



For the health of correctional agencies, staff and families

TRAINING CURRICULUM OUTLINE

A. COURSE TITLE

“TOWARDS CORRECTIONS FULFILLMENT: FOR NEW STAFF™” (TCF)

B. TRAINING GOALS and OBJECTIVES

1. Training Goals

“Towards Corrections Fulfillment: For New Staff™” (TCF) is a 4-hour course designed to support today’s correctional professionals achieve a healthy and successful career in corrections. Learners will be introduced to the potential of Corrections Fatigue in relation to working in a corrections environment, and will be exposed to evidence-informed coping skills to maintain health and wellness in their professional and personal lives.

“Towards Corrections Fulfillment™” is a prequel 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 veteran corrections professional valuable insights and coping tools in depth, TCF gives staff an overview to address the realities of *Corrections Fatigue* through evidence-informed prevention techniques and healthy, career-long coping skills.

2. Course Objectives

- Participants will understand the nature and causes of the accumulating effects of correctional occupational stressors – Corrections Fatigue.
- Participants will be able to identify strategies to manage stress associated with corrections work, and strategies to function in ways that can promote their well-being.
- Participants will be able to identify strategies to increase professional fulfillment as corrections professionals.
- Participants will be able to design a personalized action plan for the next 12 months through the implementation of coping strategies presented in the TCF course.

TARGET AUDIENCE

Federal, State, County and City corrections professionals

D. FORMAT and CONTENT/OUTLINE

1. Format

“Towards Corrections Fulfillment™: A Fresh Start” is a 4-hour, interactive course designed to engage the learner in open discussion to acquire new information and insight. The course includes engaging in small and large group activities and scenario-based learning to promote participants’ practice and eventual application of skill-based behaviors.

“TCF” 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 interactive scenario-based activities, and a Personal Reflections Exercise. The learner is involved at every step of this training.

- **Maximum Number of Participants:** Up to 40
- **Length of Course:** 4 hours

2. Course Content / Outline

8:00 am Slides 1-24 Objectives, Corrections Work Challenges, Corrections Fatigue Characteristics, Consequences, Phases of Change.

(Scenarios 1 and 2)

9:20 am 10-minute BREAK

9:30 am Slides 25-51 Personality Changes, Other Changes.

(Scenarios 3, 4 and 5)

10:20 am 10-minute BREAK

10:30 am Slides 52-75 Corrections Fulfillment, Positive Changes, Self-care ABCs, Big 7, Resources.

(Scenarios 6 and 7)

11:45 am Slide 76 ***“Reflections” Individual Activity.***

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.”