



Desert Waters
Correctional Outreach

COURSE CATALOG

2026



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Desert Waters Correctional Outreach

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admin@desertwaters.com.*

Desert Waters Correctional Outreach is a non-profit corporation which helps correctional and other public safety agencies counter Corrections Fatigue in their staff by cultivating a healthier workplace climate and a more engaged workforce through targeted skill-based training and research. All images are stock images or are presented with permission of the copyright owner.

PROMOTING STAFF WELLNESS: COMBATting CORRECTIONS FATIGUE

At Desert Waters Correctional Outreach we help correctional agencies and other public safety agencies counter Corrections Fatigue and other occupation-related Fatigue in their staff by cultivating a healthier workplace climate and a more engaged workforce through targeted skill-based training and research.

OUR MISSION

Improving the well-being of corrections and other public safety professionals through training, consulting, and other essential resources to foster resilience, mental health, and overall wellness in these challenging professions.

WHO WE ARE

Desert Waters Correctional Outreach is a 501(c)(3) nonprofit organization dedicated to enhancing the wellbeing of corrections staff and other public safety professionals. We achieve this through specialized training and consultation focused on staff wellbeing and workforce culture health.

We're Glad You're Here!

Thank you for exploring our course offerings. We hope you find at least one training program in this catalog that meets your department's needs. For more information, click or scan the QR codes provided, or contact us directly with any questions—we're happy to help!



PRACTICAL, RESEARCH-BASED TRAINING FOR REAL-WORLD CORRECTIONS CHALLENGES

Research shows that occupational stress can significantly impact the health, well-being, and effectiveness of corrections staff. To perform their duties effectively, support public safety, and promote rehabilitation, staff wellness must be intentionally and systematically addressed.

WHAT SETS US APART

CORRECTIONS-SPECIFIC

Our courses are designed specifically for corrections staff and their adult family members. They focus on issues unique to this population and are grounded in research, extensive training, and clinical experience with corrections personnel and their families.

DATA-DRIVEN

Our courses are grounded in research conducted by Desert Waters and other studies with corrections staff across all roles. They also draw on findings from related populations, including the military and other first responders.

WHOLISTIC

Our courses promote whole-person wellness—soul, body, and spirit—and whole-system health for custody and civilian staff, leaders at all levels, and family members, with an emphasis on supporting individual, team, and organizational well-being.

PREVENTION-ORIENTED

Our courses equip staff with practical skills to create healthy workplace environments and proactively manage job-related stress before it becomes a problem.

TRAUMA-RESPONSIVE

Our courses go beyond being trauma-informed, offering strategies, skills, and practices to address the effects of traumatic stress and promote wellness at the individual, team, and organizational levels.

SKILLS-BASED

Our courses provide practical, actionable strategies that staff can apply to address challenges in both their professional and personal lives.



I. FOR ALL STAFF

These courses are designed to address wellness issues relevant to corrections staff of all job roles and ranks.

- 101.** From Corrections Fatigue to Fulfillment™ (CF2F)
- 201.** True Grit: Building Resilience in Corrections Professionals™ (TG)
- 301.** Improving the Well-being of Corrections Professionals: Understanding, Acknowledging, and Overcoming Traumatic Stress™ (IWCP)

II. FOR ADMINISTRATORS AND SUPERVISORS

These courses are designed to address wellness issues relevant to corrections administrators and supervisors both in regard to themselves and to the staff they manage.

- 101.** CF2F For Administrators and Supervisors™
- 201.** The Supportive Correctional Supervisor™ (TSCS)

III. FOR NEW STAFF

These courses are introductory, about addressing issues and providing information relevant to new hires.

- 101.** Towards Corrections Fulfillment: For New Staff™ (TCF)
- 201.** Improving the Well-being of Corrections Professionals: An Introduction™ (IWCP-Intro)

IV. FOR FAMILIES

These two parallel courses address work-home family issues from two perspectives, that of adult family members and that of staff.

- 101a.** Correctional Family Wellness – For Adult Family Members™ (CFW-F)
- 101b.** Correctional Family Wellness – For Staff™ (CFW-S)

V. FOR SPECIAL TEAMS

This course teaches staff to offer one-on-one social peer support skills to coworkers regarding distress experienced due to stressors on or off the job.

- 101.** Peer Supporter Training™ (PST)



SUPPORTIVE TRAINING. FLEXIBLE DELIVERY.

Courses are available through multiple delivery options to meet agency needs, staffing realities, and training goals.

I. INSTRUCTOR TRAINING

Participants are certified to deliver select courses within their organization through a structured instructor training program.



- In-person or live online
- 3-year certification
- Recertification option available

All courses except The Supportive Correctional Supervisor™ are available as Instructor Training.

