

AGENDA ITEM FOR ADMINISTRATIVE MEETING

() Discussion only
(X) Action

FROM (DEPT/ DIVISION): UCISO

PROGRAM: 1509, 1540, 1560

SUBJECT: CodicoShield Wellness App Purchase

<p><u>Background:</u></p> <p>UCISO applied for a \$15,000 grant from the Good Shepherd Community Health Foundation to purchase a product called the CodicoShield Wellness App for our staff. The GSCH Foundation awarded a grant in the amount of \$7,500, which will fund 1/2 of the cost of the product.</p> <p>We are requesting to fund the remaining \$7,500 to purchase the product from our budget, which will be split between the Criminal, Corrections, and Communications divisions.</p>	<p><u>Action Requested:</u></p> <p>We respectfully request approval to purchase the CodicoShield Wellness App for \$15,000</p>
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ATTACHMENTS: CodicoShield demo document and proposal, Good Shepherd Foundation award letter.

Date: (03/24/2022)

Submitted By: (Undersheriff Jim Littlefield)

*****For Internal Use Only*****

Checkoffs:

- () Exec. Asst.
- () Dept. Head (copy)
- () Human Resources (copy)
- () Budget (copy)
- () Fiscal
- () Legal (copy)
- () (Other - List:)

To be notified of Meeting:

- Undersheriff Jim Littlefield
- Sheriff Terry Rowan

Needed at Meeting:

- Undersheriff Jim Littlefield

Scheduled for meeting on: April 6, 2022

Action taken:

Follow-up:



Wellness Platform

Presentation for the

Umatilla County Sheriff's Office

Department Wellness Program

- What are you doing today for officer/deputy wellness?
- What is your department doing to combat officer suicide?
- Do you have a designated Peer Support Team?
- Do you have a designated Wellness Coordinator?
- Do officers/deputies have 24/7 access to mental health resources?
- Do your department have a chaplain program, EAP program, and access to specifically trained public safety therapists/counselors?
- What is your department doing to combat early retirements and poor staff retention rates?

1. 40% of job turnover is the result of stress



2. Depression is the #1 predictor of absenteeism and poor work performance



4. \$125,000+: Approximate cost of one officer resigning



5. \$52 Billion: Approximate amount paid annually for direct WC costs

3. A single workers' comp stress claim can cost hundreds of thousands of dollars



1. <https://www.uml.edu/research/cph-new/worker/stress-at-work/financial-costs.aspx>

2. <https://www.uml.edu/research/cph-new/worker/stress-at-work/financial-costs.aspx>

3. Conversations with multiple risk management professionals responsible for workers' comp stress claim payments

4. Conversations with multiple municipalities.

5. Occupational Safety and Health Administration, United States Department of Labor
<https://www.osha.gov/dcsp/products/topics/businesscase/costs.html>

Protecting Staff



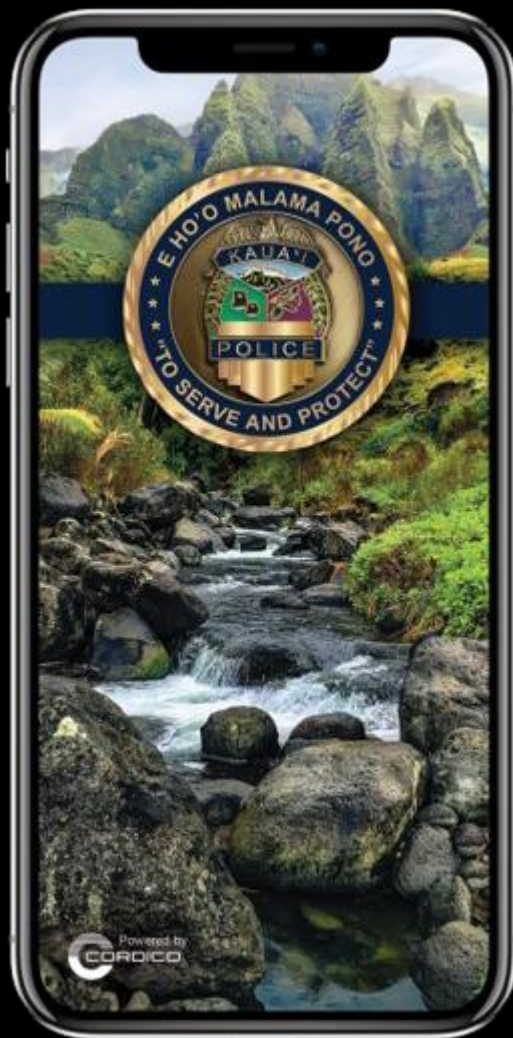
Are you doing Enough?



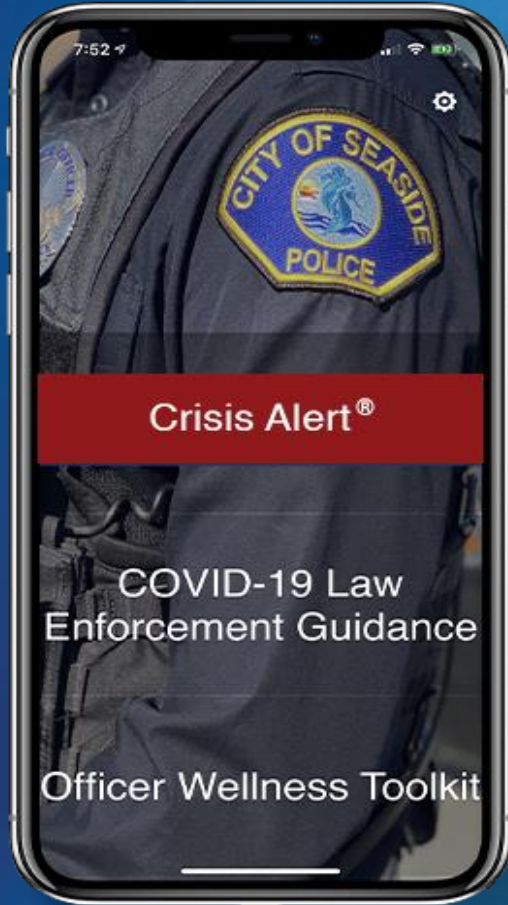
“I’m very impressed with what Cordico is doing to support our first responders. Take a look at what Cordico is offering for law enforcement, firefighters, EMS, and dispatchers. I think you too will be impressed.”

