

AGENDA ITEM FOR ADMINISTRATIVE MEETING

() Discussion only
(X) Action

FROM (DEPT/ DIVISION): UCSO

PROGRAM: 1509, 1540, 1560

SUBJECT: Renewal of CordicoShield Wellness App

| <u>Background:</u> | <u>Action Requested:</u> |
|---|--|
| <p>In April, 2022, UCSO purchased the CordicoShield Wellness App for our staff, https://www.cordico.com/</p> <p>For background, we applied for a \$15,000 grant from the Good Shepherd Community Health Foundation to fund the annual cost of the subscription. The foundation awarded a grant in the amount of \$7500, which paid for 1/2 of the cost of the product. We funded the remaining half from our operating budget.</p> <p>The annual subscription for 2023-24 is due, and we would like to continue using the app. Usage data (which is anonymous) shows that our staff have and are using this app extensively.</p> <p>We budgeted for this expense in this fiscal year's operating budget, and the cost will be split between the Communications, Corrections, and Criminal.</p> | <p>Approve renewal of the annual subscription for the CordicoShield Wellness App for \$15,000.</p> |

ATTACHMENTS: CordicoShield Wellness App demo.

Date: (03/24/2022)

Submitted By: (Undersheriff Jim Littlefield)

*****For Internal Use Only*****

Checkoffs:

- () Exec. Asst.
- () Dept. Head (copy)
- () Human Resources (copy)
- () Budget (copy)
- () Fiscal
- () Legal (copy)
- () (Other - List:)

To be notified of Meeting:

- Undersheriff Jim Littlefield
- Sheriff Terry Rowan

Needed at Meeting:

- Undersheriff Jim Littlefield

Scheduled for meeting on: May 23, 2023

Action taken:

Follow-up:



Wellness Platform

Presentation for the

Umatilla County Sheriff's Office

Department Wellness Program

- What are you doing today for officer/deputy wellness?
- What is your department doing to combat officer suicide?
- Do you have a designated Peer Support Team?
- Do you have a designated Wellness Coordinator?
- Do officers/deputies have 24/7 access to mental health resources?
- Do your department have a chaplain program, EAP program, and access to specifically trained public safety therapists/counselors?
- What is your department doing to combat early retirements and poor staff retention rates?

1. 40% of job turnover is the result of stress



2. Depression is the #1 predictor of absenteeism and poor work performance



4. \$125,000+: Approximate cost of one officer resigning



5. \$52 Billion: Approximate amount paid annually for direct WC costs

3. A single workers' comp stress claim can cost hundreds of thousands of dollars



1. <https://www.uml.edu/research/cph-new/worker/stress-at-work/financial-costs.aspx>

2. <https://www.uml.edu/research/cph-new/worker/stress-at-work/financial-costs.aspx>

3. Conversations with multiple risk management professionals responsible for workers' comp stress claim payments

4. Conversations with multiple municipalities.

5. Occupational Safety and Health Administration, United States Department of Labor
<https://www.osha.gov/dcsp/products/topics/businesscase/costs.html>

Protecting Staff



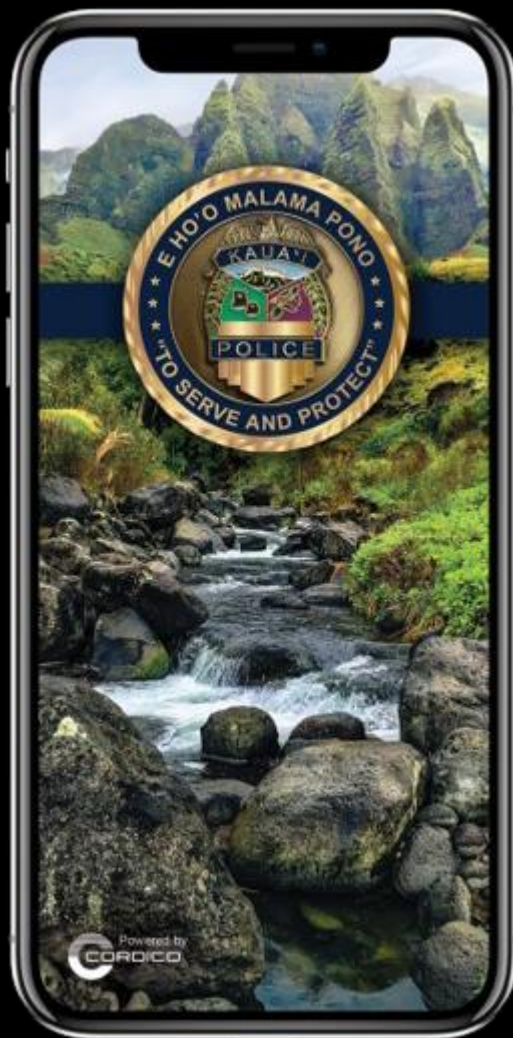
Are you doing Enough?



