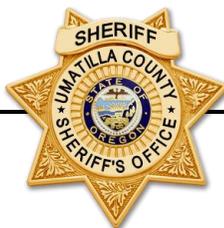


# UMATILLA COUNTY SHERIFF'S OFFICE

*"Conservators of the Peace"*

Sheriff Terry L. Rowan

Undersheriff Jim Littlefield



## PRESS RELEASE

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Pendleton, Oregon

Contact: Captain Sterrin Ward, 541-310-0369

### **Umatilla County Sheriff's Office Partners with Cordico to Provide Wellness App to Personnel**

Mental and physical wellness is critical to a professional, successful Sheriff's Office. Because law enforcement officers and others in the field of public safety are exposed to traumatic incidents at much higher rates than the general population, they are more susceptible to mental health issues such as PTSD, depression, anxiety and suicide, and physical issues such as heart disease, diabetes, and injury.

To proactively address these mental health and physical challenges, the Umatilla County Sheriff's Office has launched a customized, confidential wellness app that is available to UCSO personnel and their families. Powered by Cordico, the leader in public safety wellness technology, the app includes a wellness toolkit addressing 60 behavioral health topics such as fatigue, suicide prevention and alcohol abuse, mental health self-assessments, and videos and guides on yoga and exercise, mindfulness, nutrition and more. In addition, the app provides contact information for local therapists who specialize in and have experience working with first responders, and also connects users with peer support and chaplains.

Our personnel and their families will have confidential, 24/7/365 access to the Cordico Wellness App to ensure they have the access to resources they might need in their most difficult moments, while both on and off-duty, at their fingertips. "No one should ever feel blocked from accessing help at times of need due to their schedule or location or concerns about confidentiality, and that is especially true of our public safety personnel who dedicate their professional lives to responding to others' emergencies," says Cordico founder and president Dr. David Black. The Umatilla County Sheriff's Office will utilize this technology to help our staff build personal resilience, and give them the information and tools they need to avoid any negative long-term effects of a high stress job - both during their careers and after. We want our staff and their families to be well for life!

The Umatilla County Sheriff's Office is proud to adopt the Cordico Wellness App, joining hundreds of other public safety agencies and organizations nationwide who are served by Cordico, <https://www.cordico.com>

"Making the health and wellbeing of our personnel and their families a top priority, in turn ensures we are better prepared and equipped to provide the best service to the community as a whole. We want to be on the forefront of changing public safety culture when it comes to mental health and wellness. Using this technology helps us do that in a way that works for our agency," says Sheriff Terry Rowan.

We would also like to send our sincerest appreciation to the Good Shepherd Community Health Foundation for their generous grant, which helped make this possible. Enhancing the quality of life is a mission we both share!