



THE LAW ENFORCEMENT SURVIVAL INSTITUTE

Mini Discussion Worksheet

STAFF DISCUSSIONS ON ORGANIZATIONAL WELLNESS TOPICS

"The High Cost of Unwellness in Policing"

Policing is a people business - it's about people protecting and serving other people. If we don't take care of our people they won't be able to take care of THE PEOPLE! Lack of employee wellness can be costly. There are no quick fixes. We need to build better people, and agencies, from the ground up. Training is not the only answer.

Frequently, training is used as a substitute for actual organizational improvement. A Wellness System is a comprehensive, integrated mechanism to bolster and sustain the health, well-being and resilience in people.

What did your agency spend on auto accident repairs last year?

What did your agency spend on recruiting, hiring and new hire training last year?

What did your agency pay out in liability claim settlements last year?

What are the costs of a citizen complaint, line-of-duty death or even an employee suicide?

What metrics are you using to measure the effectiveness of your wellness initiatives?

What results do you expect from your wellness program?

Use this space to consider some of the possible cost savings you could reap by reducing unwellness:

The Law Enforcement Survival Institute (LESI) is an assessment, consulting and training organization that is available to help you in many ways.

We work with law-enforcement professionals and other first responders and their organizations who want to be at their best. Our focus is wellness and resilience. We have a variety of products and services, including self-paced Do-It-Yourself materials that can help agencies of any size and any budget. Visit www.LawEnforcementSurvivalInstitute.org to learn more about our training, consulting and DIY products. We also have a free online wellness systems survey to take a quick, 10 question, "snapshot" of your agency to identify areas where improvements need to be made. Visit our Wellness Focused Policing site to take the free survey here: <https://wellnessfocusedpolicing.com/get-started/>