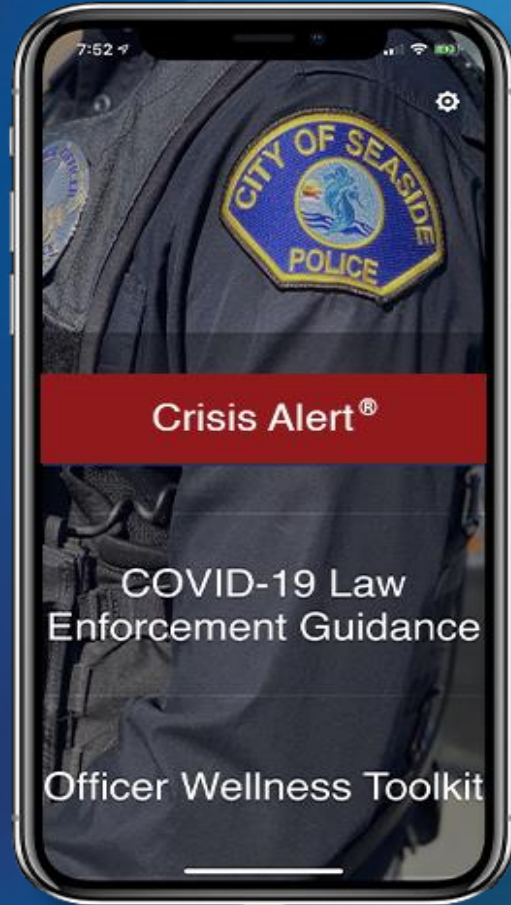
“I’m very impressed with what Cordico is doing to support our first responders. Take a look at what Cordico is offering for law enforcement, firefighters, EMS, and dispatchers. I think you too will be impressed.”

Gordon Graham-LEXIPOL Founder Risk Management Expert

POLICE



CRISIS ALERT



24/7 Immediate Support

- Agency Peer Support
- Agency Chaplain Support
- Copline
- Suicide Prevention Lifeline
- Crisis Text Line

PEER SUPPORT

- Who? How? When? Where?
- Photos & Notes
- One-Touch Dialing



CHAPLAIN SUPPORT

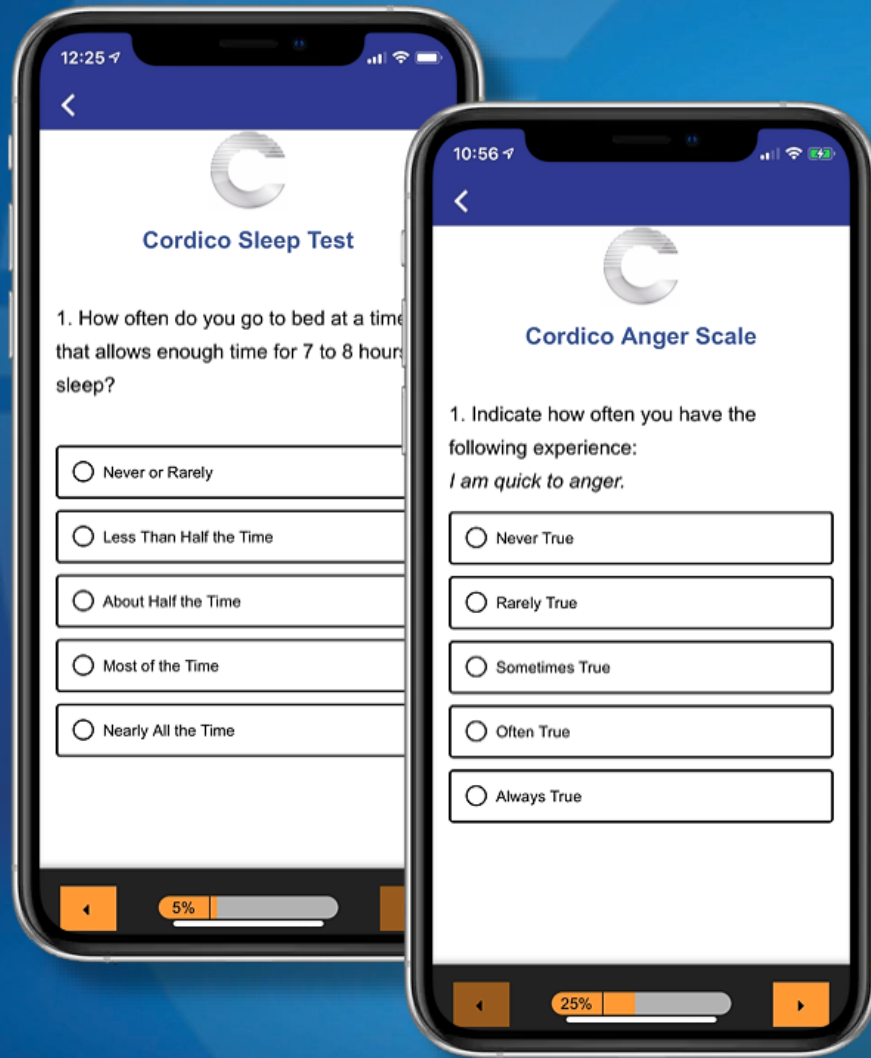
“The GuardianNET phone app enables our first responders to access a Chaplain 24/7. The app takes away the guesswork of identifying and contacting the “On-Call” Chaplain. No more delays identifying “who is available or what’s their number.” First responders, on duty or off, can now contact our Chaplains directly for assistance. Yet another benefit of having the GuardianNET phone app always within arm’s reach.”