Gordon Graham-LEXIPOL Founder Risk Management Expert

POLICE



CRISIS ALERT



24/7 Immediate Support

- Agency Peer Support
- Agency Chaplain Support
- Copline
- Suicide Prevention Lifeline
- Crisis Text Line

PEER SUPPORT

- Who? How? When? Where?
- Photos & Notes
- One-Touch Dialing



CHAPLAIN SUPPORT

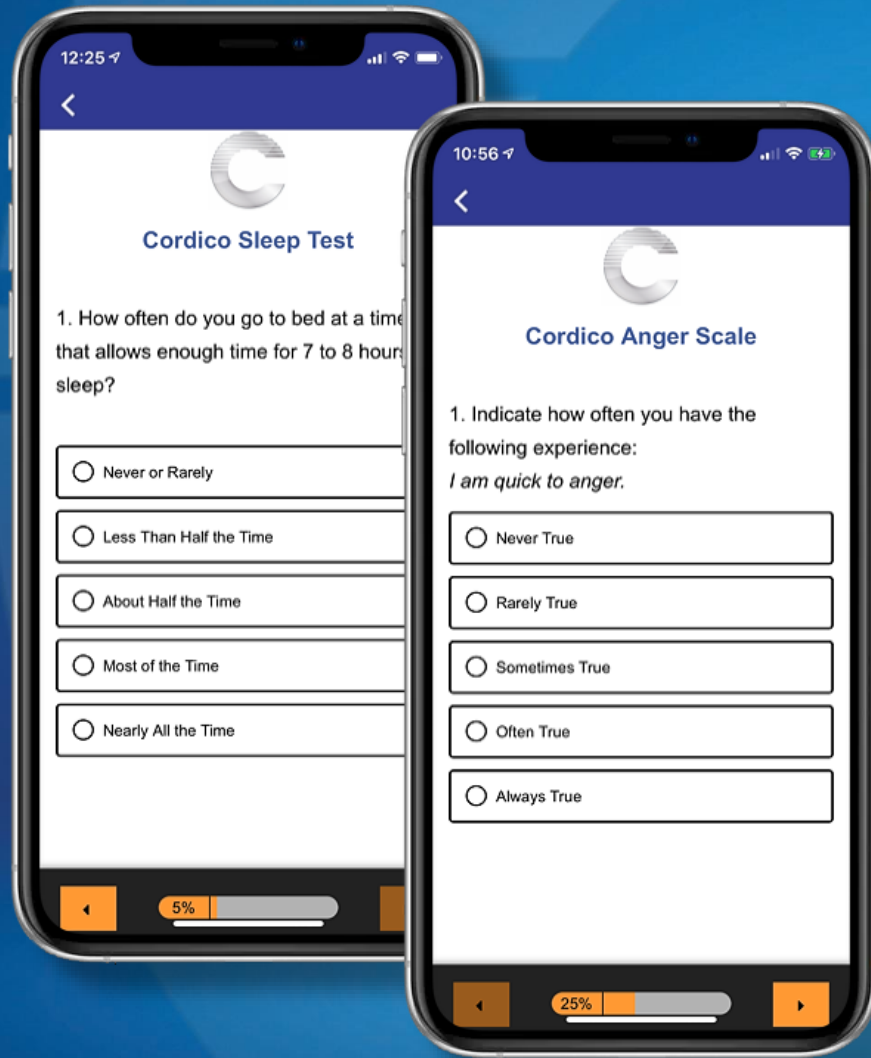
“The GuardianNET phone app enables our first responders to access a Chaplain 24/7. The app takes away the guesswork of identifying and contacting the “On-Call” Chaplain. No more delays identifying “who is available or what’s their number.” First responders, on duty or off, can now contact our Chaplains directly for assistance. Yet another benefit of having the GuardianNET phone app always within arm’s reach.”

Cordico Therapist Finder



- VETTED Therapists
- Photos
- Specializations
- Notes
 - *Ex: Retired LE Officer*
- One-Touch Dialing
 - *Cell Phones*
 - *Rapid Response*
- One-Touch Map Directions
- Optional Teletherapy Portal
 - *HIPAA-Encrypted*

