

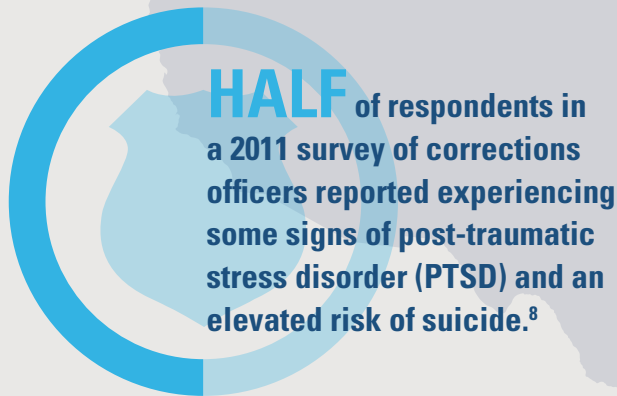
# FACE TO FACE

Connecting Policymakers to People Involved with the Correctional System

## Prioritizing Wellness for Corrections Officers

Corrections officers play a vital role in the reentry success of the people they supervise. Effective interactions between corrections officers and people in prison or jail can reduce recidivism and improve overall long-term outcomes related to a successful transition back to the community.<sup>1</sup> But the role of these officers can be hindered by the job-related stresses and challenges they often experience, including traumatic stress as a result of secondary exposure to violence, injury, and death.<sup>2</sup> These high-risk job factors can lead to a negative impact on the quality of life of corrections officers. Research shows that corrections officers have higher rates of post-traumatic stress disorder,<sup>3</sup> work-related injuries,<sup>4</sup> and suicide,<sup>5</sup> in comparison to other professions.

The risk of suicide is **39% higher** for corrections officers than all other professions combined.<sup>6</sup>

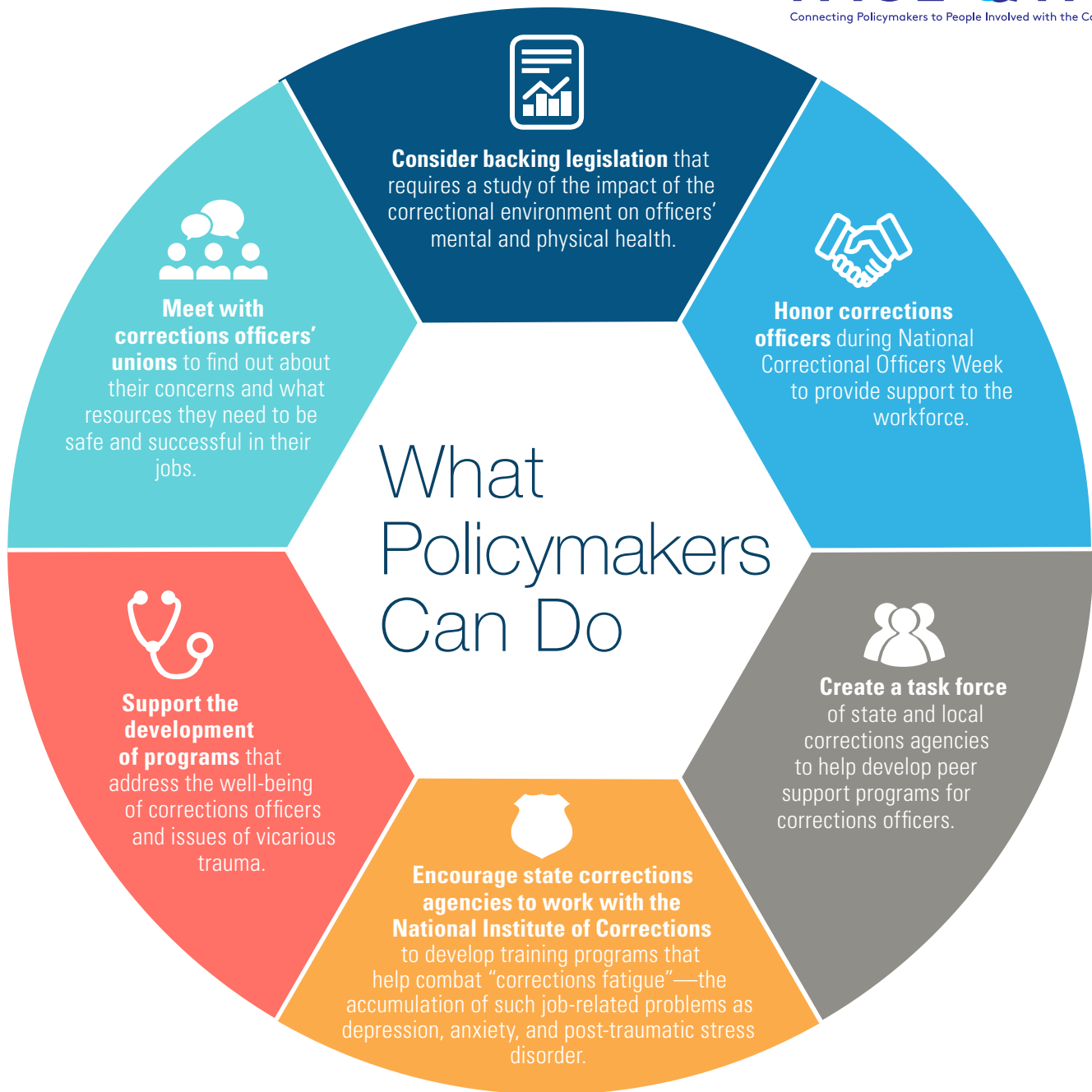


The number of work-related injuries or illnesses per 10,000 full-time corrections officers in 2011<sup>7</sup>

**431,600**  
The approximate number of corrections officers in the U.S. as of 2016<sup>9</sup>

A recent study of officers at a correctional facility in **Connecticut** found that, of corrections officers who worked in a prison environment for 15 years or more, **50%** were affected by obesity and **39%** suffered from high blood pressure.<sup>10</sup>

20% of respondents in a survey of **Oregon** Department of Corrections staff said they experienced mental health conditions such as anxiety, depression, and traumatic stress.<sup>11</sup>



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