

## **EXECUTIVE SUMMARY**

### **US Department of Justice: 2022 Law Enforcement Mental Health and Wellness Act Implementation Project**

New Haven Department of Police Service

April 2022

Funding request: \$175,000.00 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 police personnel beginning at the Academy level 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 Department. 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 and overseen primarily by law enforcement personnel, as evidence exists that they possess the credibility with their colleagues to deliver these services. Funding will be used for overtime, equipment, and supplies.