Anonymous Self-Assessments



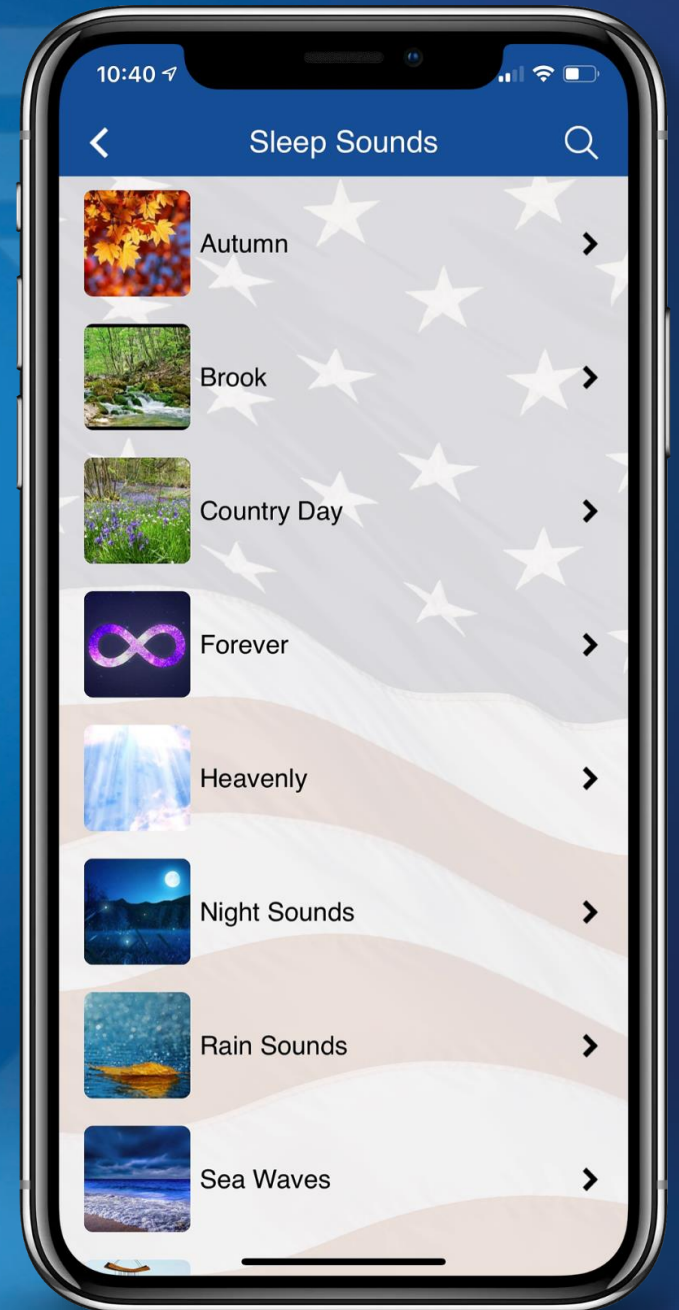
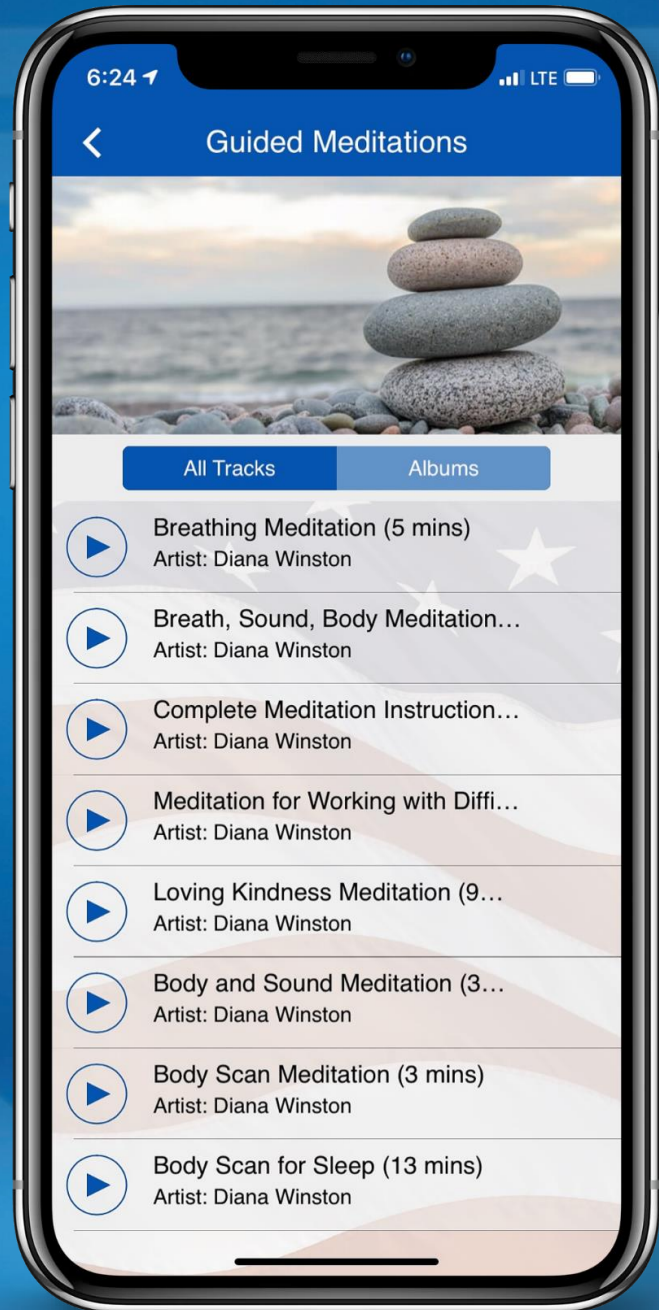
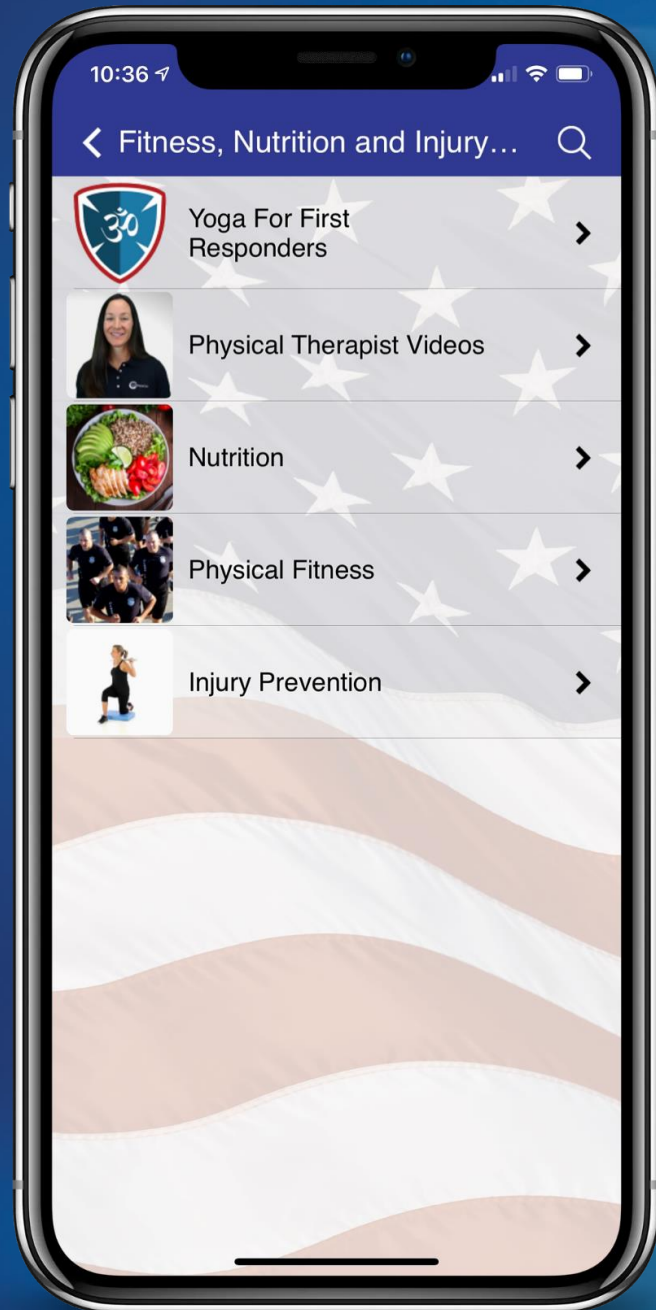
- Alcohol
- Anger
- Compassion Fatigue
- Depression
- PTSD
- Resilience
- Sleep
- Social Isolation
- Stress
- Well-Being
- And More

