

STRESS AND THE WORLD OF CORRECTIONS

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COURSE OVERVIEW

This eight-hour workshop will help participants identify some of the issues surrounding stress in a correctional setting and the importance of physical and emotional self-care. Research and statistics on incarceration in the United States, drug abuse, suicide, and the mentally ill inmate population will be discussed.

TOPICS OF INSTRUCTION AND LEARNING OBJECTIVES

- **Participants will be able to: define stress and identify the effects of stress.**
- **Identify the sources of stress.**
- **Identify the physical and behavioral symptoms of stress.**
- **Identify some of the stressors on Inmates and Correctional Staff**
- **Define burnout and identify positive and negative coping strategies.**
- **Recognize how thoughts, feelings, and attitudes lead to patterns of behavior.**
- **Discuss the role of officers and the mentally ill inmate population.**
- **HIV/AIDS: Research/Statistics, Safety & Legal Issues**
- **Suicide and malingering**