

WHAT WORKS BEST FOR PROMOTING OFFICER WELLNESS?

Insights from the ICAC Task Force Network

500 participants
(police investigators & forensic examiners)

1

Work Conditions

50% considered it important

Things like having a flexible schedule, having access to cable TV, video games, a gym and a large kitchen to gather and eat, time to decompress, and take a vacation when needed

2

Mental Health Services

35% considered it important

Offering mental health services and mandating them is one of the most successful strategies to mitigate the impact of CSAM investigations

3

Peer Support

23% considered it important

and discussed the importance of relationships among staff within the unit contributing to the wellness of each individual

4

Venting Without Stigma

22% considered it important

To have the ability and legitimacy to freely talk about difficulties, personal life, workloads, and stressors.



Other tips mentioned by Officers

76.6% Having an Employee Assistance Program

64.1% Chaplains

63.6% An onsite gym

53.6% Outdoor grounds for walking, running or sitting to eat

46.9% Peer counselors

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.