



Policing in a Pandemic Environment: The Wellness Lens

Cpl. Deepak Prasad, AdeC, CTSS, CTR, CCISM, CECR, CATSM
Wellness Coordinator - 'H' Division

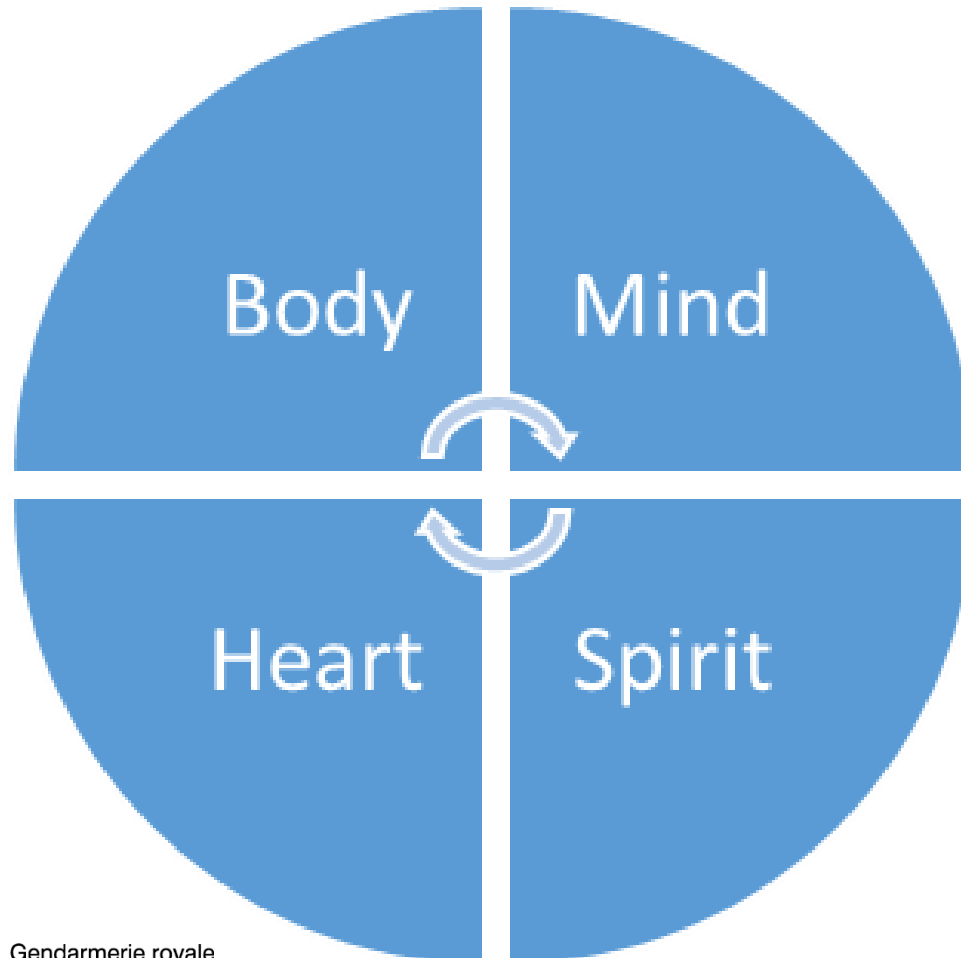


Discussion Topics

- Understanding wellness & resiliency;
- Wellness impact on our staff;
- Expansion of programs, services, and abilities; &
- Moving forward together



Wellness Defined



Royal Canadian Mounted Police Gendarmerie royale du Canada

Canada 

Impact

- Uncertainty;
 - Health, policy, & law;
- Safety; &
 - PPE usage;
 - Shared equipment issues;
 - Family health issues.
- Team pressures.

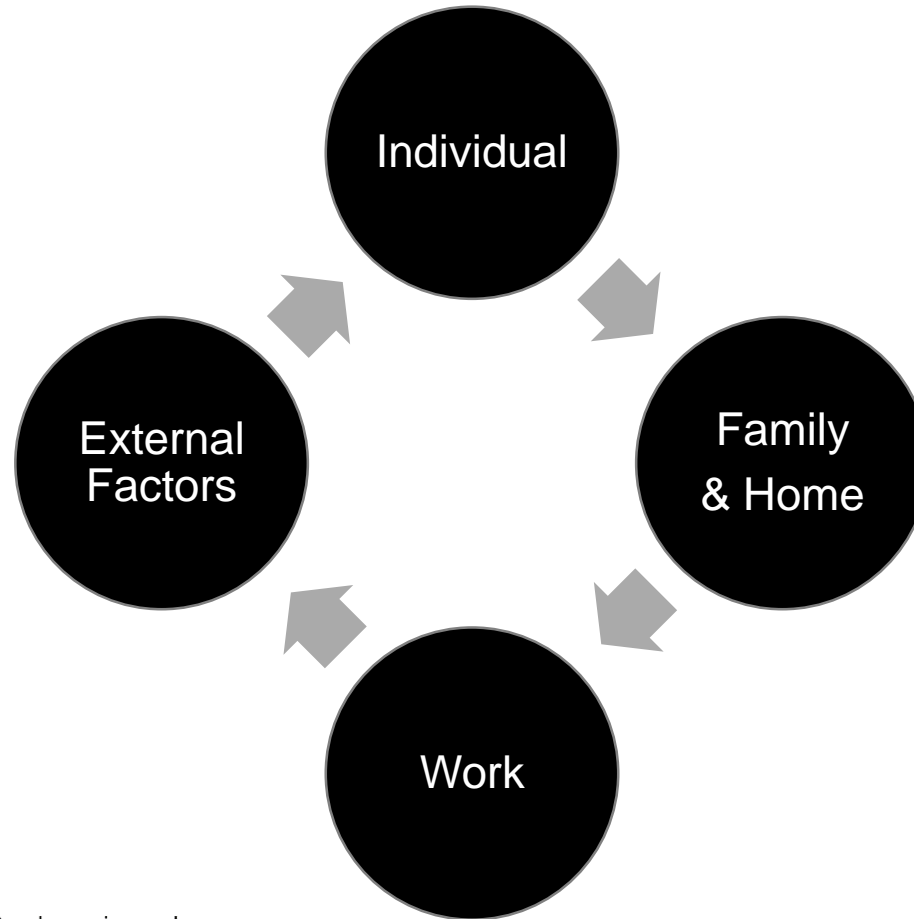


Expansion

- Virtual Environment;
 - Health services/treatment
 - Wellness information sessions
- Expanding mental health services;
- Improving workflows; &
- Improving communications systems.



Building Resiliency Everywhere



(Wilson, 2015)



Royal Canadian Mounted Police
Gendarmerie royale du Canada

Canada

STAMP Wellness

- Safety:
 - Emotional;
 - Physical; &
 - Financial.
- Team:
 - Professional; &
 - Personal
- Ability
- Meaning
- Play



(Wilson, 2015)



Royal Canadian Mounted Police Gendarmerie royale du Canada

Canada