on sitting with his back against the wall. He never used to be so uptight before. And he's so negative! He finds fault with everything and everyone. He tears me down all the time, and he's become very strict with our kids. Actually, I think they're now afraid of him. And he went from drinking lightly and only on the weekend, to drinking quite a bit every day when he gets off work. No surprise, he's gained weight. Now I avoid him. I'm tired of walking on eggshells around him, yet I can tell that he's miserable and I feel for him. And I fear for our marriage and for our family. Please help me understand!"

Below are some of the posts we received in reply. Their intensity, degree of expressed caring, and candid content was very moving to us. We've separated them in two categories: posts by other spouses, and posts by staff.

Wives/Spouses' Replies

As the wife of a corrections officer I cannot answer this from the correct perspective. I can tell you that my husband shares a lot with me; not everything; somethings he has to leave out. But, I do think it is important that he share these things with us. We are his support system and he is ours. He understands that his line of work is also a sacrifice for us. When my son is playing, his little characters are named after the other deputies my husband works with. (You know you're married to a corrections officer if....) It's very important for both the officer and the family to keep an open line of communication and not take offense to each other's feelings. They are feelings, they cannot be helped, but if we can understand each other's feelings than we can better interact with each other. We now have a little home gym. My husband comes home and immediately de-stresses and prepares himself for home life. I always press/iron my husband's uniform and while I'm doing so, I pray for him and his mental and physical well-being. We don't always get it right, but we always apologize when we don't, have a family hug and keep going.

I would love to have a dialog with this spouse or any spouse that needs it. My husband recently retired from _DOC, and I've been where she is.

Maybe you should start your own page to write on and help each other. Just a suggestion.

| **Wives/Spouses' Replies** Cont.

First, I must say that you are not the only one. Knowing that my family was not the only one going through this helped. I found comfort in talking to other CO wives. My husband has served in max prisons for over 14 years. Our life revolves around him. "Why?" do you ask? "Doesn't seem fair" you say? His job is worse. No matter how bad a day I have had, his will always trump mine. Every day, he goes to hell and hopes that he and his brothers and sisters in blue get out alive. He has witnessed the worst in humans. He has endured a war zone...people hurting people, hurting themselves, and dying. He can't erase the horror films in his head. He is hyper-vigilant and can rarely turn it off. The skill that protects him in those four walls and keeps others alive, becomes a parking brake on daily activities. I have learned to accept that sometimes he just can't, and I need to wait until he can. I take care of the 3 kids and the dog. I take care of anything that has to do with people – doctors, schools, events, dentists, phone, shopping, family, awards, graduations, concerts, weddings, funerals. He has been conditioned to trust less and has trouble when there are a lot of people. He needs rest, although terrors often haunt his dreams. We have a dog who sleeps between us. She keeps him and me safe at night. Getting punched in your sleep because he is dreaming that you are the monster in his bed is scary. I don't sleep soundly anymore. His life has forever changed the kids. The kids understand. They don't like it but they understand. He misses a lot...sometimes because of working doubles, his wagon wheel schedule, or sometimes because he can't be with others. When they are together, he can be the amazing man I married or he can be a scary version of himself. He yells. The rules constantly change. He has what we call temper tantrums. We know why they are happening but we can't stop them. He always apologizes. People often wonder why CO wives stay. This is not what we signed up for when we got married. This is not the happily ever after we were promised. For me, it is a daily choice to do everything I can to protect the man I love and be a rock for him. A steady place away from the hell where he works. There are many names for what our husbands suffer from PTSD, compassion fatigue, and stress. Counseling helps but most COs won't go. Mine won't. It's considered a sign of weakness. He does have a select few friends that he can share some of his war stories...I suggest reaching out to fellow COs. I decided a long time ago that I will stay. I will try and I will help. It makes him love me more, but daily my heart takes an emotional beating. I hope this helps.

As a wife of a CO I know some of this is symptomatic of the job. When we go out to eat with his coworkers they will fight over the seat facing the door. The other could be a form of depression. There is a lot of stress that goes along with the job mostly coming from overseers. My husband had two heart attacks at age 46. See if he will talk about it, and pray a bunch. Prayers!

This post took the words out of my mouth. I know these feelings and after 15 years together I am now very experienced in detecting the triggers and help other families see the warning signs. His 25-year career has been abruptly finished by no choice of his own due to the mental health toll the job takes and the lack of support from employers and government. If you are an officer struggling with your family, partners, children please reach out.

Correctional Staff's Replies

I worked in corrections for 10 years and have 2 adult sons in the business. First, I want to say your husband is actually protecting you by sitting with his back to the wall (being hypervigilant) watching for anything going on that could kick off or cause you and your family harm (my sons do this). Thank him for protecting you. In today's society anything could happen anywhere, unfortunately. In regards to the other issues, has he taken the classes from Desert Waters? If not, he should (read the info he brings home). My advice and humble opinion is to do everything you can to understand the job and the pressure, why they do what they do, etc. I'm not saying this gives them any excuse or free pass for their behavior or anything else but... understanding it, really understanding it, will help you with next steps, hopefully as a couple and with a stronger relationship.

My wife understands why I need to sit where I do. When you go out, ask him where he wants to sit, or if you know, just go there. Know when he will need to tap out of social situations. I can't be comfortable in crowds. What does work? Camping, fishing, long breezy walks? The drinking and kids being fearful is an issue. He needs to have someone he can vent/talk to. Does he have friends that aren't in uniform?