Cordico Therapist Finder



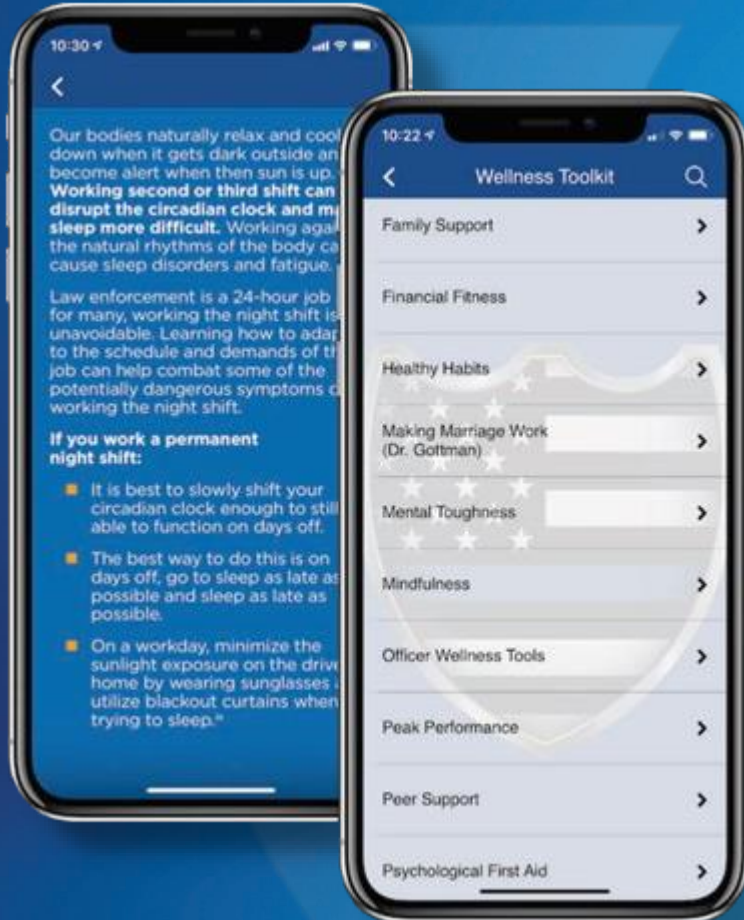
- VETTED Therapists
- Photos
- Specializations
- Notes
 - *Ex: Retired LE Officer*
- One-Touch Dialing
 - *Cell Phones*
 - *Rapid Response*
- One-Touch Map Directions
- Optional Teletherapy Portal
 - *HIPAA-Encrypted*

