



Maintaining Mental Health in Community Supervision

April 3, 2025

NOTE: This webinar contains discussions of situations affecting mental health, including PTSD, violence, death, abuse, self-harm, and suicide. If you or someone you know is suffering, help is available. Please message a moderator for confidential resources.



65+ Combined Years in Law Enforcement



ROBERT AMBROSELLI

Former Project Consultant for Alameda County Probation
Department & Director of State Parole for California

30+ years in corrections and state parole

JACK MARTIN

Former Clark County Juvenile
Justice Services Director

35+ years in law enforcement

Wavecore

ENTERPRISE SUPERVISION

Thank You

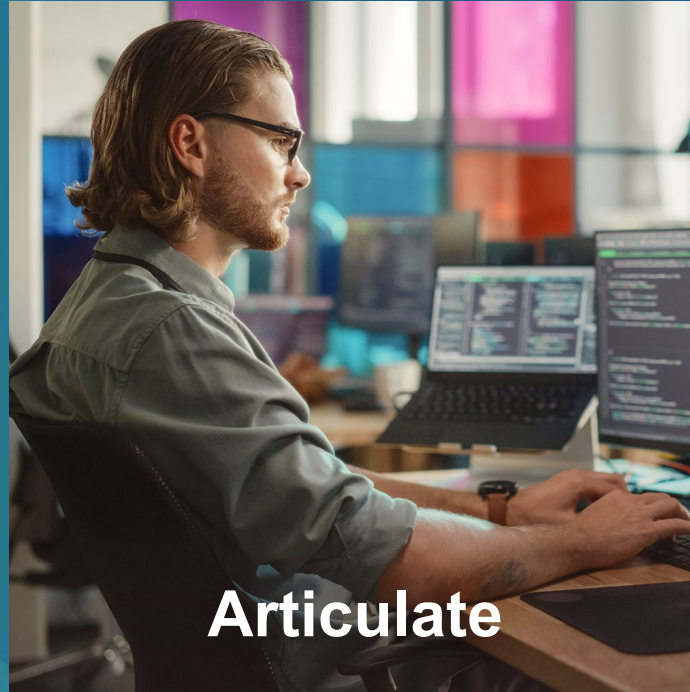
A SPECIAL TYLER WELCOME AND THANK YOU TO THE FIELD

Training Objectives



Identify

Identify the unique mental health challenges faced by community supervision officers.



Articulate

Recognize and articulate the signs of mental health strain, including stress, burnout, depression, anxiety, PTSD, and trauma.



Describe

Describe personal and organizational approaches that support officer mental health and well-being.



Recognizing the Signs

WHAT ARE THE SIGNS OF MENTAL HEALTH STRAIN?

