

# RECOMMENDATION SUBMISSION AND RESPONSE FORM

2020 Mental Health Ad Hoc #9

DISCUSSED BY SCPRC	
RECEIVED BY SPD	02/08/2021
RETURNED TO SCPRC	

APPROVED AND IMPLEMENTED		PENDING FURTHER REVIEW	
APPROVED AND PENDING	X	SPD UNABLE TO IMPLEMENT	
PARTIAL IMPLEMENTATION		DENIED	

## SCPRC RECOMMENDATION

Fostering a culture of emotional wellness within the Sacramento Police Department and advancing the understanding that high levels of stress are an inextricable part of the profession, we recommend that recurring mental health checks not tied to incident-driven be instituted.

## SCPRC RECOMMENDATION RATIONALE

The high rates of physical and mental health conditions among law enforcement officers reflect the need for medical and behavioral support and treatment. Studies show that people under stress find it harder than people not experiencing stress to connect with others and regulate their own emotions. Despite the prevalence of mental health issues amongst law enforcement, there is a stigma around getting help. Additionally, many law enforcement officers believe that talking about their struggles will result in stigma from other officers, career setbacks, and the shame of having their weapons removed.

While it is important to ensure that members of the public experiencing mental health crisis are treated with dignity and compassion, we need to recognize the impact that the mental health of the first responders have on realizing this goal.

## SPD RESPONSE

Sacramento City Council Meeting (Item #2) on 06/01/2021, presented by Deputy Chief Lester:

- 2:30 PM City Council (Special Meeting): <https://sacramento.granicus.com/player/clip/4964>
  - Minute Marker: 1:05:49
- Staff Report: [https://sacramento.granicus.com/MetaViewer.php?view\\_id=21&meta\\_id=631887](https://sacramento.granicus.com/MetaViewer.php?view_id=21&meta_id=631887)
  - Page 14 and 15

SPD agrees with the commission on the importance of mental wellness of our employees.

Since 2008, SPD has maintained full-time positions for the Employee Services Unit which focuses on employee wellness through coordination with the employee assistance program, physical fitness, and oversees nearly 100 ancillary members of the Peer Support Team.

Funding and grant opportunities are being sought to offer recurring mental health checks.

## OTHER CITY DEPARTMENTS

N/A

## APPENDIX

N/A