



CPOST PRESENTS DESERT WATERS

The Commission on Correctional Peace Officer Standards and Training (CPOST) hosted a two-day training overview presented by Dr. Caterina Spinaris from Desert Waters Correctional Outreach (DWCO). The first day, December 1, 2016 was presented to the union at the California Correctional Peace Officers Association (CCPOA), and the next day, December 2, 2016 was presented to management at the California Department of Corrections and Rehabilitation (CDCR) Headquarters.

Dr. Spinaris provided overview of two evidence based trainings developed by the Correctional Outreach Center titled Corrections Fatigue to Fulfillment and The Resilient Supervisor. The training brings to light three stressors unique to Correctional Staff:

- Operational: 24/7 operations, high work load, multi-tasking, policies and procedures, staffing issues, mandatory overtime, and equipment issues.
- Organizational: managing people- offenders and staff, leadership styles, disciplinary practices, evaluation practices, and promotion practices.
- Traumatic: being assaulted or threatened, witnessing incidents of violence, injury, or death, and learning about such incidents.

These work stressors becomes corrections fatigue and impacts the environment with negative personality changes, declined health and functioning, and dysfunctional core beliefs and behaviors.

The Resilient Supervisor training presents research-supported information on attitudes and behaviors that promote resilience and practical ways for its implementation in correctional environments. The course aims to enhance supervisors' to increase their capacity to lead by adoption and application of resilience-building behaviors.

CPOST is hopeful that this training will be available for line-staff in the near future.



Dr. Caterina Spinaris

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Click [here](#) for more information on the Four Day Instructor Training from Corrections Fatigue to Fulfillment



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