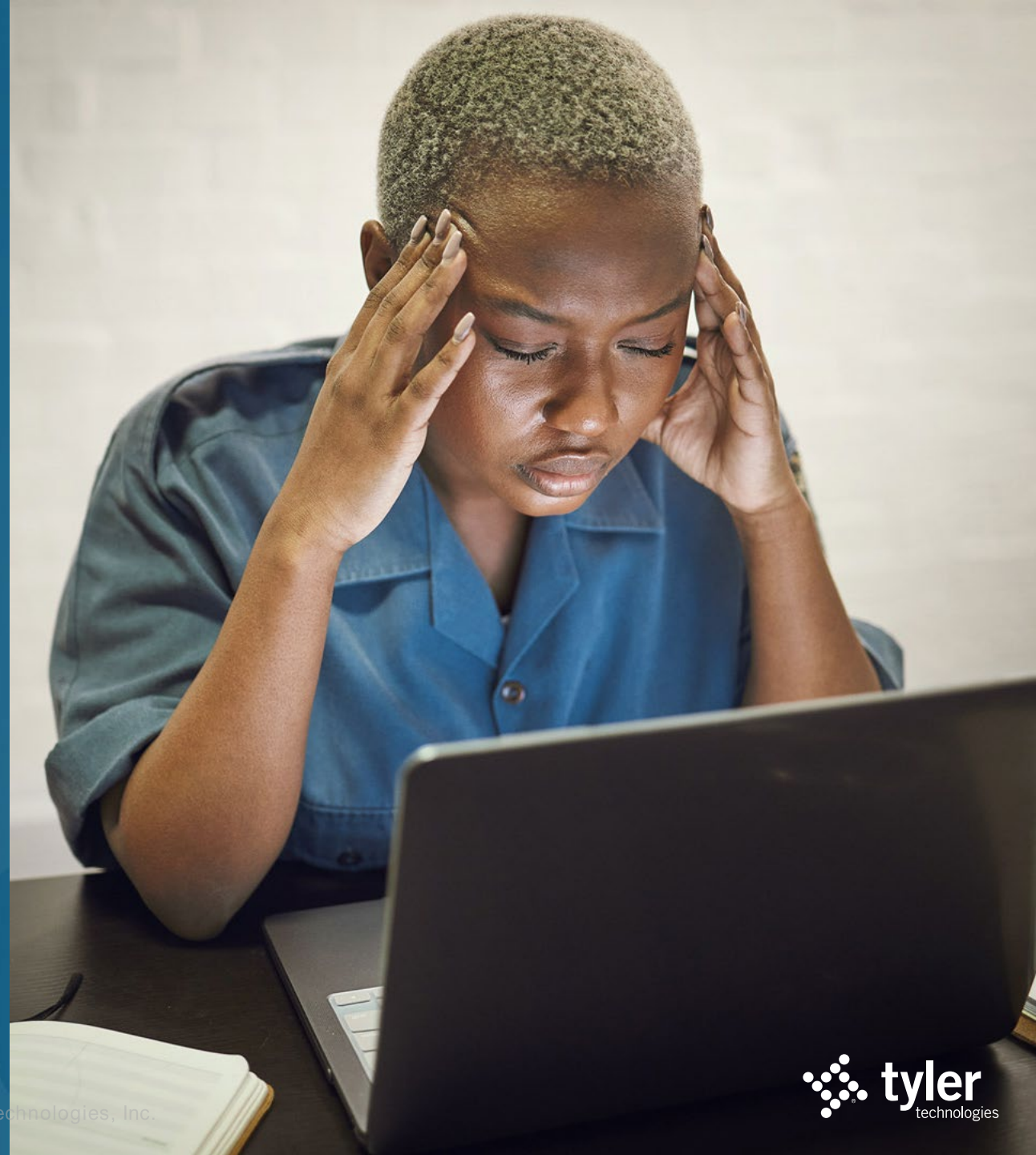
VICARIOUS TRAUMA

What is it?

Indirect exposure to traumatic events

Cumulative over time

Can mirror PTSD symptoms



A person is riding a bicycle on a paved path. The image is taken from a low angle, focusing on the wheels and the lower half of the rider. The rider is wearing a light-colored, patterned shirt and dark shorts. The path is paved and has a white line. In the background, there are trees and a clear sky. A large, semi-transparent blue rectangle is overlaid on the center of the image, containing the text. Inside this rectangle, there is a faint, large gear icon. The overall lighting is bright, suggesting a sunny day.

Care Strategies

EVIDENCE-BASED STRATEGIES & SELF-CARE





Organizational Approach

SUPPORT FOR OFFICERS' MENTAL HEALTH



Organizational Approaches



STAFFING



RESOURCES



TRAINING



TECHNOLOGY



Organizational Practices

Create a culture of openness & support

Implement employee assistance programs

Provide mental health check-ins & screenings

Train supervisors to recognize & address issues

Implement trauma-informed policies & practices

California Department Of Corrections And Rehabilitation (CDCR) Employee Resources



cdcr.ca.gov/wellness

Employee Resources

Office of Employee Wellness

COVID-19 Staff/Telework Resources

Employee Assistance Program (EAP)

Peer Support Program

Law Enforcement and Community
Services / California Chaplain Corps

Employee Onboarding

CTC Visitor Information

Personnel Services

Upward Mobility Program (video) [↗](#)

Reduction/Closure Information

Employee Resources

- [Use the CDCR Wellness App](#) (found on the intranet) to access all important employee resources using your mobile device.
- [Learn all about CDCR reductions & closures](#), including which facilities are affected and options for employees.
- For CDCR employees teleworking and needing technical support please **submit a Remedy Ticket on the Intranet** or call the **EIS Service D**

Office of Employee Wellness

The Office of Employee Wellness (OEWS) provides a safe, accessible, and connective space for proactive wellness support, education, and resources for all California Department of Corrections and Rehabilitation (CDCR) and California Correctional Health Care Services (CCHCS) employees.

