



Sheriff's Office Employee Wellness Initiative

Multnomah County Sheriff's Office (MCSO) management recently attended a leadership retreat featuring guest speaker Dr. Kevin Gilmartin, author of the popular book 'Emotional Survival for Law Enforcement'. Dr. Gilmartin provides consultation and training to agencies across the country about the challenges and demands of working in public safety, and the emotional, mental and physical toll it takes on officers, deputies, and their families.

Dr. Gilmartin talked about the warning signs and patterns that can be a result of our profession, and he offered strategies and solutions we can use to bring a healthy balance to our lives. We accept that, as an agency, MCSO has a responsibility to find ways in which the quality of life for staff can be improved both at work, and at home.

After discussions with unit managers, Sheriff Reese announced the MCSO Employee Wellness Initiative. Intended to be an ongoing effort, this program will look for ways to help staff take care of themselves physically and emotionally, and maintain a healthy outlook and attitude in spite of the challenges we face in public safety service.

Chief of Business Services, Kezia Wanner, will lead the initiative and has assembled a Steering Committee that is shaping the development of the Wellness Plan. Focus Groups are currently meeting to develop the strategies and recommendations which form the foundation of the plan; these will ultimately be presented in a draft plan format to Sheriff Reese for approval. "We're hoping to have a final plan in place in the next six months, after which we can begin implementing the Plan strategies," explained Chief Wanner.