## STRATEGIES TO PROMOTE WELLNESS

Insights From the Internet Crimes Against Children Task Force Network



OFFICER WELLNESS PROGRAM

Mental Health

Fitness

Resilience

Nutrition



TRAINING AND MENTAL HEALTH

Meetings to discuss reactions to CSAM

Case reviews where reactions are discussed

Group or individual sessions led by mental health professionals to discus reactions to CSAM



POLICIES AND RESOURCES

Time limits on positions that require viewing child sexual abuse material

Employee Assistance Program

Exit tickets to allow sworn personnel to transfer (No questions asked or penalties)

The ability to pursue other aspects of law enforcement



AGENCY OPPORTUNITIES

Ability to take vacation/personal time

Daily opportunity for CSAM investigators to debrief with other CSAM investigators

Regular administrative updates about positive outcomes from CSAM investigations

Part-time assignments



OTHER OPTIONS TO PROMOTE WELLNESS

Onsite gym, outdoor grounds for walking/running

Cafeteria with healthy meal options

Police dog on premises or ability to bring your own dog to work

Peer counselors

Chaplains

References: Mitchell, K. J., Gewirtz-Meydan, A., O'Brien, J., & Finkelhor, D. (2022).

Practices and Policies Around Wellness: Insights From the Internet Crimes Against Children Task Force Network. Frontiers in Psychiatry, 13, 931268.