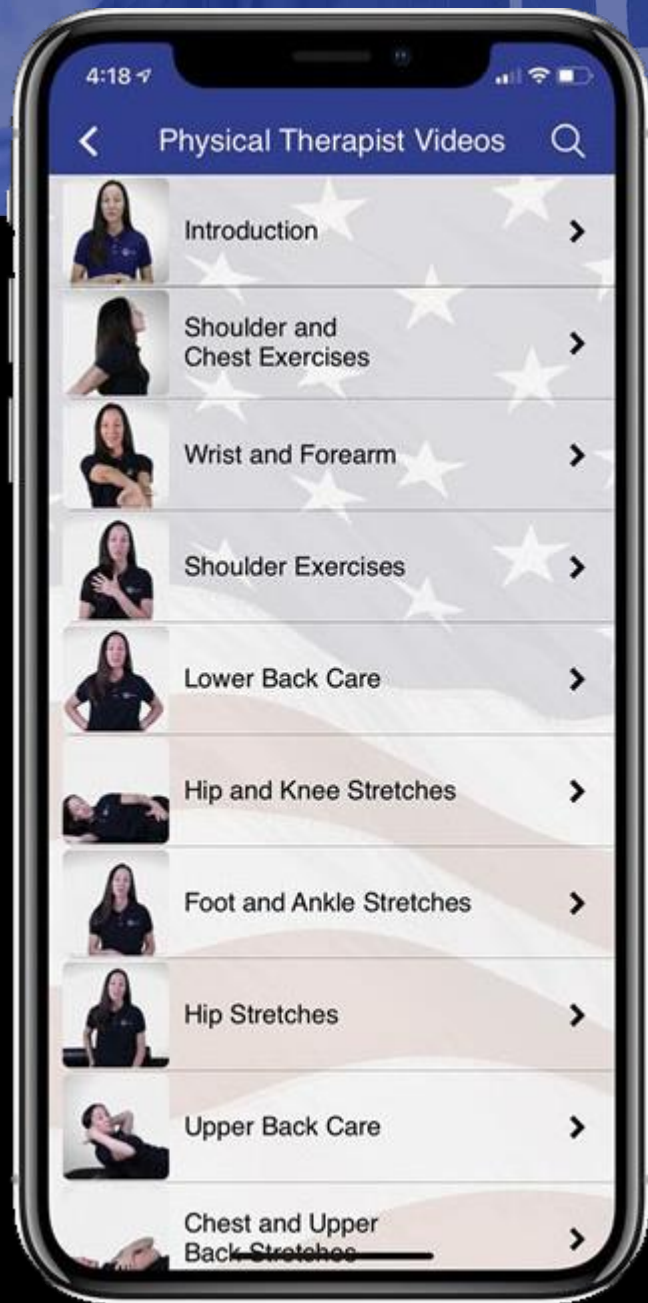
Law Enforcement Wellness Toolkit



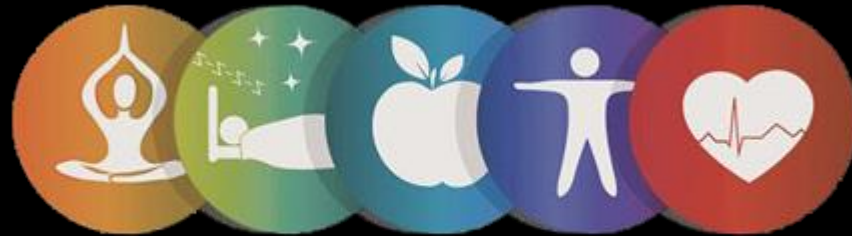
- Alcohol Abuse
- Compassion Fatigue
- Critical Incidents
- Depression
- Family Support
- Financial Fitness
- Emotional Survival (Dr. Gilmartin)
- Marriage Guidance
- Mindfulness
- New Hire to Retirement
- Peer Support
- Stress
- Sleep Optimization
- Suicide Prevention
- And Much More!



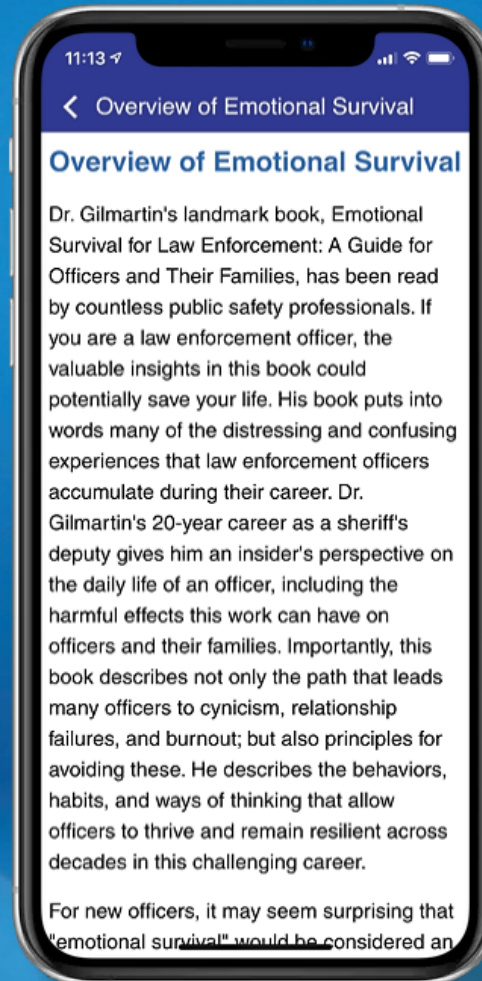
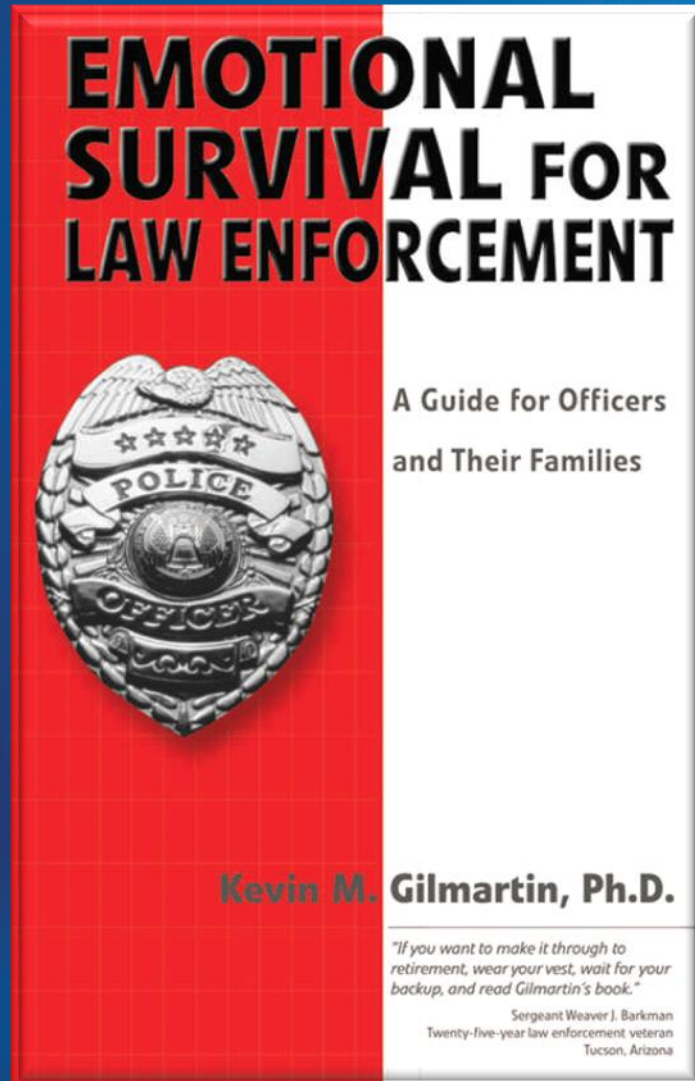




