

Officer Wellness: Overview

Stressors

- Long hours/overtime
- Exposure to crime scenes
- Injury/death of a co-worker
- Financial problems
- Family conflict
- Dealing with the public

Symptoms

- Notable changes in sleep
- Increased substance use
- Changes in thoughts/emotions (i.e. depressed, irritable, cynical)
- Physical symptoms (i.e. headaches, fatigue, chronic pain, digestive issues)

Benefits of Counseling

Take care of yourself first, so you can help others

Increase resilience

Learn healthy coping strategies

Process trauma/cumulative stress

Develop a wellness routine

Improve personal and professional relationships

Regain who you were when you started the job (i.e. old hobbies, interests, relationships)

Be the best you!

Counseling comes in many forms

Important to find the right therapist/ treatment for you

Don't be discouraged if first attempt isn't a good fit



Who Provides Treatment?

Therapists (Counseling)

Social Workers (LMSW, LCSW, LCSW-R)
Licensed Mental Health Counselors (LMHC)
Psychologists (PhD, PsyD)
Marriage and Family Therapist (MFT)
Alcohol/Substance Abuse Counselor (CASAC)

Prescribers (Medications)

Nurse Practitioners (NP, NPP)
General Practitioners (MD)
Psychiatrists (MD)

“Taking care of yourself is the most powerful way to begin to take care of others.”

– Bryant McGill



Office of
Mental Health

Division of
Forensic Services

Officer Wellness: Resources

New York State Police Recommended Counselors

Troop A

Connie Gulino, LCSW-R (Hamburg, NY): (716) 228-1329

Richard M. Sullivan, LCSW-R (Clarence, NY): (716) 435-7848

Denise Fuller, LCSW-R (Williamsville, NY): (716) 276-8320

Troop B

Patrick Monette, LMHC (Plattsburgh, NY): (518) 314-0636

Troop C

Charlie Kramer, LCSW (Binghamton, NY): (607) 722-1836

Troop D

Dr. Toby A. Davis, PhD (Boonville, NY): (315) 942-9977

Sabrina R. Capozza, LMHC (Camillus, NY): (315) 415-5977

Troop E

Julia A. Parker, LCSW-R; Shawn Parker, LCSW (Rochester, NY): (585) 483-0783

Troop F

Dr. Michelle Winchester-Vega, DSW, LCSW-R (New Windsor, NY): (845) 562-9816

Troop K

Barbara Spada, LCSW (Poughkeepsie, NY): (854) 454-4353

Dr. Joseph Perl, PhD (Pleasant Valley, NY): (845) 635-8224/ (845) 546-1644

Troop NYC/L

David Moskowitz, LCSW (Goshen, NY): (845) 772-1523

Sharon Elise Prager, LCSW (Liberty, NY): (888) 975-2256

Dr. Daniel Goldfarb, PhD (Hauppauge, NY): (631) 724-5522

Other Resources

Crisis Resources

Safecallnow.org (1-206-459-3020)

Suicide Lifeline (1-800-273-8255)

Crisis Text Line (Text "Blue" to 741741)

SAMHSA Suicide Safe Mobile App

Support Resources

1sthelp.net

Peer Supports/EAP/MD/Counselor

Desert Waters Correctional Outreach

Copline.org (1-800-267-5463)

Books

Emotional Survival for Law Enforcement

Trauma Stewardship

Law Enforcement Friendly Treatment Centers

Facility	Location	Specialty	Website
Horizon Health Services	Multiple Sites- WNY	Outpatient, Veterans, Women	https://www.horizon-health.org/
River Hospital	Alexandria Bay, NY	Intensive Outpatient, Active Duty, PTSD	https://www.riverhospital.org/
Tully Hill Treatment and Recovery	Syracuse, NY	Inpatient, Addictions	https://www.tullyhill.com/
Brattleboro Retreat	Brattleboro, Vermont	Inpatient, Uniformed Professionals	https://www.brattlebororetreat.org/
Sierra Tucson	Tucson, Arizona	Inpatient, Addiction, PTSD	https://www.sierratucson.com/



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