Anonymous Self-Assessments



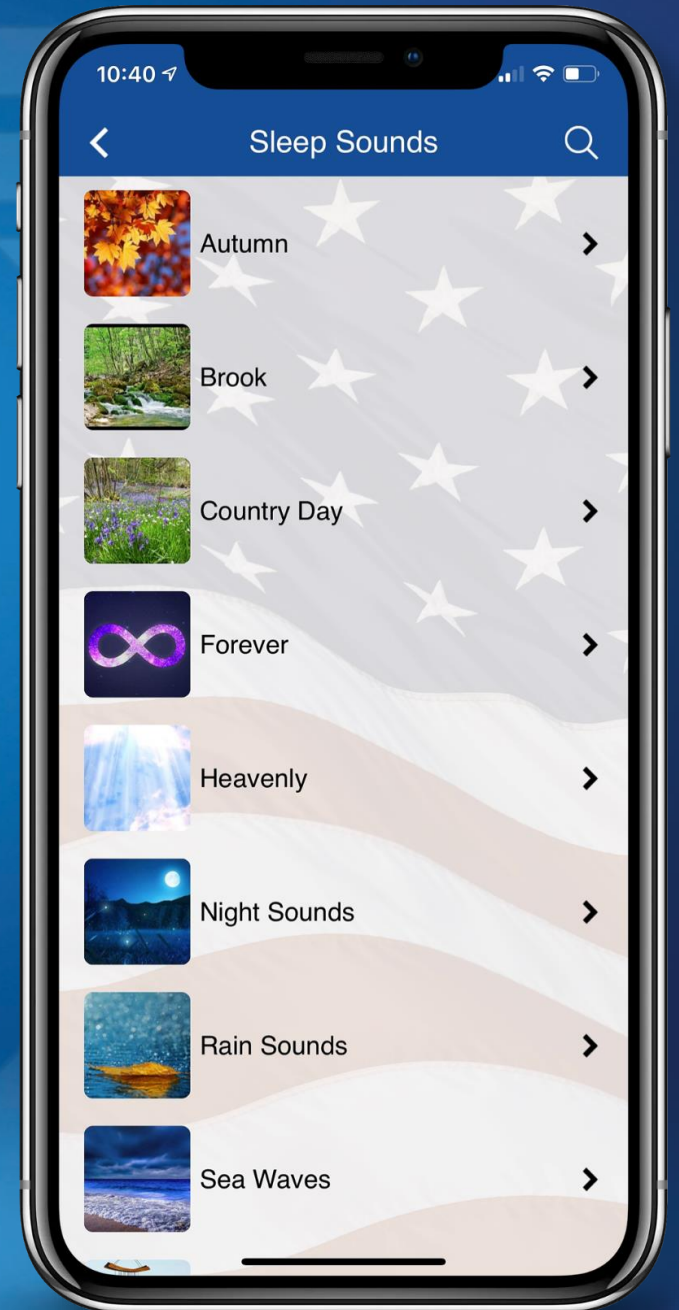
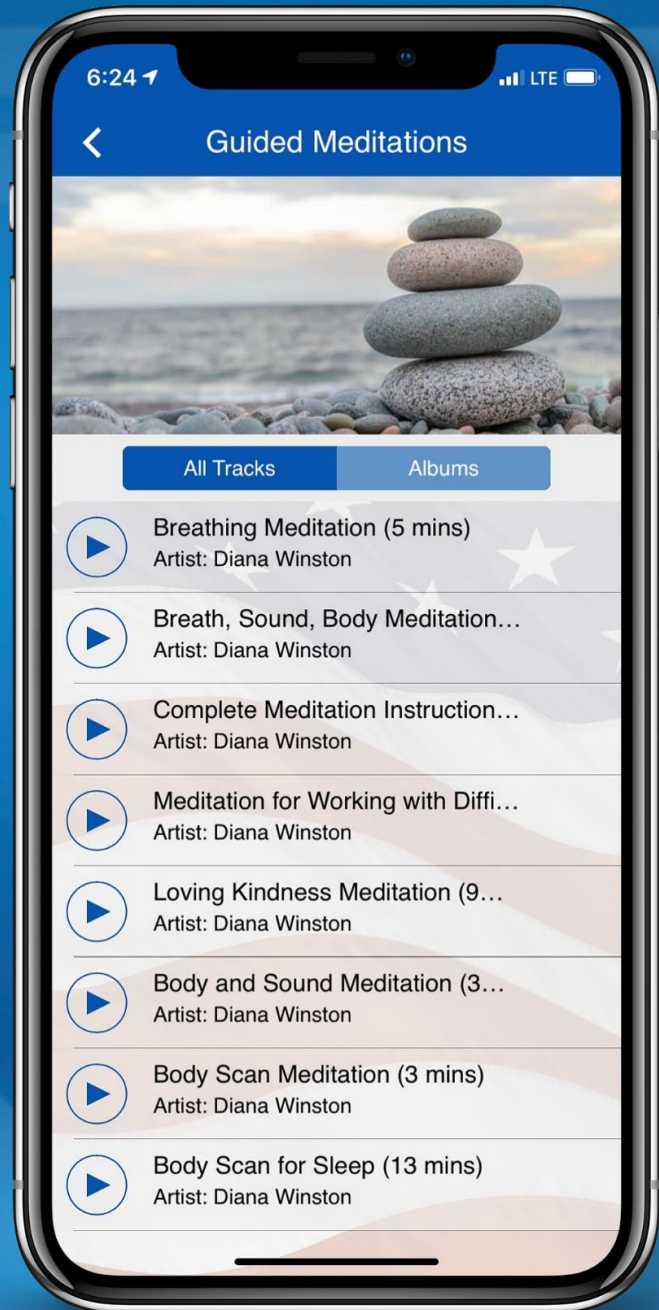
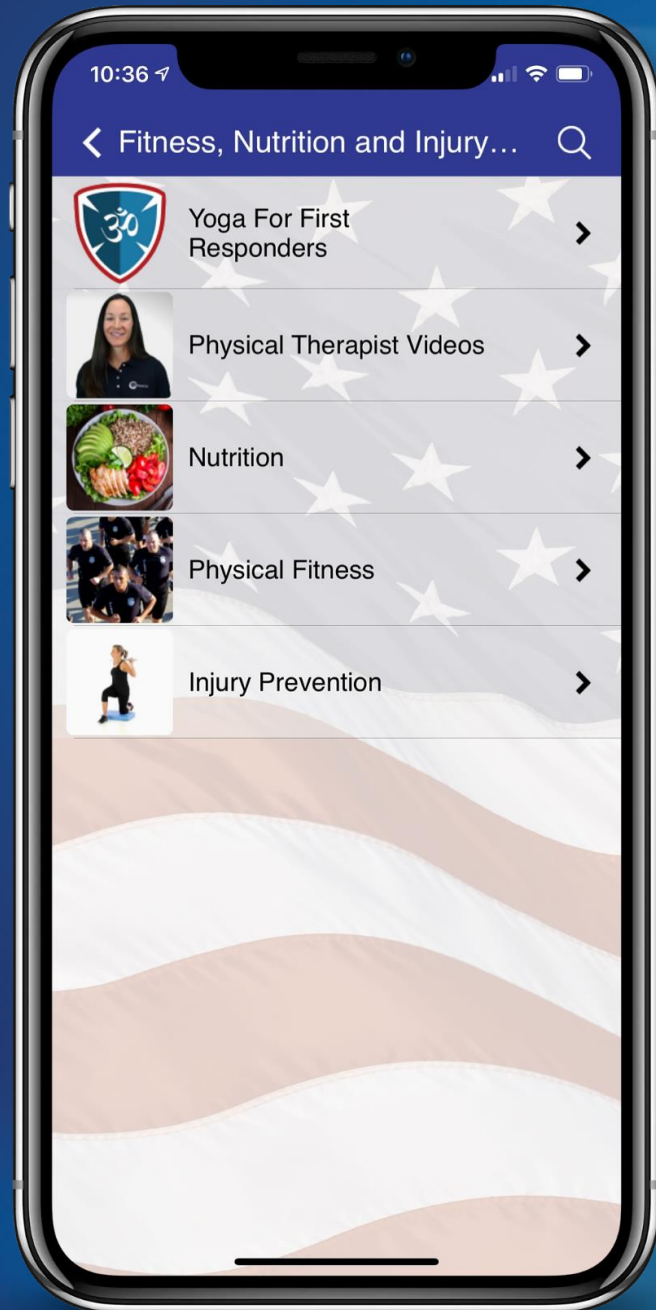
- Alcohol
- Anger
- Compassion Fatigue
- Depression
- PTSD
- Resilience
- Sleep
- Social Isolation
- Stress
- Well-Being
- And More

