



Police Department Employee Wellness Program

Employee Wellness Program

- Peer Support Component
- Critical Incident Debriefing Component
- Counseling Component

The Sandy Police Department's most valuable resource is its employees. The peer support program's goal is to assist peers with stresses caused by personal and/or professional problems and help them continue to be a productive member of the Sandy Police Department.

Peer Support


- Provide emotional support during and after times of personal or professional crisis to other employees who need assistance.
- Check on the status of illnesses and injuries from on duty incidents and provide support where desired and needed.
- Provide periodic training on wellness topics such as stress management, suicide prevention, etc.
- Develop and promote activities like Date Night and Movie in the Park.

Critical Incident Stress Management Team (CISM)

- Lessen the impact of critical incidents to which emergency personnel respond.
- Accelerate the recovery process of emergency personnel who suffer from stress-related injuries.



Counseling Services



Sandy Police Department
Peer Support Team

OFFICER WELLNESS PROGRAM
free confidential counseling for officers

Provider List:

REDWOOD THERAPY GROUP
8541 South Redwood Road, Suite C
West Jordan, Utah 84088
(801) 878-4220
www.redwoodtherapy.com

BRIAN MURDOCK COUNSELING
7105 South Highland Drive, Suite 202
SLC, Utah 84121
(385) 246-3455
www.brianmurdockcounseling.com


MIRIAH IKEMIYASHIRO
Corner Canyon Counseling
14241 South Redwood Road, Suite 109
Bluffdale, Utah 84065
(801) 610-1573 - Ask for Miriah specifically

OFFICERS: Contact the counselor of your choice and schedule your appointment. Tell them it is through the Sandy Police Department and billing will be directed to the police department. [Take this flyer with you to the appointment.](#)

Providers:
Please submit the invoice to the email or address below. Please assign a unique identifying number to the officer for billing purposes.

DO NOT INCLUDE THE OFFICER'S NAME ON THE INVOICE !

Sandy Police Department
ATTN: Nicole Varela
10000 South Centennial Parkway, Suite 111
Sandy, Utah 84070
nvarela@sandy.utah.gov



- \$10000 from the Justice Assistance Grant (JAG) toward counseling services in 2019.
- Contracted with three mental health providers at reduced rates.
- Opened the benefit to all Police Department employees in 2020.
- Provided 68 individual counseling sessions to employees in 2019/2020.

THANKS!

Any questions?

You can find me at
Gseverso@sandy.utah.gov

One Spot to Connect with Sandy City

sandy.utah.gov/citizenconnect



Download the app to report city issues (like graffiti), to receive emergency notifications, and to access city/event info on Google or Apple devices. Search “Sandy CityServe” in the app store.



The perfect site if you only have a few minutes for quick city updates. This dashboard features latest events, monthly newsletter, latest news, videos, fact briefs, and more.



Get email notifications on all the things you are interested in at the city.
Sign up here: sandy.utah.gov/sandynotify



Tune into City Council and Planning Commission meetings.

Go to: sandyutah.legistar.com/Calendar.aspx, then click on the video media link.



Please sign up and provide feedback on Sandy City’s online survey tool.

Visit sandy.utah.gov/citizensurvey



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