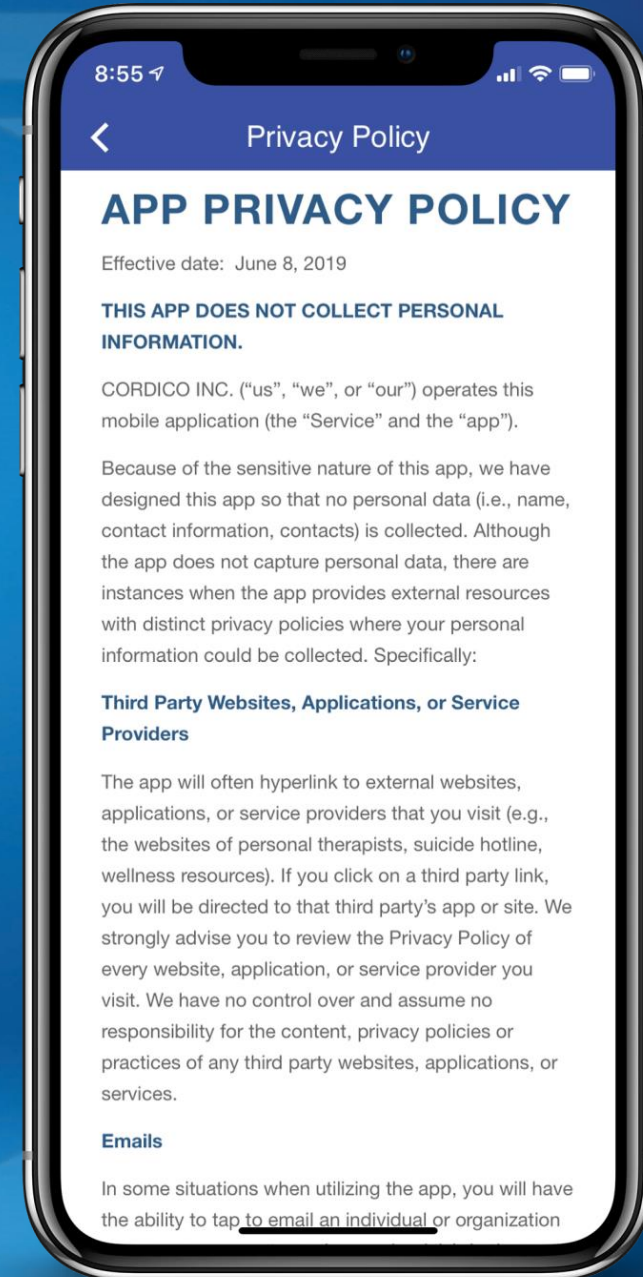
POLICE



Emotional Survival



Confidential.
No Personal Info
is Collected.



Implementation

- 4-6 Weeks to get up and running
- Customized, agency contacts loaded into the platform
- Assigned a Dedicated Customer Success Manager
- Work with your designated Wellness Coordinator
- Customized, agency contacts loaded into the platform
- Process vetting, loading therapist contacts onto your platform
- Training, Help, and Support

5-Star Service

CORDICO SHIELD

DOWNLOAD THE SAN FRANCISCO POLICE DEPARTMENT WELLNESS APP

CORE FEATURES AND BENEFITS:

- Confidential
- On-Demand 24/7
- In-Hand Wellness Tools
- For San Francisco Police Dept. Employees & Your Significant Others
- Behavioral Science Unit, Therapist Finder, Health Plan Benefits, and Much More!

Thank you for your service and the countless sacrifices you make on behalf of others.

SCAN THE QR CODE TO INSTALL THE WELLNESS APP

Use your Phone Camera or a QR Code Scanner App on your smart phone to scan the QR Code (at right) to download the San Francisco Police Department Wellness Application.

Please see your Peer Support Team Member for the password

Download on the App Store

GET IT ON Google Play

The advertisement features two smartphones. The left one displays the app's main menu with options like 'Get Help Now', 'Behavioral Science Unit', and 'COVID-19 Law Enforcement Guidance'. The right one shows the Golden Gate Bridge. The background is dark with bokeh light effects.

OESA AND CORDICO PARTNERED FOR WELLNESS

DOWNLOAD THE CALIFORNIA HIGHWAY PATROL WELLNESS APP

iPhone

- Tap the "Install Now" Button
- When prompted tap "Install"
- It will look like nothing is happening at this time
- Go to "Settings"
- Select "General"
- Select "Device Management"
- Select "CORDICO INC"
- Select "Trust CORDICO INC"
- Select "Trust"
- Find the app on your desktop and tap to launch

Android

- Tap the "Install Now" button to Install the Android App
- Tap "OK" to the Warning Message (this app is approved and safe to install)
- Go to "Settings"
- Select "Lock Screen and Security"
- Select "Install Unknown Apps"
- Select "Chrome"
- Enable "Allow from this Source"
- Once the File has been downloaded, tap "Install"
- Tap "Open" to launch.

CORE FEATURES AND BENEFITS:

- Confidential
- On-Demand 24/7
- In-Hand Wellness Tools
- For California Highway Patrol Employees and Significant Others
- Includes Peer Support, Self-Assessments, Treatment Centers, Area Office Locator, External Resources and Much More

The advertisement features two smartphones. The left one displays the app's main menu with options like 'Get Help Now', 'Wellness Toolkit', and 'Self-Assessments'. The right one shows the California Highway Patrol badge. The background is a scenic outdoor setting with a river and rocks.

★ **Design**

★ **Implementation**

★ **Ongoing**

What are our customers saying?

- 350 Agencies-big and small
- Overall increase in mental health services because of technology
- Usage increases 1000% following a critical event
- Driving depression rates down/Saving lives
- Force Multiplier
- Law Enforcement executives are getting great feedback from communities and city/county leaders for their adoption of a wellness program

Here is what are our customer's saying:



Police Chief John Carli
Vacaville Police Department
Law Enforcement Wellness Leader

“This is the best officer wellness solution in existence. Nothing else comes close.”



