HOW TO IMPROVE WELLNESS AMONG STAFF INVESTIGATING CSAM?

KEY RECOMMENDATIONS FOR ICAC TASK FORCES AND THEIR AFFILIATE AGENCIES

01

Implementation of Officer Wellness **Programs**

Officer Wellness Programs are important for promoting mental and emotional health. reducing stress, and addressing the unique challenges faced by law enforcement personnel exposed to CSAM.

02

Addressing Barriers to Wellness **Programs**

Barriers to wellness programs in policing include lack of funding and mental health stigma. To overcome these barriers, consistent funding and addressing mental health stigma in the profession are crucial.

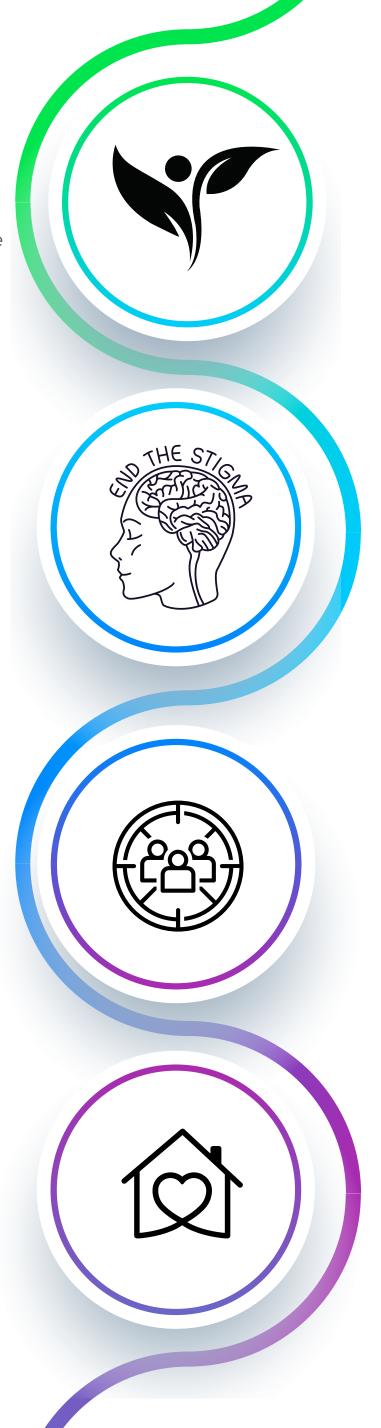
03 Peer Support

Creating a supportive work environment through relationships among staff can contribute to the wellness of individuals. This can include team building activities and having a group that is supportive and nonjudgmental.

04

Support Other Accessible **Strategies**

Provide more and easy access to known strategies that help investigators stay healthy while at work including flexible work hours, exercise opportunities, and friend and family events.



Learn more at: Mitchell, K.J., Gewirtz-Meydan, A., O'Brien, J. & Finkelhor, D. NIJ FUNDED STUDY OF TRAUMA AND RESILIENCY AMONG FORENSIC (2022). Practices and policies around EXAMINERS INVESTIGATING CHILD PORNOGRAPHY CARRIED OUT BY THE wellness: Insights from the Internet CRIMES AGAINST CHILDREN RESEARCH Crimes Against Children Task Force CENTER Network. Frontiers in Psychiatry, 13,

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