II. DIRECT DELIVERY

Courses facilitated by our instructors for your staff. No internal trainer certification required.



- In-person or live online

III. SELF-PACED ONLINE TRAINING

Flexible, on-demand learning for individuals or groups. Participants complete training independently, allowing agencies to scale learning while minimizing scheduling and staffing disruptions.



- From Corrections Fatigue to Fulfillment™ (CF2F)
- Towards Corrections Fulfillment™ (TCF)
- Correctional Family Wellness: For Adult Family Members™ (CFW-F)
- Correctional Family Wellness: For Staff™ (CFW-S)

WHICH COURSE IS RIGHT FOR YOU?

Stress, Trauma & Recovery

*Improving the Well-being of Corrections Professionals:
Understanding, Acknowledging, and Overcoming Traumatic Stress™*



Peer Support & Team Care

Peer Supporter Training™



Leadership & Supportive Supervision

Correctional Family Wellness™

The Supportive Correctional Supervisor™

From Corrections Fatigue to Fulfillment™



Family & Work–Home Impact

From Corrections Fatigue to Fulfillment™



Resilience & Fulfillment

From Corrections Fatigue to Fulfillment™

True Grit: Building Resilience in Corrections Professionals™

Towards Corrections Fulfillment: For New Staff™



I. FOR ALL STAFF



101. From Corrections Fatigue to Fulfillment™ (CF2F)

Course Overview:

Correctional work is demanding—and the stress adds up. This award-winning course helps staff understand how ongoing stress and exposure to trauma affect well-being, teamwork, and workplace culture. Participants gain practical, realistic tools for self-care and learn what healthy, supportive teams and organizations look like in action. The highly interactive format encourages reflection, discussion, and shared learning.

Length: 8 hours

The course is available in four versions tailored to specific roles: adult institutions, adult probation and parole, youth detention and institutions, and youth probation and parole.

View full course details here.

DESERT WATERS CORRECTIONAL OUTREACH
CF2F

From Corrections Fatigue to Fulfillment™
 INSTRUCTOR TRAINING & DIRECT DELIVERY OPTIONS
 *42-HOUR IN-PERSON OR ONLINE TRAINING & INDEPENDENT STUDY

2016 IACTP
 Commercial Product
 of the Year Award of
 Excellence

\$1,795 per Instructor Candidate*

Includes the Instructor Guide and two booklets for independent study, and coaching the agency to integrate CF2F in their staff wellness

- Data-driven explanation of the psychological negativity of the corrections workplace, its consequences to corrections agencies, staff, and the community
- Data-driven strategies to increase staff well-being, the organizational climate and culture
- Based on research in psychological trauma, Positive Psychology
- CF2F certification offers corrections personnel the valuable CF2F principles to staff at their



I. FOR ALL STAFF



201. True Grit: Building Resilience in Corrections Professionals™ (TG)

Course Overview:

This course introduces practical, resilience-building skills that staff can use both on and off the job. Participants learn how to apply these tools proactively to prevent Corrections Fatigue, maintain overall wellness, and respond effectively after exposure to workplace stressors.

Length: 8 hours

View full course details here.

DESERT WATERS CORRECTIONAL OUTREACH
TRUE GRIT: Building Resilience in Corrections Professional™
 INSTRUCTOR TRAINING & DIRECT DELIVERY OPTIONS
 *42-HOUR IN-PERSON OR ONLINE TRAINING & INDEPENDENT STUDY

\$1,795 per Instructor Candidate

Includes the Instructor Guide and coaching the agency to integrate True Grit in their staff wellness programming.

- Science-based factors that promote resiliency
- Skill-based tools that apply to correctional home life
- Positive, practical, empowering, engaging, and relatable
- Sequel to the award winning CF2F course, True Grit 2
- 40-hour training (online, 28-hour Instructor Training and 12-hour independent study), followed by two hours of direct delivery



I. FOR ALL STAFF



301. Improving the Well-being of Corrections Professionals: Understanding, Acknowledging, and Overcoming Traumatic Stress™ (IWCP)

Course Overview:

This course provides an in-depth look at how traumatic exposure affects correctional staff and the workplace. Participants learn targeted, practical strategies to reduce the impact of trauma both before and after critical incidents at the individual, team, and organizational levels.

Length: 8 hours

View full course details here.

DESERT WATERS CORRECTIONAL OUTREACH IWCP

IMPROVING THE WELL-BEING OF CORRECTIONS PROFESSIONALS:
Understanding, Acknowledging, and Overcoming Traumatic Stress™
INSTRUCTOR TRAINING* & DIRECT DELIVERY OPTIONS
*42-HOUR IN-PERSON OR ONLINE TRAINING & INDEPENDENT STUDY

\$1,795 per Instructor Candidate*

Includes the Instructor Guide and coaching the agency to integrate IWCP in their staff wellness programming

TARGET AUDIENCE

- Federal, state, county and city correctional, probation and parole employees of a





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II. FOR ADMINISTRATORS AND SUPERVISORS



101. CF2F For Administrators and Supervisors™

Course Overview:

This course explores how correctional job stress affects not only frontline staff, but also supervisors and administrators. Participants learn practical strategies to reduce Corrections Fatigue in themselves and strengthen resilience across their teams and workforce.

