

HOW TO IMPROVE WELLNESS AMONG STAFF INVESTIGATING CSAM?

KEY RECOMMENDATIONS FOR ICAC TASK FORCES AND THEIR AFFILIATE AGENCIES

01

Implementation of Officer Wellness Programs

Officer Wellness Programs are important for promoting mental and emotional health, reducing stress, and addressing the unique challenges faced by law enforcement personnel exposed to CSAM.



02

Addressing Barriers to Wellness Programs

Barriers to wellness programs in policing include lack of funding and mental health stigma. To overcome these barriers, consistent funding and addressing mental health stigma in the profession are crucial.



03

Peer Support

Creating a supportive work environment through relationships among staff can contribute to the wellness of individuals. This can include team building activities and having a group that is supportive and non-judgmental.



04

Support Other Accessible Strategies

Provide more and easy access to known strategies that help investigators stay healthy while at work including flexible work hours, exercise opportunities, and friend and family events.

