

Chair Taylor Members of the Committee, I have to work two mandatory shifts every week. In my personal experience and from what I've seen of my coworkers on the job, the lack of sleep fuels poor decisions, decreased motivation to go above and beyond, and decreased attention and concentration to observe safety and security concerns.

Physically, working constant mandatory overtime leads to poor eating habits and has caused me and many of my colleagues to weight gain. The anxiety about being mandated week after week is extreme, and stress induced-health issues have become a huge issue. Many of us now have high blood pressure and intestinal issues. When you have to be hypervigilant in a prison setting for 16-18, and you're expected to make a drive home late at night and attempt to get a couple hours of sleep before having to go right back to it, your body/mind never recover during your work week.

Mandatory overtime causes unnecessary stress to our loved ones. It takes away the drive to carry out normal home tasks or to be more supportive of our partners, which causes arguments and fuels further anxiety and depression about maintaining relationships. Leading to feelings of inadequacy and depression. And because we are constantly working and too tired to take care of ourselves, mental health goes unaddressed and untreated.

It causes shortened tempers and uncharacteristic responses to normal aspects of home life. Prior to my current relationship, the mandatory overtime was a direct cause of several failed relationships and has also caused a disconnect between me and my immediate family and friends. It has prevented me from attending family functions, birthdays, holidays, sporting events. I don't get to spend time with loved ones and friends. Many outsiders do not understand the environment we work in or the effects of overtime shifts.

If you do not work in this environment, and you've never been subjected to mandatory overtime abuse, you just can't understand the impacts that it has on those of us who experience it every week. We are not fine. We cannot continue to sit idly by and let this abuse destroy our lives.

Darrick Diebel

Oregon Department of Corrections-CCCF