Length: 12 hours

View full course details here.



From Corrections Fatigue to Fulfillment™

INSTRUCTOR TRAINING* & DIRECT DELIVERY OPTIONS

*42-HOUR IN-PERSON OR ONLINE TRAINING & INDEPENDENT STUDY





\$1,795 per Instructor Candidate*

Includes the Instructor Guide and two booklets for independent study, and coaching the agency to integrate CF2F in their staff wellness

- Data-driven explanation of the psychologic negativity of the corrections workplace, & consequences to corrections agencies, staff, and the community
- Data-driven strategies to increase staff well-being, improve the organizational climate and culture
- Based on research in psychological trauma and Positive Psychology
- CF2F certification offers corrections personnel the valuable CF2F principles to staff at their own agency. Independent study includes the books "Strategies for Promoting Staff Wellness" and "Combating Corrections Fatigue"





II. FOR ADMINISTRATORS AND SUPERVISORS



201. The Supportive Correctional Supervisor™ (TSCS)

Course Overview:

This highly interactive course equips correctional supervisors with the knowledge and skills to support staff experiencing emotional distress or interpersonal conflict while also strengthening their own ability to manage stress. Through self-reflection, realistic scenarios, and practical application, participants learn how to foster healthier, more supportive workforce cultures.

Length:

- **In person:** 40 hours over 5 consecutive days
- **Online:** 40 hours over 5 days weekly or monthly

View full course details here.

\$1,695 per Supervisor

Reasons for Offering This Course

Research suggests that the quality professional relationship with their su morale, job satisfaction, energy l emotionally), and also their mental heal family health'. Additionally, a supportiv reduce staff's use of work-related sick da





III. FOR NEW STAFF


101. Towards Corrections Fulfillment: For New Staff™ (TCF)

Course Overview:

This course introduces new hires to Corrections Fatigue and explains how occupational stress accumulates in corrections work. Participants learn practical strategies to manage job-related stress, promote well-being, and build professional fulfillment both personally and on the job.

Length: 4 hours

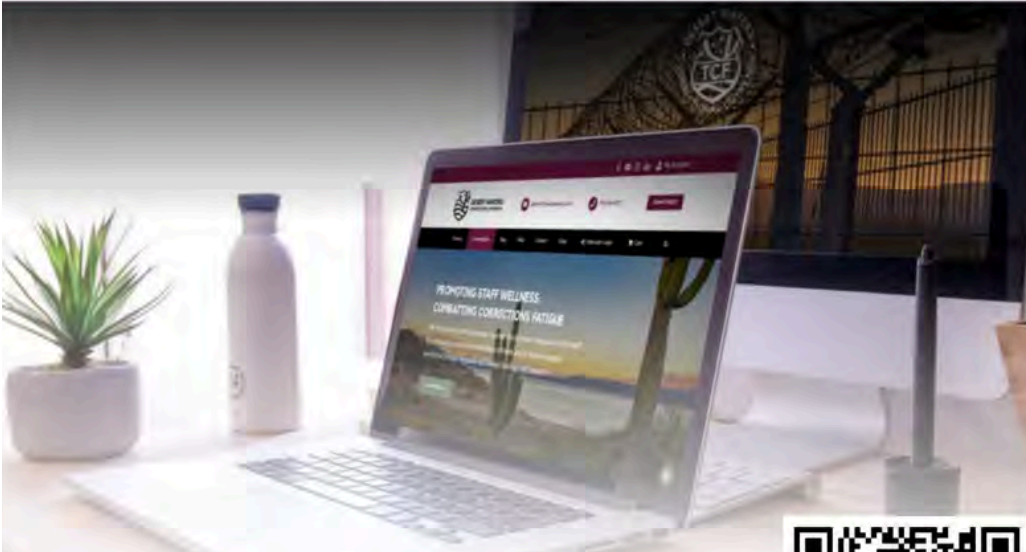
View full course details here.



