



EMPLOYEE WELLNESS

GAIL LEVARIO, ASSISTANT DIRECTOR
EMPLOYEE SERVICES DIVISION

WHY EMPLOYEE WELLNESS

Health and wellness of our employees continues to be one of our primary focuses

- As with other public safety/first responder - our workforce faces some unique health issues and stressors
 - Last employee wellness survey:
 - 13% report symptoms consistent with depression
 - 15% reported frequent mental distress
 - 17% reported being bothered by traumatic stress

WHY EMPLOYEE WELLNESS

Summary of Mental Health/Stress Claims

Top 10 Most Costly Claims			
Injury Description	Rank Order	Total Claim Costs (Paid + Reserved)	Total Time Loss Days
ptsd	1	\$830,292	481.5
mental stress	2	\$677,415	610
job stress	3	\$340,016	55
work related ptsd	4	\$315,368	171
suffering from ptsd	5	\$247,348	90
witnessing many traumatic events	6	\$229,616	108
mental health	7	\$215,356	90
mental stress, ptsd	8	\$207,044	115
ptsd, anxiety	9	\$186,463	38
right vertebral artery dissection/stroke	10	\$12,013	67.5
Grand Total		\$3,260,932	1826

DOC WELLNESS PROGRAMS

- **Crisis Intervention & Stress Management (CISM)**
- **Mindfulness & Resiliency**
- **On-site fitness centers**
- **Wellness Committees & Statewide Wellness Council**

DOC WELLNESS – CURRENT COLLABORATIONS



OREGON
HEALTH & SCIENCE
UNIVERSITY

DOC WELLNESS – FUTURE PARTNERSHIPS/ENGAGEMENT



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QUESTIONS & MORE INFORMATION

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