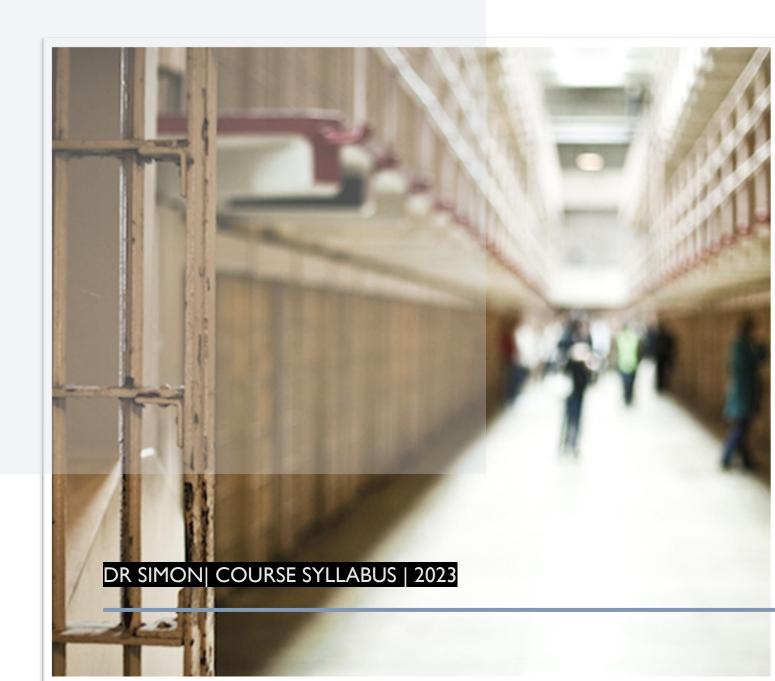
## STRESS AND THE WORLD OF CORRECTIONS

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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