Towards Corrections Fulfillment: For New Staff™

INSTRUCTOR TRAINING* & DIRECT DELIVERY OPTIONS

*32-HOUR IN-PERSON OR ONLINE TRAINING & INDEPENDENT STUDY




**\$1,495 per
Instructor Candidate***

TARGET AUDIENCE

Federal, state, county and city corrections training professionals

COURSE OBJECTIVES

- Explain to new hires the nature and causes of correctional occupational stressors (Correctional Occupational Stressors)
- Identify strategies to manage stress associated with corrections work
- Identify strategies to function in ways that can promote well-being





III. FOR NEW STAFF



201. Improving the Well-being of Corrections Professionals: An Introduction™ (IWCP-Intro)

Course Overview:

This course introduces the basics of how traumatic exposure can affect correctional staff and provides foundational skills to reduce these impacts. Participants learn practical strategies they can apply both personally and professionally to support resilience and well-being.

Length: 4 hours

View full course details here.

DESERT WATERS CORRECTIONAL OUTREACH IWCP

IMPROVING THE WELL-BEING OF CORRECTIONS PROFESSIONALS: Understanding, Acknowledging, and Overcoming Traumatic Stress™

INSTRUCTOR TRAINING* & DIRECT DELIVERY OPTIONS

*42-HOUR IN-PERSON OR ONLINE TRAINING & INDEPENDENT STUDY

\$1,795 per Instructor Candidate*

Includes the Instructor Guide and coaching the agency to integrate IWCP in their staff wellness programming

TARGET AUDIENCE

- Federal, state, county and city correctional, jail, probation and parole employees of a

DESERTWATERS.COM



IV. FOR FAMILIES



101a. Correctional Family Wellness

For Adult Family Members™ (CFW-F)

Course Overview:

This interactive course helps adult family members understand how correctional work stress can affect both them and their loved ones in corrections. Participants receive practical strategies to address challenges at home and even prevent stress-related issues before they arise.

Length: 6 hours

101b. Correctional Family Wellness For Staff™ (CFW-S)

Course Overview:

This interactive course helps correctional staff understand how their work can affect family members “second-hand” and provides practical strategies for supporting loved ones as they adjust to lifestyle changes related to corrections work.

Length: 6 hours

View full course details here.

Correctional Family Wellness - For Families™ & Correctional Family Wellness - For Staff™
INSTRUCTOR TRAINING™ & DIRECT DELIVERY OPTIONS
 *60-HOUR ONLINE OR IN-PERSON TRAINING & INDEPENDENT STUDY

Desert Waters' 5-hour proprietary course "Correctional Family Wellness - For Families™" (CFW-F) presents information to adult family members about how corrections work realities can impact family life, and provides suggestions for dealing with scenarios commonly experienced by correctional families. This highly interactive course is designed to be offered to adult family members of seasoned correctional employees (jail, prison, probation or parole), and also to adult family members of new staff. It is also offered to

TARGET AUDIENCE
 Adult family members of new correctional staff and adult family members of seasoned correctional employees (jail, prison, probation or parole) of all disciplines and job roles.

COURSE TOPICS

- Corrections
- Help for the Work Realities Family

Desert Waters' 6-hour proprietary course "Correctional Family Wellness - For Staff™" (CFW-S) presents an overview of potential negative impact of correctional work on family members due to: (a) lifestyle changes that affect the family because their loved one works in correctional settings, and (b) negative behavioral changes that staff may undergo as a result of working in corrections. The course also presents the fundamentals of effective strategies for addressing these challenges, and introduces



IV. FOR SPECIAL TEAMS



Peer Supporter Training™ (PST)

Course Overview:

This course introduces the fundamentals of peer support programs and teaches the core skills needed for one-on-one peer support. Highly interactive, the training uses role plays and scenario-based discussions to build practical experience. *Note: This course is not a substitute for group debriefings following workplace incidents of violence, injury, or death.*

Length: 40 hours

View full course details here.

DESERT WATERS
CORRECTIONAL OUTREACH
PST

Peer Supporter Training™

ONLINE LIVE GROUP TRAINING
*40-HOUR IN-PERSON OR ONLINE TRAINING & INDEPENDENT STUDY

\$1,695 per Peer Supporter Candidate*

This course teaches peer support skills for one-on-one peer support related to distress experienced due to taxing circumstances. It is not training to offer specialized group or individual debriefing following critical incidents.

This 40-hour course entails training offer one-on-one social support to the experiencing distress due to stress. Inclusion of extensive role play enhances effective implementation of peer-offering this service to peers. The coaching regarding the building and Support Teams in the public safety world.



Connect with Us!



Stay connected with Desert Waters Correctional Outreach as we work to strengthen the well-being of correctional and other public safety professionals and their families.

- **Follow us** for stories, research, and training opportunities.
- **Explore** our blog filled with articles that shed light on correctional wellness.



Follow us on your favorite platform!

MISSION

Improving the well-being of corrections and other public safety professionals through training, consulting, and other essential resources to foster resilience, mental health, and overall wellness in these challenging professions.

Stay Connected



www.desertwaters.com



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DONATE

Your donation is tax-deductible.

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