

WORKPLACE WELLNESS



The Lincoln County Sheriff's Office (LCSO) offers several wellness services for our team members. In recognition of the demanding roles our team fulfills and the ever-growing importance of mental health, wellness, and resiliency, we continue to work with our team to improve services and provide additional tools.

Community Outreach and Partnerships



We share the successes of our team's work, including the service they provide to our communities. We participate in events such as Breast Cancer Awareness Month, Shop with a Cop, Trunk or Treat Events, National Night Out, Touch-a-Truck, and many others. Our office supports members volunteering to coach sports, participate in non-profit organizations, and many other community-based opportunities.

Sheriff's Office Safety and Wellness Committee



After a few years of participating in the County Safety Committee, more specialized safety review and wellness resources were needed. Our Safety and Wellness Committee was formed with members from our divisions, allowing them to focus on the unique needs of our members. Lt. Shanks acts as the county safety committee liaison and shares updates as appropriate with the County level committees.

Chaplain Program



Our chaplain program offers additional confidential support services for our team members when needed. With leaders from different faiths, the Chaplains have integrated into our teams for critical incident debrief services and family support services; particularly in the field for service calls involving the loss of loved ones or exposure to traumatic incidents. Our chaplains attend briefings, participate in ride-alongs, and are ready to support in community events. The support provided by this group is not religious in nature except when a member specifically asks for religious related support/practice.

Cordico Wellness App



Our Sheriff's Office Wellness App is available to all members and their families. The free app provides direct access to crisis intervention hotlines, officer wellness tool kits, self-assessments, law enforcement therapists, our chaplain supports, financial resources, emotional survival training videos, local fitness centers, nutrition, meditation and mindfulness information, and more.



Online Resources

Our office subscribes to multiple platforms for ongoing education and training. One example includes Justice Clearinghouse which provides many topics related to law enforcement training, work/life balance, leadership training, community partnerships, and others geared toward building knowledge. Our office also uses Audible to provide audio books on topics such as leadership, self-improvement, and wellness.



Nutrition/Healthy Food Options

Lunch options include salad, a hot entree, soup, and a side dish. We have added additional vegetarian and vegan options, healthy snack options such as fresh fruit, veggies, and whole wheat bread for sandwiches. We continue to improve the healthy meal options provided. Quarterly menus are vetted through the wellness committee.



Team Building and Team Challenges

Our team has been evaluating team challenges and team building opportunities, including more formal trainings and activities outside of work such as annual golf tournaments, community fitness challenges, book clubs, art projects, and others.



Fitness Center

We recently remodeled an unused portion of our jail to build a fitness center for our team. This center has weightlifting systems that were purchased and donated by our Lincoln County Deputies' Association, cardio machines, mat room for training, a mindfulness/meditation/yoga/quiet room, and a large bathroom which will be remodeled into a locker room. The center also has a TV that can stream guided workouts and music.



Responder Life Peer Support Services

We have contracted with Responder Life to build a sustainable Peer Support team and services for our members. Planning and training for this team continue to be developed and improved.



Resiliency Training

In 2022, the LCSO provided resiliency training for all team members. This day-long training was held locally with a highly respected first responder psychiatrist. We continue to assess additional resilience trainings and resources.



Newsletter

Our internal newsletter helps keep our team informed, celebrates achievements, highlights team/individual praise, and offers wellness tips with each edition.