Police Chief Neil H. Gang
Pinole Police Department
Author of the Asher Model 7-Point Approach to Culture of Wellness

“Cordico is the leader in Officer wellness. If you want the best, go with Cordico.”

Recent Updates + Coming Soon

- Cordico Anger Scale
- Cordico Sleep Test
- COVID-19 Law Enforcement Resources
- Adverse Childhood Experiences
- Heart Health for Law Enforcement
- Dr. Kevin Gilmartin Emotional Survival Videos (Coming Soon!)
- Internet Crimes Against Children (ICAC) Resiliency
- Physical Therapist Videos for Law Enforcement
- Yoga for First Responders (YFFR) Videos
- Physical Fitness Videos for Law Enforcement (Coming Soon!)
- Version 2 of the App!

WE SUPPORT YOU



The Leader in Officer Wellness



SOLUTIONS PROPOSAL



PREPARED FOR:

Umatilla County Sheriff's Office / Jail
Sheriff Terry Rowan
terry.rowan@umatillacounty.net
(541) 966-3630

PREPARED BY:

Rosemarie Curran
rcurran@lexipol.com
(949) 272-5818

2611 Internet Blvd, Ste 100
Frisco, Texas 75034
(844) 312-9500
www.lexipol.com

Executive Summary

Public safety agencies and local government organizations today face challenges of keeping personnel safe and healthy, reducing risk and maintaining a positive reputation. Add to that the dynamically changing legislative landscape and evolving best practices, and even the most progressive, forward-thinking departments can struggle to keep up.

Lexipol's solutions are designed to save you time and money while protecting your personnel and your community. Our team consists of professionals with expertise in public safety law, policy, training, mental health and grants. We continually monitor changes and trends in legislation, case law and best practices and use this knowledge to create policies, training, wellness resources and funding services that minimize risk and help you effectively serve your community.

THE LEXIPOL ADVANTAGE

Lexipol was founded by public safety experts who saw a need for a better, safer way to run a public safety agency. Since the company launch in 2003, Lexipol has grown to form an entire risk management solution for public safety and local government. Today, we serve more than 8,100 agencies and municipalities and 2 million public safety and government professionals with a range of informational and technological solutions to meet the challenges facing these dynamic industries. In addition to providing policy management, online training, wellness resources, and grant assistance, we provide 24/7 industry news and analysis through the digital communities Police1, FireRescue1, Corrections1, EMS1 and Gov1.

Our customers choose Lexipol to make an investment in the safety and security of their personnel, their agencies and their communities. We help agencies address issues that create substantial risk, including:

- Inconsistent and outdated policies
- Lack of technology to easily update and issue policies and training electronically
- Unchecked mental health needs of staff
- Difficulty keeping up with new and changing legislation and practices
- Inability to produce policy acknowledgment and training documentation
- Unfamiliarity of city legal resources with the intricacies of public safety law
- The need to secure grant funding for critical equipment, infrastructure and personnel

Lexipol is backed by the expertise of 320 employees with more than 2,075 years of combined experience in constitutional law, civil rights, ADA and discrimination, mental health, psychology, labor negotiations, Internal Affairs, use of force, hazmat, instructional design, federal and state grants and a whole lot more. That means no more trying to figure out policy, develop training or wellness content or secure funding on your own. You can draw on the experience of our dedicated team members who have researched, taught and lived these issues.

We look forward to working with Umatilla County Sheriff's Office / Jail to address your unique challenges.

Scope of Services

CordicoShield Law Enforcement Wellness Solution

Law enforcement agencies are increasingly recognizing the need to provide personnel with mental and behavioral health resources. The Cordico law enforcement wellness solution enables agencies to provide customized, confidential, mobile wellness resources. Our law enforcement app includes a complete range of self-assessments as well as continuously updated videos and guides on more than 60 behavioral health topics - all designed specifically for first responders. Also included are online accredited wellness courses.

- Connect your personnel to confidential assessments and counseling resources
- Strengthen your wellness culture and empower your peer support team
- Help officers cope with the effects of critical events and chronic exposure
- Improve officer decision-making, empathy and resiliency, which in turn enhances police/community relations
- Support department retirees and family members (included with agency subscription)

Peer & Chaplain Support

Peer support teams and chaplains provide invaluable assistance to public safety personnel—but personnel don't always know who these members are or how to contact them. Cordico's wellness app allows for the integration of your agency's peer support and/or chaplains, making it easy for members to quickly connect when they need support.

- Include profiles of your peer support team and chaplains in the app so personnel can see their photos, backgrounds, areas of specialty, etc.
- Enable confidential, one-on-one conversations without the need to go through an agency or city intranet
- Increase usage of peer support and chaplain services

CrisisAlert® One-Touch Dialing

Cordico's CrisisAlert one-touch dialing feature allows personnel who need help to instantly dial all peer support or chaplains with one touch—anonously. The peer support team member or chaplain who answers first is connected to the employee seeking assistance, and the other team members don't know who called. This creates an easier and more trusted way for personnel to access your peer support and chaplain resources. Your personnel don't have to determine who's on duty, who's available or how to reach them.

Therapist Finder

Individuals in crisis or suffering from depression or anxiety don't need additional roadblocks to getting help. But often, that's exactly what happens when public safety personnel try to access counseling services. Cordico's Therapist Finder simplifies and streamlines the process, making it easy for your personnel to locate therapists near them that are approved through the agency's insurance plan.