After 40 years in this industry, it becomes a cumulative effect on the worker. Most agencies lack a genuine Resilience Program that is inclusive of family.

The job changes you, but if you can talk to your partner about how you feel it helps. Talking to a group or just someone in the same situation knowing you are not alone and sharing experiences helps, sometimes we don't even realize our behaviors follow us home. Communication is an outlet, or sometimes just silence.

Tell him to get outta there.

Go for a different career! Life is too short.

Tell your husband to leave the job as it's clearly not the right job for him. Leave work at work, and home at home. No job or career that creates resentment in one partner towards the other in a relationship is worth keeping. Lose the job, or lose your wife and family.

Correctional Staff's Replies Cont.

Your husband may need to find another job. Working in a correctional environment is often very challenging because we are dealing with convicts who are assaultive, manipulative, lack common decency and have no regard for anybody other than themselves. Working in prisons involves working short staffed and long hours. If your husband is always miserable and negative with you and your children like you stated, he's probably like that at work too and other staff may not want to be around him either...and heavy drinking every day? Your man needs help. EAP or counseling would benefit your husband (and you). If your husband declines to do so, I would recommend he seek a different line of work. Being a correctional officer is an honorable profession that involves a variety of skills while often working in a stressful environment. This job is not for everyone....

I don't know the answer, but what I did was almost drink myself to a divorce, joblessness, suicide, and death. Thank God I found help in a rehab and a 12 Step Group. I am one of the fortunate ones, because I have seen many of my coworkers who didn't make it out alive.

It must be recognized that it can be very difficult not to take the job home with you. There can be horrors in a prison environment that, once seen, can never be unseen.

I do have to work to ensure that I do not create home violence. I know that could be a possibility. I do come home angry at times. Fortunately for me though, I have an hour drive one way, to help in the de-escalation process. Find another correctional professional to talk to. We have to be trustworthy not to make jokes about others' issues when they come to us. We have got to do the hard job and listen when they talk to us and even simply let them know we care. We need to ensure that what comes here stays here. Find someone before it is too late! My best friend has been in the prison industry for longer than I have. We do talk and he does listen!

Read the books by William Young - "[When Home Becomes A Housing Unit](#)" and "[The Nothing That Never Happened](#)" to help understand what happened and why. Get counseling for all of you and explore what if anything that his department offers for mental health.

This is a great book for you and your husband to read: [Emotional survival for Law Enforcement.](#)

He needs to get out. I know it's hard to find another job that pays as well. But prison is toxic. I've been away from the job for around 2 years and I feel the old happy me is back. I still was laughing at work and put that smile on when I didn't want to. But it sucks the good out of you. Maybe with counseling he could stay in. But it's awful for you. Please see someone yourself. It really helps.

QUOTE OF THE MONTH

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

Anne Frank

IN MEMORIAM

Michael Robert Keel

Maintenance Foreman
Indiana Department of Correction

Line of duty death

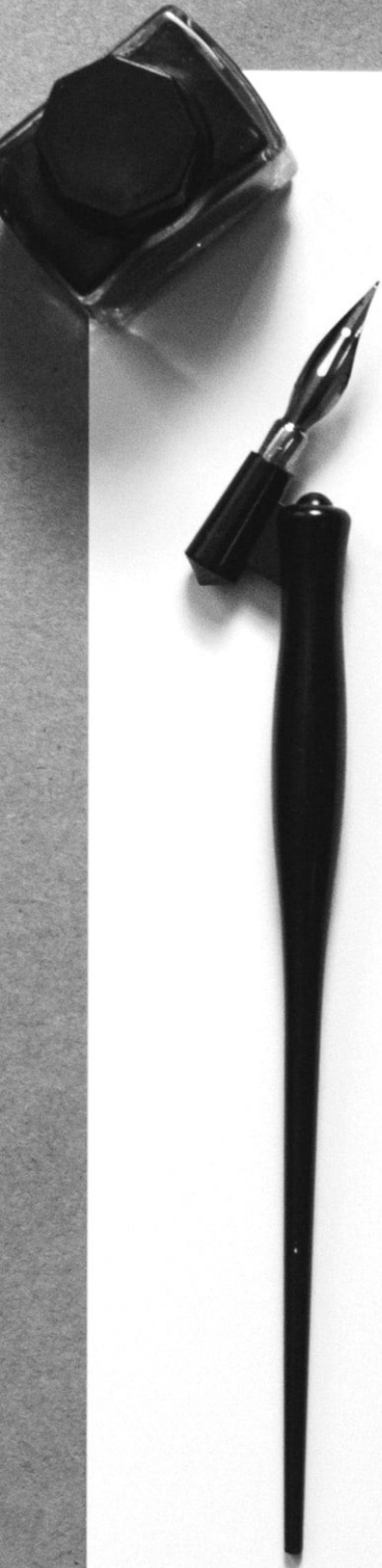
Mr. Keel died two days after being assaulted by an incarcerated person at the Indiana State Prison in Michigan City.

Danita Kay Rocha

Colorado Department of Corrections
(Retired)

We thank all who donated to
Desert Waters in Danita's memory.

She was clearly much loved.
She left us way too soon.



MEET THE CORRECTIONAL OASIS TEAM



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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

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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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