GET HELP AS A CDCR EMPLOYEE

New to CDCR?

Whether you are an executive, manager, supervisor, or line staff our Onboarding Portal will help walk you through the steps needed to complete your hiring process.

VISIT THE ONBOARDING PORTAL

External Resources

Pay and Benefits

- [Benefits](#)
- [Direct Deposit](#)
- [Pay Dates](#)

Forms

- [Employee Action Request](#) [PDF](#) [↗](#)

Retirement

- [CalPERS Application Process](#)
- [Retirement Benefits](#)

More Resources



cdcr.ca.gov/wellness

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More Resources

Health and Wellbeing Employee and Family Resource Guide

Welcome to the Health and Wellbeing Employee and Family Resource Guide.

Office of Employee Wellness (OEW) provides oversight and administration of all statewide Wellness Programs and initiatives including; The Peer Support Program (PSP), The Employee Assistance Program (EAP), California Chaplains Corps (CCC) and the CDCR Wellness App. OEW's diverse and multidisciplinary team is dedicated to providing a safe, accessible, and connective space for proactive wellness support, education, and resources for all California Department of Corrections and Rehabilitation (CDCR) and California Correctional Health Care Services (CCHCS).

OEW recognizes and applauds the work done by each of you every single day. No matter the classification, position, title or location, OEW is here for you. The information in this guide is an overview of the resources available to you. Many resources are at no cost to you or your family. If you have questions or you do not see the resource you need, please contact us at Wellnessnews@cdcr.ca.gov

Office of Employee Wellness
P.O. Box 942883, Sacramento, CA 94283
wellnessnews@cdcr.ca.gov
www.cdcr.ca.gov/Wellness

- [California Chaplain Corps](#)
- [Employee Assistance Program](#)
- [Peer Support Program](#)
- [Cancer Resources](#)
- [Community Resources](#)
- [Crisis Resources](#)
- [Domestic Violence Resources](#)
- [Financial Literacy and Assistance Resources](#)
- [Fitness and Health Phone/Tablet Applications](#)
- [Grief Resources](#)
- [Health and Wellbeing Books for Law Enforcement and Their Families](#)
- [Lesbian, Gay, Bi-Sexual, Transgender, Queer/Questioning, Intersex, Asexual + Resources](#)
- [Military Resources](#)
- [Substance Abuse and Alcohol Resources](#)



cdcr.ca.gov/wellness

More Resources



cdcr.ca.gov/wellness

Peer Support Program

The staff Peer Support Program (PSP) consists of volunteer custody and non-custody staff who have the desire and passion to help their fellow staff in a time of need. PSP members have received extensive training in empathy, psychological first aid, critical incident response, active listening, and best practices for peer-to-peer support programs. The PSP serves to provide an empathic listening ear and facilitate pathways to professional help, or as a result of the following situations:

- Physical assault.
- Sexual assault.
- Hostage incident.
- Causing injury or death to person(s).
- Illness, death, and suicide.
- Substance use.
- Personal Stress; or
- Involvement in onsite and offsite critical incidents.



PSP members are available at each CDCR and CCHCS location and consists of volunteer custody and non-custody staff who are trained and have the desire and passion to help staff in a time of need.

[VIEW STATEWIDE PSP ADMIN LEADERS LIST](#)

Contact Information

Office of Employee Wellness Peer Support Program

CDCRPeerSupport@cdcr.ca.gov

Statewide Peer Support Manager & Statewide Peer Support Coordinator

Ashton Peterson

530-249-2844

CDCRPeerSupport@cdcr.ca.gov

Technology

Look for technologies that can assist in reducing redundant tasks.





