

ASSOCIATION OF STATE CORRECTIONAL ADMINISTRATORS

Executive Committee
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Vice President, Colette Peters
Treasurer, Anne Precythe
Past President, Leann Bertsch



Regional Representatives
Northeast, Marcus Hicks
Southern, Jefferson Dunn
Midwest, Heidi Washington
Western, Chuck Ryan

ASCA Staff Wellness Committee Meeting Minutes January 11, 2019 New Orleans Marriott

The meeting commenced at 1:00 p.m.

Committee Chair, Scott Frakes (NE) welcomed members and guests in attendance.

Scott Frakes (NE) discussed the challenges he experienced when he became the Director in Nebraska:

- Staffing issues
- Execution process
- Riot at Tecumseh prison
- State Judiciary Committee

Scott asked if anyone has a wellness program for executive leadership. No one has such a program. He then asked what would it look like:

- Balance
- Perry Phelps (DE): DE Prison Smart Program. 3-day mindfulness training
- Steve Sinclair (WA): Secretary and Deputy Secretary have an agreement where they alternate taking Fridays off
- Colette Peters (OR): Left cellphone at home during vacation
- Heidi Washington (MI): Creating statewide wellness unit with 5 dedicated staff
- Pelicia Hall (MS): Utilize wellness rooms. Has on-site wellness clinics. Utilizes retreats for executive staff.
- Anne Precythe (MO): Maintains a folder of “good” email

Next steps:

- Colette Peters (OR) talked about the 8 dimensions of wellness. Suggested bringing in a National expert to talk to ASCA
- Scott Frakes noted that Gallop has done extensive research on staff wellness
- **Scott Frakes asked those in attendance to send next step ideas to him**