



For the health of correctional agencies, staff and families

TRAINING CURRICULUM OUTLINE

A. COURSE TITLE

“Correctional Family Wellness™” (CFW)

B. TRAINING GOALS AND OBJECTIVES

Correctional Family Wellness™ (CFW) is a 2-hour course designed to support correctional professionals and their families by providing adult family members of corrections staff an overview of:

- (a) realities of *Corrections Fatigue* and its impact on corrections staff
- (b) insights regarding how a career in corrections can impact family members of corrections staff
- (c) evidence-informed health-promoting coping skills and suggestions to support the corrections family

Correctional Family Wellness™ (CFW) 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 family members valuable insight regarding their loved one’s work and its potential impact on the home and family, and ways to promote wellness.

Correctional Family Wellness™ Objectives

- (a) Describe the possible impact of the job on correctional employees
- (b) Describe the impact of the job on correctional families
- (c) Provide suggestions for commonly occurring corrections work situations that can affect home life
- (d) Provide suggestions for self-care

C. TARGET AUDIENCE

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

D. FORMAT & CONTENT

Correctional Family Wellness™ is a 2-hour, interactive presentation designed to engage participants in discussion to acquire new information and insight. Additionally, specially designed activities are included for the purpose of promoting participants’ self-care and interpersonal awareness, as well as to offer suggestions regarding addressing scenarios that may occur in correctional families.

Correctional Family Wellness™ is delivered by specially trained and certified instructors (instructors certified by DWCO to offer the CFW course), utilizing a visually inspiring PowerPoint presentation, a Participant Manual, an Appendix of correctional family stories, engaging questions and activities and thought-provoking scenarios.

Participants receive a Participant Manual with information about the course and an Appendix with stories/articles by correctional family members and staff about dealing with the impact of the job.

Maximum Number of Participants: Limit based on venue

Length of Course: 2 hours

Course Content /Outline

- 9:00 am Introduction, Objectives, Corrections Work Realities, When Work Comes Home, *How Has My Corrections Loved One Changed?*, *How Have I Changed?*, Help for the Family - Part 1 (Slides 1-32)

- 10:00 am 10-minute BREAK

- 10:10 am Help for the Family - Part 2, Self-Care Basics, *My Soothers*, *My Self-Care Practices* (Slides 33-47); Correctional Family Scenarios, Resources, Closing Comments (Slides 48-60)

- 11:00 am Conclusion of Presentation

In italics: individual activities

v.2022.Mar.24

DWCO MISSION

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