Leveraging Technology

Mobile mental health apps

Wearable devices for stress monitoring

Virtual reality for stress inoculation and relaxation

Teletherapy and online counseling platforms

AI for early detection and intervention

Digital platforms for peer support

Enterprise Supervision

PRODUCT CAPABILITIES





Actions & Best Practices

Prioritize mental health in strategic planning & budgets

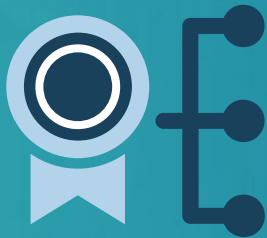
Implement comprehensive **mental health programs**

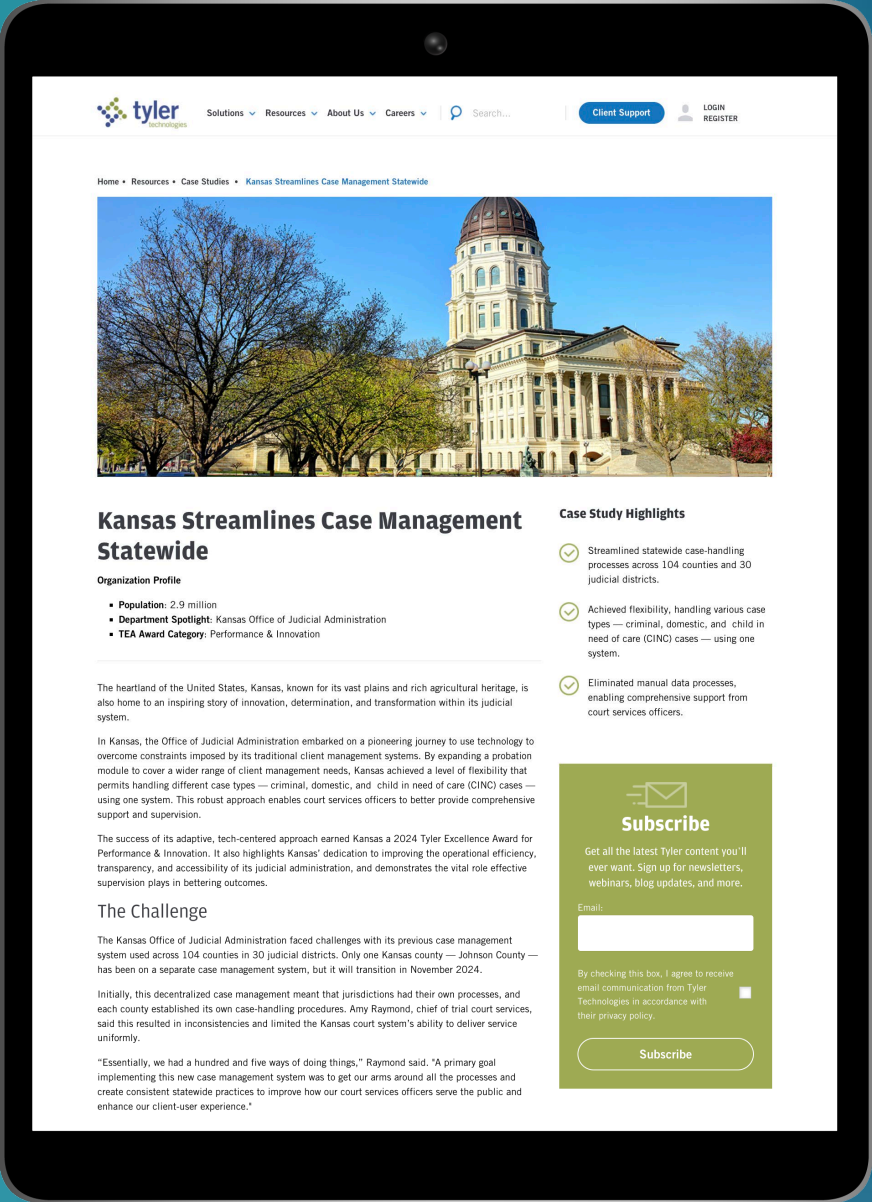
Create a **culture** that values & supports officer well-being

Engage in **regular self-care** & seek support when needed

Continue **research on mental health challenges** & interventions

Take collective action for a resilient, **effective community supervision system**





tylertech.com/resources

Case Study

Kansas Streamlines Case Management Statewide



The background of the slide is a light gray surface covered with numerous 3D white question marks of varying sizes and orientations, creating a textured, depth-filled effect. A horizontal teal rectangle with a thin white border is centered on the slide, containing the title text.

Q&A

QUESTIONS, ANSWERS, & DISCUSSION



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