

WORKPLACE WELLNESS



The Lincoln County Sheriff's Office (LCSO) offers several wellness services for our team members. In recognition of the demanding roles our team fulfills and the ever-growing importance of mental health, wellness, and resiliency, we continue to work with our team to improve services and provide additional tools.



Sheriff's Office Safety and Wellness Committee

After a few years of participating in the County Safety Committee, the need for more specialized safety review and wellness resources became clear. Our Safety and Wellness Committee was formed with members from our different divisions, allowing them to focus on the unique needs of our members. Lt. Shanks acts as the county safety committee liaison and shares updates as appropriate with the County level committees.



Cordico Wellness App

Our Sheriff's Office Wellness App is available to all members and their families. The free app provides direct access to crisis intervention hotlines, officer wellness tool kits, self-assessments, law enforcement therapists, our chaplain supports, financial resources, emotional survival training videos, local fitness centers, nutrition, meditation and mindfulness information, and more.



Responder Life Peer Support Services

We have contracted with Responder Life to build a sustainable Peer Support team and services for our members. Planning and training for this team continue to be developed and improved.



Team Building and Team Challenges

Our team has been evaluating team challenges and team building opportunities, including activities outside of work such as annual golf tournaments, community fitness challenges, book clubs, art projects and others.



Resiliency Training

In 2022, the LCSO provided resiliency training for all team members. This day-long training was held locally with a highly respected first responder psychiatrist.



Fitness Center

We recently remodeled an unused portion of our jail to build a fitness center for our team. This center has weightlifting systems that were purchased and donated by our Lincoln County Deputies' Association, cardio machines, mat room for training, a mindfulness/meditation/yoga/quiet room, and a large bathroom which will be remodeled into a locker room.



Newsletter

Our internal newsletter helps keep our team informed, celebrates achievements, highlights team/individual praise, and offers wellness tips every two weeks.



Nutrition/Healthy Food Options

Lunch options include salad, a hot entree, soup, and a side dish. We have added additional vegetarian and vegan options, healthy snack options such as fresh fruit, whole wheat bread for sandwiches, and we are continuing to improve the healthy meal options provided.



Online Resources

Our office subscribes to multiple online platforms for ongoing education and training. For example, Justice Clearinghouse provides many topics related to law enforcement training, work/life balance, leadership training, community partnerships, and others geared toward building knowledge in the field of law enforcement.



Community Outreach and Partnerships

We share the successes of our team's work, including the service they provide to our communities. We participate in events such as Breast Cancer Awareness Month, Shop with a Cop, Trunk or Treat Events, National Night Out, Touch-a-Truck, and many others. Our office supports members volunteering to coach youth sports, participate in non-profit organizations, and many other community mentorship opportunities.



Chaplain Program

The support provided by this group is not religious in nature except when a member specifically asks for religions related support/practice. Our chaplain program offers additional confidential support services for our team members when needed. With leaders from different faiths, the Chaplains have integrated into our teams for critical incident debrief services and family support services; particularly in the field for service calls involving the loss of loved ones or exposure to traumatic incidents. Our chaplains attend our briefings, participate in ride-alongs, and are at our side to support in community events.