



Criminal Justice Services Board

Patrick Henry Building
East Reading Room
1111 E. Broad Street
Richmond, VA 23219

New Officer Wellness Category for Jail Officers

December 8, 2022

The Committee on Training met earlier today and supports the creation of a new Officer Wellness Category, for inclusion in the Compulsory Minimum Training Standards and Performance Outcomes for Jail Officers. Subject Matter Experts met for many months in 2021 and created these four Performance Outcomes that deal with various aspects of officer wellness. All Performance Outcomes regarding mental health topics were reviewed by the Department of Behavioral Health and Developmental Services.

The following summarizes the new Performance Outcomes:

- Inclusion of new Performance Outcome mandating 30 hours of exercise during academy time.
- New performance outcome requiring dragging a heavy object from a vehicle to simulate a rescue.
- New performance outcome involving the identification of the causes of stress, its impacts, and reduction strategies.
 - Significant amount of material covered in the Lesson Plan Guide about PTSD and positive methods to reduce stress (in both work and personal life).
- New requirement of the identification of suicidal ideation.
 - Significant amount of material taught and tested on identification of warning signs and what to do if warning signs are present (in a fellow deputy/ jail officer).
 - Inclusion of resources to be provided for suicidal individual.
 - Significant amount of material covered in the Lesson Plan Guide about what to do if suicide is imminent, as well as what to expect after a deputy/jail officer commit suicide.