- Include profiles of therapists in the app so personnel can see their photos, backgrounds, areas of specialty, etc.
- Connect personnel to therapists your agency has vetted as being experienced with treating public safety personnel
- Show therapist locations on an interactive map
- Enable personnel to instantly contact therapists for in-person visit or teletherapy via a confidential portal

Dr. Gilmartin Survival Videos

Cordico is the only app featuring content from Dr. Kevin Gilmartin, the world-recognized behavioral scientist and educator. Dr. Gilmartin's seminar book, *Emotional Survival for Law Enforcement*, is considered the definitive guide on emotional and mental wellbeing for officers. The Cordico law enforcement app includes exclusive videos from Dr. Gilmartin on topics ranging from hypervigilance to how law enforcement changes people to the characteristics of emotional survivors.

Fitness, Nutrition, and Injury Prevention

Recognizing that wellbeing is not just about mental and emotional health, Cordico's wellness apps include resources to support fitness, nutrition and injury prevention.

- Yoga videos offered through an exclusive partnership with Yoga For First Responders
- Nutrition guides
- Guided meditations

- Sleep sounds
- Ability to add agency-specific fitness videos, workout of the day, training videos, etc.

Proposal

Prepared By: Rosemarie Curran
Phone: (949) 272-5818
Email: rcurran@lexipol.com

Quote #: Q-19663-2
Date: 4/5/2021
Valid Through: 3/31/2022

Overview

Lexipol empowers first responders and public servants to best meet the needs of their residents safely and responsibly. We are the experts in policy, training and wellness support, committed to improving the quality of life for all community members. Our solutions include state-specific policies, online learning, behavioral health resources, funding assistance, and industry news and information offered through the websites Police1, FireRescue1, EMS1 and Corrections1. Lexipol serves more than 2 million public safety and government professionals in over 8,000 agencies and municipalities. The services proposed below are designed to meet your agency's specific goals and needs.

QTY	DESCRIPTION	UNIT PRICE	EXTENDED
1	CordicoShield Law Enforcement Wellness App (12 Months)	USD 15,000.00	USD 15,000.00
	Subscription Line Items Total		USD 15,000.00
			USD 15,000.00
		TOTAL:	USD 15,000.00

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March 11, 2022

Jim Littlefield
Umatilla County Sheriff's Office
4700 NW Pioneer Place
Pendleton, OR 97801

Dear Jim,

Congratulations! The Good Shepherd Community Health Foundation is pleased to inform you of our decision to award Good Shepherd Community Health Outreach a **\$7,500** grant. We regret that we are not able to fund the full request, but we believe this grant will provide partial funding for the cost of the CordicoShield Wellness App.

These funds are to be restricted for that purpose. Please review the terms of this agreement and return a signed copy to my attention. Upon assurance that you are ready to move forward with the project and agree with its stipulations, we will disburse our grant.

The Mission of the Good Shepherd Community Health Foundation is to enhance the quality of life and general health of residents living in the West Umatilla and Morrow County. Resources are provided to worthy projects best illustrating foundation ideals and fulfilling the health needs of our region.

The Good Shepherd Community Health Foundation is a publicly supported, 501(c)(3), tax-exempt organization. As part of our fiduciary role, the Internal Revenue Service requires our Awards Committee to monitor all distributed funds, confirming they are used for the purpose outlined in each corresponding application. The committee institutes appropriate remedial steps in the event a grant is not applied to its restricted purposes.

Criteria we have taken into consideration for this award:

- The service area of West Umatilla County and Morrow County shall receive priority.
- Community Health is defined as that which develops and promotes the quality of life and livability of our service area.
- Probability of success of the projects is considered.
- Scope of benefits of community members is also considered.

Recipient conditions of this award require the following:

- Please provide a written monthly summary regarding how the funds are being used until they are fully spent. Send or deliver your report to the Good Shepherd Community Health Foundation, 610 NW 11th St., Hermiston, OR 97838 for review no later than the first day of each month.
- The summary should include:
 - A financial report noting the status of funds provided by Good Shepherd Community Health Foundation.
 - Pertinent details about the use of the award for this event, taken from official meeting minutes (i.e., funding difficulties; is the project within its budget; what are the reactions of the people being served).
 - The name, phone number, and available times for a contact person designated to answer inquiries.



GOOD SHEPHERD
COMMUNITY HEALTH
FOUNDATION

- Should your organization change its mission or decide not to complete this project or utilize all or some of these funds, you must contact the Good Shepherd Community Health Foundation immediately and/or return the full amount of the donation within 30 days of the project's dissolution.
- Please note that these funds are restricted to only the project currently designated on page one of the agreement. Should your organization receive funding from additional sources that would complete this project without the need for all or a portion of this grant, it will be your responsibility to return **all** unused funds to the Foundation.
- We want to celebrate your successes alongside of ours. Please include photos if applicable when submitting your report of fund use, we would like to use these to educate the community about the Foundation.
- **We require that the Foundation be recognized in some permanent and memorable way at the site and in any advertising or promotion efforts for the awarding of these funds to the community.**

The Good Shepherd Community Health Foundation wishes you continued success in benefiting the physical, emotional, and mental health of individuals within our communities.

Sincerely,

A handwritten signature in black ink, appearing to read "Liz Maryin".

Liz Maryin
Executive Director

APPLICANT-Please retain a copy of this letter for your files and return a signed version to: Good Shepherd Community Health Foundation, 610 NW 11th St., Hermiston, OR 97838. You may sign, scan, and email the signed copy to emarvin@gshealth.org, if you desire.

I understand and will comply with the conditions of this Good Shepherd Community Health Foundation Award.

Applicant's Signature

Date