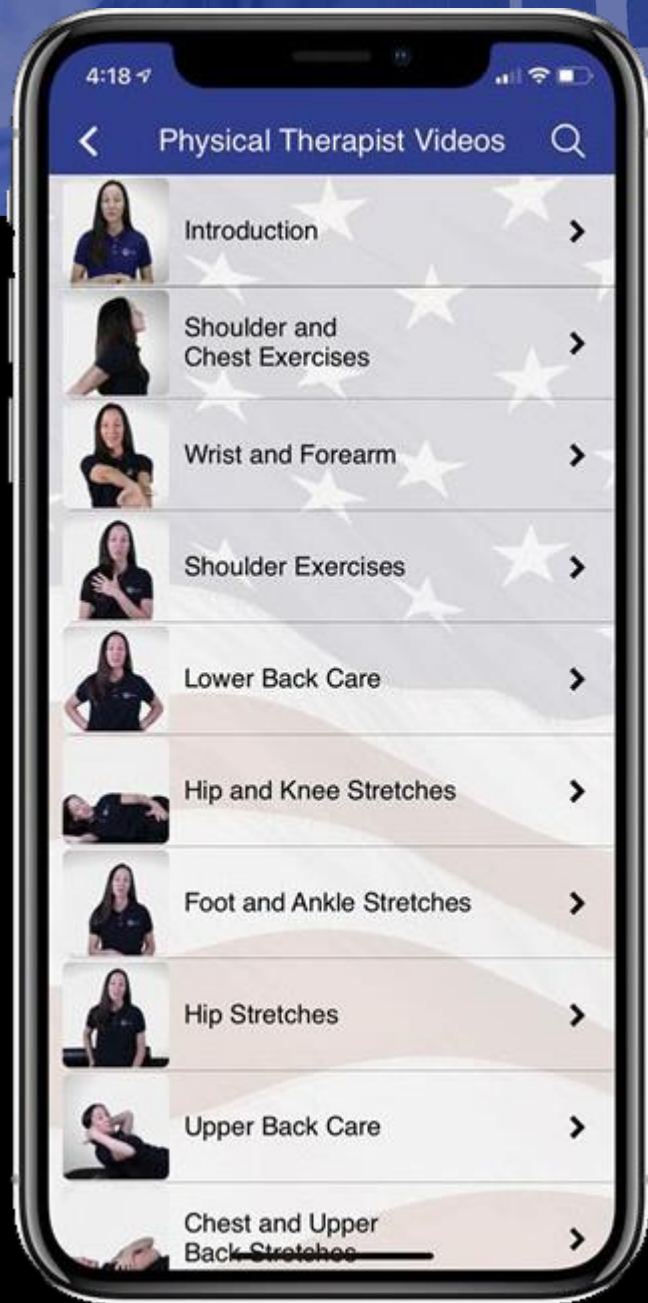
Law Enforcement Wellness Toolkit



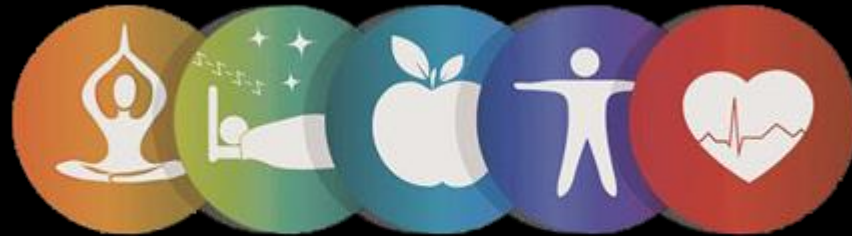
- Alcohol Abuse
- Compassion Fatigue
- Critical Incidents
- Depression
- Family Support
- Financial Fitness
- Emotional Survival (Dr. Gilmartin)
- Marriage Guidance
- Mindfulness
- New Hire to Retirement
- Peer Support
- Stress
- Sleep Optimization
- Suicide Prevention
- And Much More!



