

## Corrections Fatigue

The field of corrections has some very unique stressors which can ultimately build up in staff over time to cause corrections fatigue.

In 2014, the Department of Corrections contracted with Desert Waters Correctional Outreach to provide training to our staff on corrections fatigue.

Desert Waters defines corrections fatigue as “cumulative negative changes of corrections staff’s personality, health and functioning, and of the corrections workplace culture”. The good news is that it is reversible or even preventable.

Several DOC staff members attended a train-the-trainer course in Florence, CO, in the fall of 2014 to develop a staff training curriculum in order to reduce corrections fatigue. The staff members that attended the training completed additional coaching sessions with the staff at Desert Waters in order to become certified instructors.



The 8-hour training is now being offered to staff at the various divisions of the DOC. Abbreviated versions of the training curriculum are being incorporated into staff pre-service and annual training curriculums.

The From Corrections Fatigue to Fulfillment training agenda includes describing the nature and causes of corrections fatigue, identifying strategies to increase professional satisfaction and manage stress, and identifying organizational strategies to counteract corrections fatigue and cultivate a positive organizational climate.

## Resources

Desert Waters Correctional Outreach

<http://desertwaters.com/>

Benefit StayWell Program

<http://www.benefits.sd.gov/>

Safe Call Now

<https://www.safecallnow.org/>

National Institute of Corrections Resource Page

<https://nicic.gov/library/package/correctionsfatigue>