



ABOUT DWCO

Founded in 2003 in Florence, Colorado, Desert Waters Correctional Outreach (DWCO) is a 501(c)(3) community-based tax-exempt charitable corporation.

MISSION

"To promote the occupational, personal and family well-being of the corrections workforce through the provision of evidence-informed resources, solutions, and support."

COURSE AUTHOR

Caterina Spinaris, PhD, is DWCO's founding Director and a Licensed Professional Counselor in the State of Colorado. Dr. Spinaris has been treating and training correctional employees and their families since the year 2000. She also develops wellness-related educational materials, and conducts research on subjects related to correctional employee wellness. Dr. Spinaris is the 2014 recipient of the Colorado Criminal Justice Association's Harry Tinsley award, and the author of the books *Staying Well: Strategies for Corrections Staff*, now in its third edition, and *More on Staying Well: More Strategies for Corrections Staff*. In 2016, the course she authored, "From Corrections Fatigue to Fulfillment™," received the Commercial Product of the Year Award of Excellence by the International Association of Correctional Training Personnel.

CONTACT DWCO

For course availability, pricing, and instructor candidate selection criteria

desertwaters@desertwaters.com
719.784.4727

<http://desertwaters.com>
EIN 30-0151345

DWCO
P.O. Box 355, 431 E. Main St.
Florence, CO 81226

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CORRECTIONAL FAMILY WELLNESS™ (CFW)

**Course for Correctional
Employees' Families and
Instructor Training**

<http://desertwaters.com>



ABOUT

The proprietary course "Correctional Family Wellness™" (CFW) is designed to be offered to adult family members of seasoned correctional employees as a 4-hour course, and to adult family members of new staff as a 2-hour course. It is also offered to correctional employees as a 4-day, 32-hour Instructor Training with certification.



WHY

Family may be the most important support system of correctional employees. Yet family life is often affected negatively by stressors inherent to corrections work, straining relationships and affecting the well-being and functioning of all concerned.

Correctional families would benefit from:

- Knowing how corrections work can impact both employees and their families
- Knowing that they are not alone in their struggles
- Having practical coping tools so they can be appropriately supportive
- Knowing ways to manage the stress of the job when it intrudes on home life
- Knowing the basics of effective self-care

TOPICS

Course topics include:

- ✓ Corrections Work Realities
- ✓ When Work Comes Home
- ✓ What Might My Loved One Face at Work?
- ✓ Organizational Ways to Counter the Challenges
- ✓ Some Help for the Entire Family
- ✓ ABCs of Self-care
- ✓ Family Scenarios

OBJECTIVES

Provide family members with information about:

1. The possible impact of the job on their correctional employee loved one
2. The possible impact of the job on the family
3. Ways to address challenges that can occur at home in relation to corrections work

