

EXECUTIVE SUMMARY

US Department of Justice: 2024 Law Enforcement Mental Health and Wellness Act Implementation Project

New Haven Department of Police Service

March 2024

Funding request: \$200,000.00 for two years

The New Haven Police Department is seeking funding from the U.S. Department of Justice to develop a Law Enforcement Mental Health and Wellness Program to provide regular and on-going support to its police and civilian personnel to promote whole health and resilience. Law enforcement is physically, emotionally, and mentally draining, causing a high degree of burnout. “Officer wellness” is the idea that every officer deserves to be given adequate health and safety measures and that their physical and mental well-being be addressed by their employer. Funds will be used to provide wellness programs that enhance coping and dealing with trauma, including education and awareness sessions, nutrition, exercise, and stress/anxiety reduction strategies. These activities will be conducted by mental health personnel in a safe, confidential location. Funding will be used for compensation and contractual services.