



for the well-being of corrections staff and their families



TRAINING CURRICULUM OUTLINE

A. COURSE TITLE

"Correctional Family Wellness™" (CFW)

B. GOALS

Correctional Family Wellness™" (CFW) is a 4-hour course designed to support today's correctional professionals by providing their families with an overview of the realities of *Corrections Fatigue*, insights to how corrections staff may be affected by Corrections Fatigue, and how they can help the family remain strong, through evidence-informed techniques and healthy coping skills.

This course is an enhancement training program to the internationally recognized course "*From Corrections Fatigue to Fulfillment™" (CF2F)*, also developed by Caterina Spinaris, PhD, and offered by Desert Waters Correctional Outreach (DWCO). While CF2F offers the corrections professional valuable insights and coping tools, CFW is specifically designed to provide staff families valuable insight regarding their loved one's work.

C. OBJECTIVES

- Increase family members' understanding of the impact of the job on their corrections employee loved one.
- Increase family member's understanding of the impact of the job on the family.
- Provide family members with practical suggestions for commonly occurring challenges at home in relation to corrections work.

TARGET AUDIENCE

Adult and teen family members of Federal, State, County and City corrections professionals

D. FORMAT

Correctional Family Wellness™" (CFW) is a 4-hour, interactive presentation designed to engage the learner in open discussion to acquire new information and insight to promote participants' practice and eventual application of skill-based behaviors.

431 E. Main Street, P.O. Box 355, Florence, CO 81226
719-784-4727 (O) ♦ 719-784-2214 (F) ♦ <https://desertwaters.com>

Correctional Family Wellness™ Participant Curriculum Outline

“CFW” is delivered by specially trained and certified instructors (instructors and co-instructors certified by DWCO to offer the CF2F course), utilizing a visually inspiring Power Point program, engaging questions and thought-provoking scenarios.

Maximum Number of Participants: Limit based on venue.

Length of Course: 4 hours

E. CONTENT/OUTLINE

8:00 am	Slides 1-22 Objectives, New Beginnings, Corrections Work Realities, When Work Comes Home, What Might My Loved One Face due to Work
9:30 am	10-minute BREAK
9:40 am	Slides 22-40 What Might My Loved One Face due to Work (continued), Other Possible Stressors, Organizational Ways to Counter the Challenges
10:30 am	10-minute BREAK
10:40 am	Slides 41-64 Some Help for the Entire Family, Self-Care ABC's
11:45 am	Slide 65-76 Scenarios, Resources, Books, Final Questions
12:00 pm	Slide 77 Closing remarks

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DWCO Mission

Advancing the well-being of correctional staff and their families,
and the health of correctional agencies, through data-driven, skill-based training