

DOC WORK/LIFE SERVICES

The Mission of Work/Life Services is to help Department of Corrections' employees manage the demands of work and their personal life. The Work/Life Services web page offers a variety of services dealing with family, childcare, eldercare, physical fitness/wellness, mental fitness, financial services, domestic violence, and legal services.

Rosanne Leland, L.M.S.W., A.C.S.W., is the DOC Work/Life Services Coordinator. She is in charge of work/life services training and planning for DOC employees. Her office is located in the Employee Service Program, Capitol Commons Center, 400 S. Pine, Suite #103, Lansing, MI 48909. Rosanne can be reached Monday - Friday, 8:00 a.m. - 5:00 p.m. at 517-373-7630 or 1-800-521-1377.

Employee Service Program

The Employee Service Program (ESP) provides services to classified state employees who are experiencing work related problems, or personal concerns that are affecting their work. Any employee who needs further assistance with Work/Life challenges can contact ESP to schedule an in person or telephone appointment with an ESP counselor. All contact and participation with ESP is confidential, voluntary and free of charge. Offices are open 8:00 a.m. - 5:00 p.m., Monday - Friday.

Lansing office: 517-373-7630
Detroit Office: 313-456-4020
Toll free: 800-521-1377

*Hearing and/or speech-impaired employees may contact the **Michigan Relay Service** for assistance by calling **1-800-649-3777**.*

HOW DO I GET TO THE WORK/LIFE SERVICES WEB PAGE?

Go to:

www.michigan.gov/corrections

Click on "Human Resources"

Click on "Work/Life Services"

Choose from the following menu:

Family
Childcare
Eldercare
Physical Fitness/Wellness
Mental Fitness
Financial Services
Domestic Violence
Legal Services

Each page provides information about your chosen topic, *plus* provides links to other web pages that guide you in contacting additional resources.

WORK / LIFE SERVICES WEB PAGE



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STATE OF MICHIGAN
DEPARTMENT OF CORRECTIONS
AND
EMPLOYEE SERVICE PROGRAM

800-521-1377
517-373-7630

Family



Working in a correctional facility can be very stressful for an officer's family and friends. Family members often are stressed because they

worry their loved one will be hurt on the job.

Working irregular shifts often disrupts family activities resulting in additional problems. Often officers are not able to be home to help in the upbringing of the children which can put pressure on partners. Problems can arise from an officer's inability to "leave at the gate" the tough, controlling and alert disposition he/she must have on the job. The use of offensive language, or difficulty in believing when others are telling the truth can cause family members to feel angry and hurt.

Childcare

Raising children isn't easy, and it's especially hard for families of Corrections Officers. Parents often have to juggle child care arrangements due to frequent work schedule changes.

Eldercare

Are you a member of the "Sandwich Generation"? People who are taking care of both their aging parents and their children are considered part of the "Sandwich Generation." There are organizations that can help you understand your parents' needs, provide care of senior citizens, offer crisis management services, and provide information on other available community services.

Financial Services

Did you know that most of us spend ten percent more than we make each month? It can be difficult to keep track of how much we spend partly because of the use of credit and debit cards, and automatic transactions. It's very easy to spend and much more challenging to put away in savings.

Mental Fitness

Jobs in a correctional facility are often intense and demanding. That is why it is very important to be mentally fit both at work and at home. To have good mental health, an employee needs to be able to: 1) cope with the stresses of life in a healthy manner, 2) adjust to changes, 3) have a sense of balance in life, and 4) have self-confidence.

Legal Services



There are many reasons why employees may need legal services. An estimated 90 percent of the population needs legal assistance at one time or another for things like buying and/or selling real estate, credit problems, tenant/landlord difficulties, bankruptcy and debt. Other reasons may include family matters such as divorce, child support and custody issues, the care of senior citizens, Powers of Attorney documents, and Will preparation.

Domestic Violence

What is domestic violence? Domestic violence is when one person in a relationship tries to physically or psychologically control the other. Examples of abuse include:

- Put-downs or name-calling
- Physical harm
- Threats of physical harm
- Intimidation
- Sexual assault

Anyone can be a victim of domestic violence. Victims can be any sex, race, age, or culture. When children are present, they are also likely to be abused and/or neglected.

Physical Fitness/Wellness

Fitness is very important for good health. Besides feeling better mentally, exercising can help protect you from heart disease, stroke, obesity, diabetes, and high blood pressure. Exercise can increase and maintain bone density, help control stress better, and improve the overall quality of your life.

Before starting an exercise routine, check with your doctor. Then plan to spend less time in front of the television and/or computer, and begin exercising more. Your doctor may suggest you begin with simple things first, such as parking in the farthest corner of the parking lot and walking, taking the stairs instead of the elevator, or walking your dog. Adding daily exercise will help you begin to feel better.

A healthy diet is also important for good health. Changing the kinds of food you eat means paying attention to what and how much you eat. As a DOC employee, it may be a challenge to get healthy food from vending machines or the cafeteria, so you will need to take the initiative and effort to plan your daily meals. It is important to eat a healthy breakfast, more fruits, vegetables, salads, and whole-grain breads. Try using only egg whites, and eating foods broiled, boiled or grilled – not fried. Ask your doctor or a dietician about starting a healthy balanced diet.

Visit the FightCancer.org web link sponsored by the American Cancer Society, which offers resources and a wealth of information on Smoking Cessation.