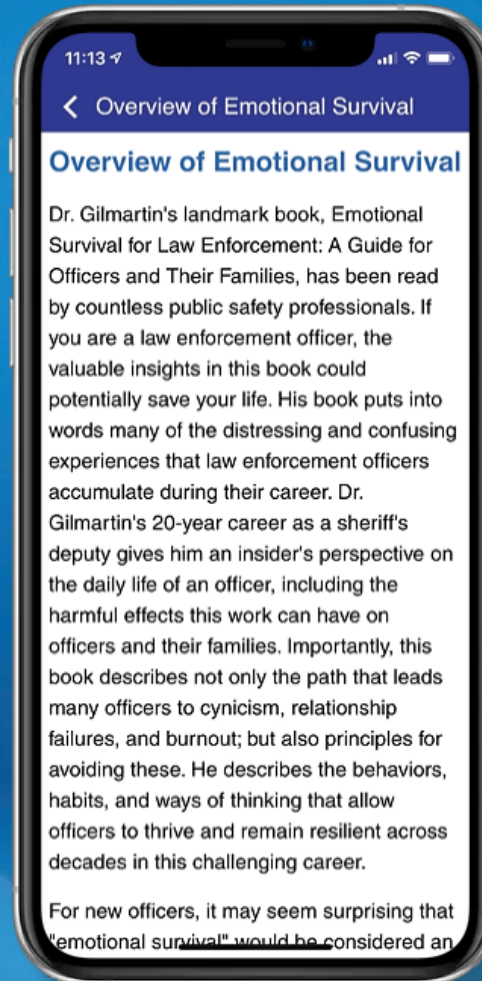
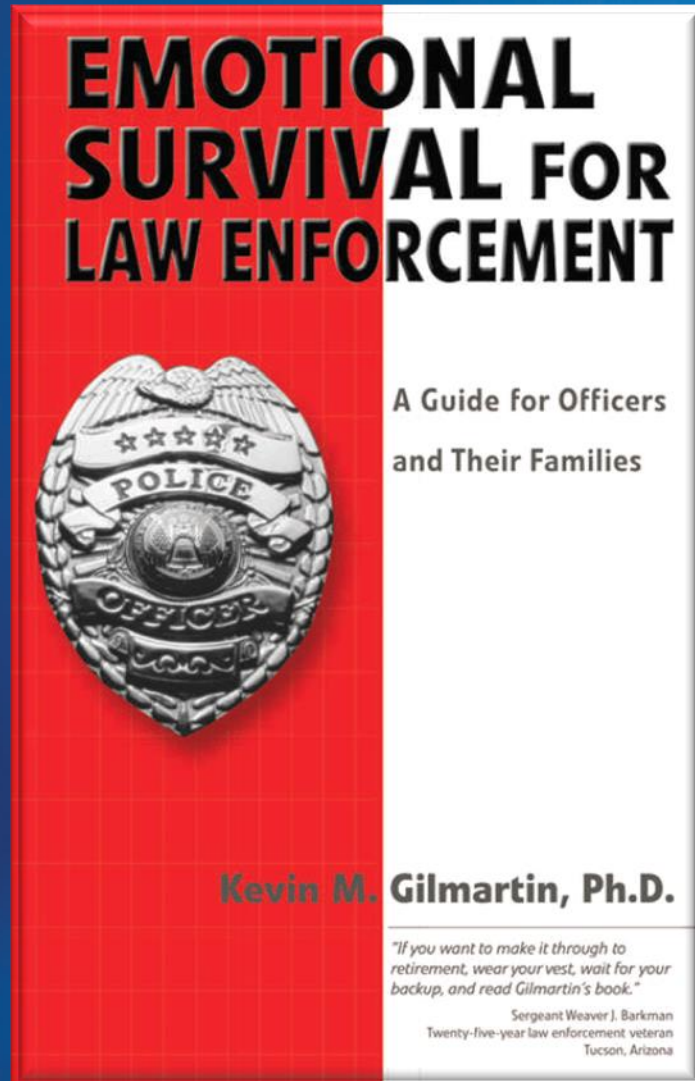




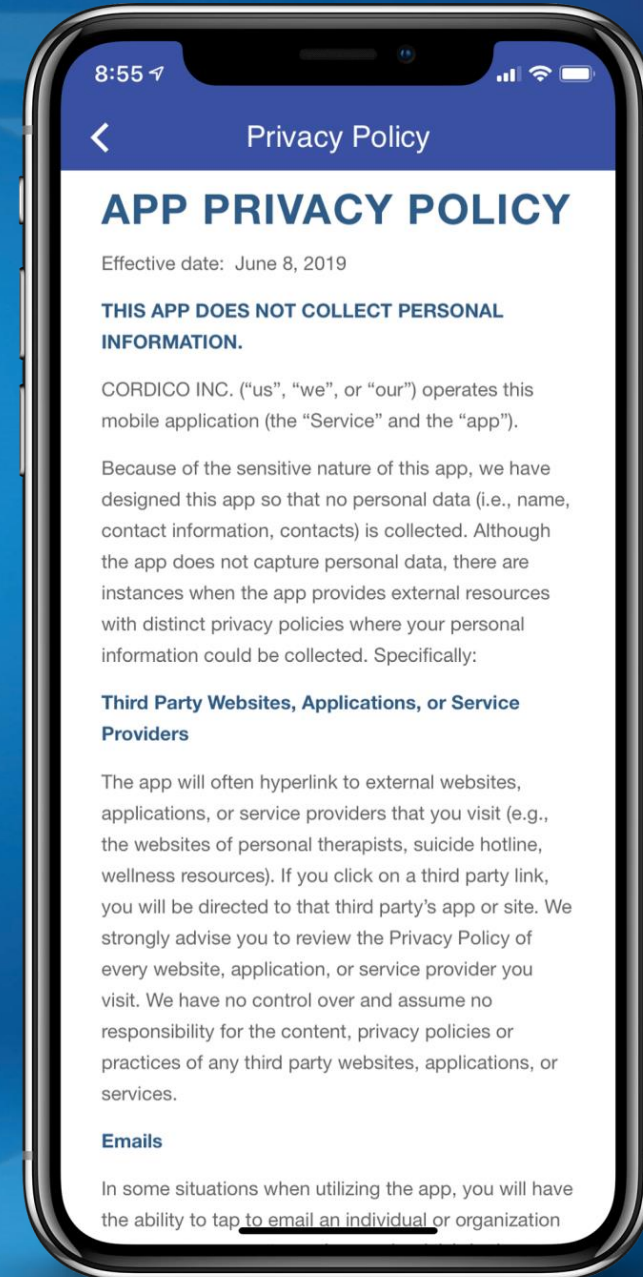
POLICE



Emotional Survival



Confidential.
No Personal Info
is Collected.



