

VAIL POLICE WELLNESS & RESILIENCY

● Responder Strong

Colorado first responders and the National Mental Health Innovation Group collaborating to improve support systems for responders and their families.

● Peer Support

Confidential discussions between advisors and employees seeking help on work or life issues. Referrals to resources and services are given.

● Mentoring

Experienced employees provide new hires with non-judgmental support to reduce stress during rigorous training phrases. A mentor also orients their protégé on social, religious and other activities in the area.



● **AWARE's** 10 domains for long-term maintenance of wellness and resiliency are Occupational, Medical, Psychological, Trauma, Physical, Relational, Financial, Recreational and Spiritual.

● SIGMA

Vail's innovative police-specific health-based program includes comprehensive medical tests and individualized treatment plans prescribed by a physician.

● Mindfulness

Encouraging mindful awareness of self-care, awareness of others, job readiness, safety and outlooks on career and life. Annual charities with Behavioral Health personnel.

● Work-Life Balance

As an example, saying yes to requests for time away from department work.