Implementation

- 4-6 Weeks to get up and running
- Customized, agency contacts loaded into the platform
- Assigned a Dedicated Customer Success Manager
- Work with your designated Wellness Coordinator
- Customized, agency contacts loaded into the platform
- Process vetting, loading therapist contacts onto your platform
- Training, Help, and Support

5-Star Service

CORDICO SHIELD

DOWNLOAD THE SAN FRANCISCO POLICE DEPARTMENT WELLNESS APP

CORE FEATURES AND BENEFITS:

- Confidential
- On-Demand 24/7
- In-Hand Wellness Tools
- For San Francisco Police Dept. Employees & Your Significant Others
- Behavioral Science Unit, Therapist Finder, Health Plan Benefits, and Much More!

Thank you for your service and the countless sacrifices you make on behalf of others.

SCAN THE QR CODE TO INSTALL THE WELLNESS APP

Use your Phone Camera or a QR Code Scanner App on your smart phone to scan the QR Code (at right) to download the San Francisco Police Department Wellness Application.

Please see your Peer Support Team Member for the password

Download on the App Store

GET IT ON Google Play

The poster features two smartphones displaying the app interface. One screen shows the 'Behavioral Science Unit' logo and 'Get Help Now' button. The other shows the 'COVID-19 Law Enforcement Guidance' section. The background includes the San Francisco Police Department badge and the Golden Gate Bridge.

OESA AND CORDICO PARTNERED FOR WELLNESS

DOWNLOAD THE CALIFORNIA HIGHWAY PATROL WELLNESS APP

iPhone

- Tap the "Install Now" Button
- When prompted tap "Install"
- It will look like nothing is happening at this time
- Go to "Settings"
- Select "General"
- Select "Device Management"
- Select "CORDICO INC"
- Select "Trust CORDICO INC"
- Select "Trust"
- Find the app on your desktop and tap to launch

Android

- Tap the "Install Now" button to Install the Android App
- Tap "OK" to the Warning Message (this app is approved and safe to install)
- Go to "Settings"
- Select "Lock Screen and Security"
- Select "Install Unknown Apps"
- Select "Chrome"
- Enable "Allow from this Source"
- Once the File has been downloaded, tap "Install"
- Tap "Open" to launch.

CORE FEATURES AND BENEFITS:

- Confidential
- On-Demand 24/7
- In-Hand Wellness Tools
- For California Highway Patrol Employees and Significant Others
- Includes Peer Support, Self-Assessments, Treatment Centers, Area Office Locator, External Resources and Much More

The poster features two smartphones displaying the app interface. One screen shows the 'Get Help Now' button and 'Wellness Toolkit' section. The other shows the 'Self-Assessments' section. The background includes the California Highway Patrol badge and a scenic outdoor setting.

★ **Design**

★ **Implementation**

★ **Ongoing**

What are our customers saying?

- 350 Agencies-big and small
- Overall increase in mental health services because of technology
- Usage increases 1000% following a critical event
- Driving depression rates down/Saving lives
- Force Multiplier
- Law Enforcement executives are getting great feedback from communities and city/county leaders for their adoption of a wellness program

Here is what are our customer's saying:



Police Chief John Carli
Vacaville Police Department
Law Enforcement Wellness Leader

“This is the best officer wellness solution in existence. Nothing else comes close.”



Police Chief Neil H. Gang
Pinole Police Department
Author of the Asher Model 7-Point Approach to Culture of Wellness

“Cordico is the leader in Officer wellness. If you want the best, go with Cordico.”

Recent Updates + Coming Soon

- Cordico Anger Scale
- Cordico Sleep Test
- COVID-19 Law Enforcement Resources
- Adverse Childhood Experiences
- Heart Health for Law Enforcement
- Dr. Kevin Gilmartin Emotional Survival Videos (Coming Soon!)
- Internet Crimes Against Children (ICAC) Resiliency
- Physical Therapist Videos for Law Enforcement
- Yoga for First Responders (YFFR) Videos
- Physical Fitness Videos for Law Enforcement (Coming Soon!)
- Version 2 of the App!

WE SUPPORT YOU



The Leader in Officer Wellness