



Reforming More Than People – Assisting Corrections Staff

Presented by Jason Zaharis

**GOD OUR
PROVIDER**

Phil 4:19 And my God will meet all your needs according to his riches in glory in Christ Jesus.

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Jason Zaharis, Founder & Former BOP Lieutenant



Oklahoma
DOC

Federal Bureau of Prisons



“after being made alive, he went and
made proclamation to the imprisoned
spirits.”

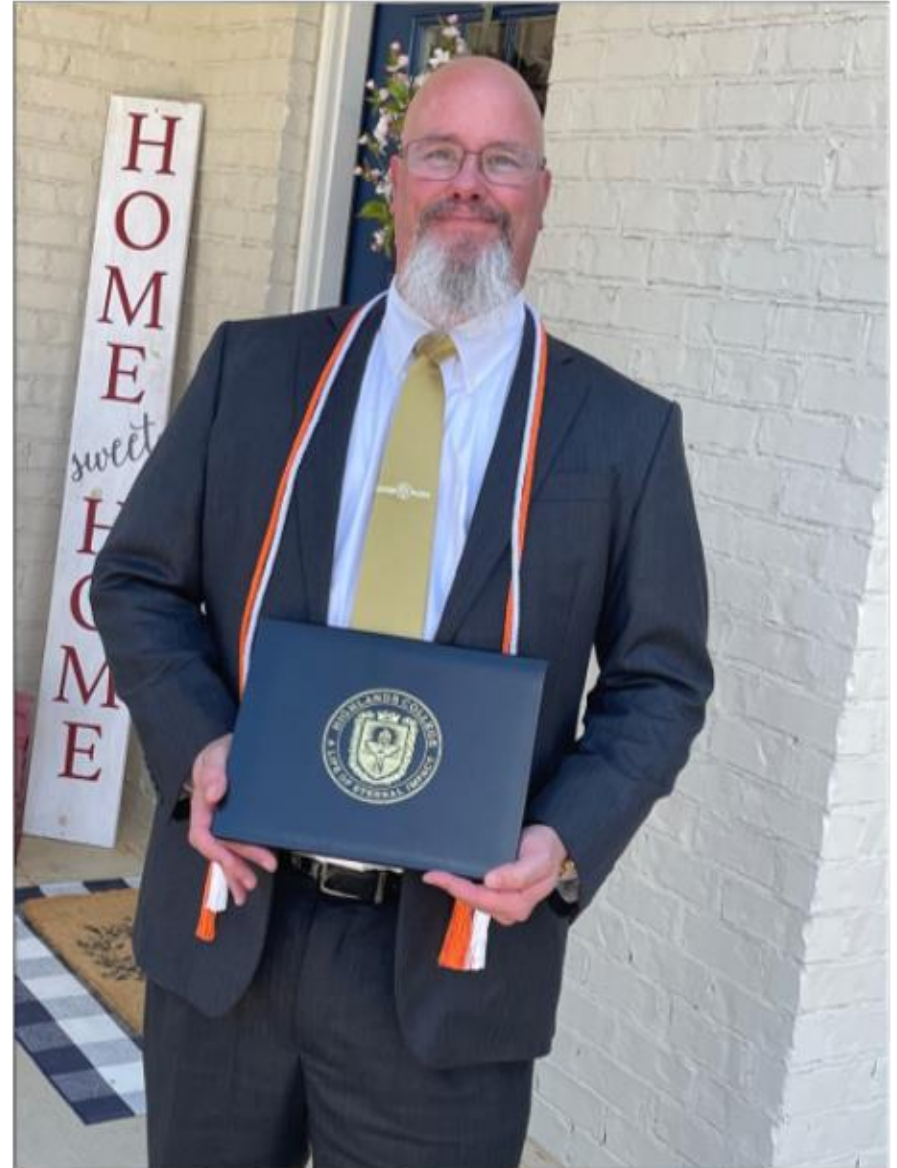
1 Peter 3:19 NIV

ref·or·ma·tion

[,refər'māSHən]

noun

the action or process of reforming an
institution or practice



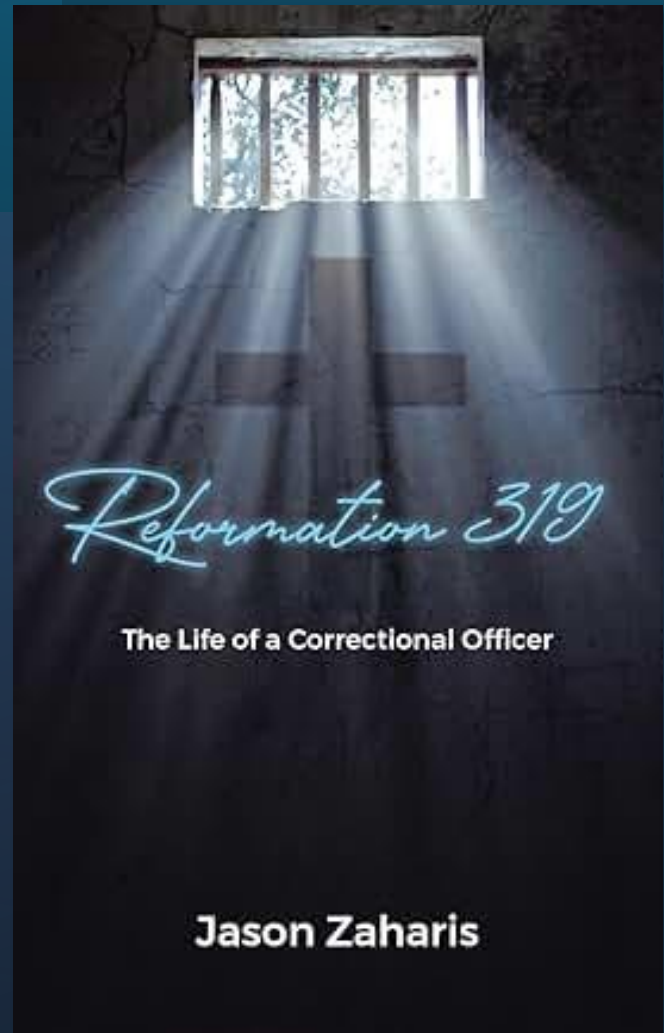


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BEFORMING MORE THAN PEOPLE

Our Purpose:

- change the perspective of law staff & incarcerated view each other
- to emphasize personal, mental and family well-being in all aspects of life
- educating staff to not separate their Christian identity from work



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The Life of a Correctional Officer

Jason Zaharis





LIFE



Law Enforcement Statistics

CO's take their own lives at a rate of twice that of both police officers & the general public

The signs of PTSD in a CO may include:

- **Insomnia**
- **Panic Attacks**
- **Flashbacks**
- **Hypervigilance**
- **Suicidal thoughts**
- **Depression**
- **Intrusive thoughts**
- **Heavy drinking**

Source: SAMHSA (Substance Abuse and Mental Health Services Administration)

Law Enforcement Statistics

Only about 35% of CO's receive regular mental health support or counseling, despite high stress levels

Roughly 55% of CO's reported mental health issues, with anxiety & depression being most common

35% of CO's suffer from chronic illnesses (hypertension/diabetes) linked to job stress - Age 50+ hypertension/related issues goes up to 55%

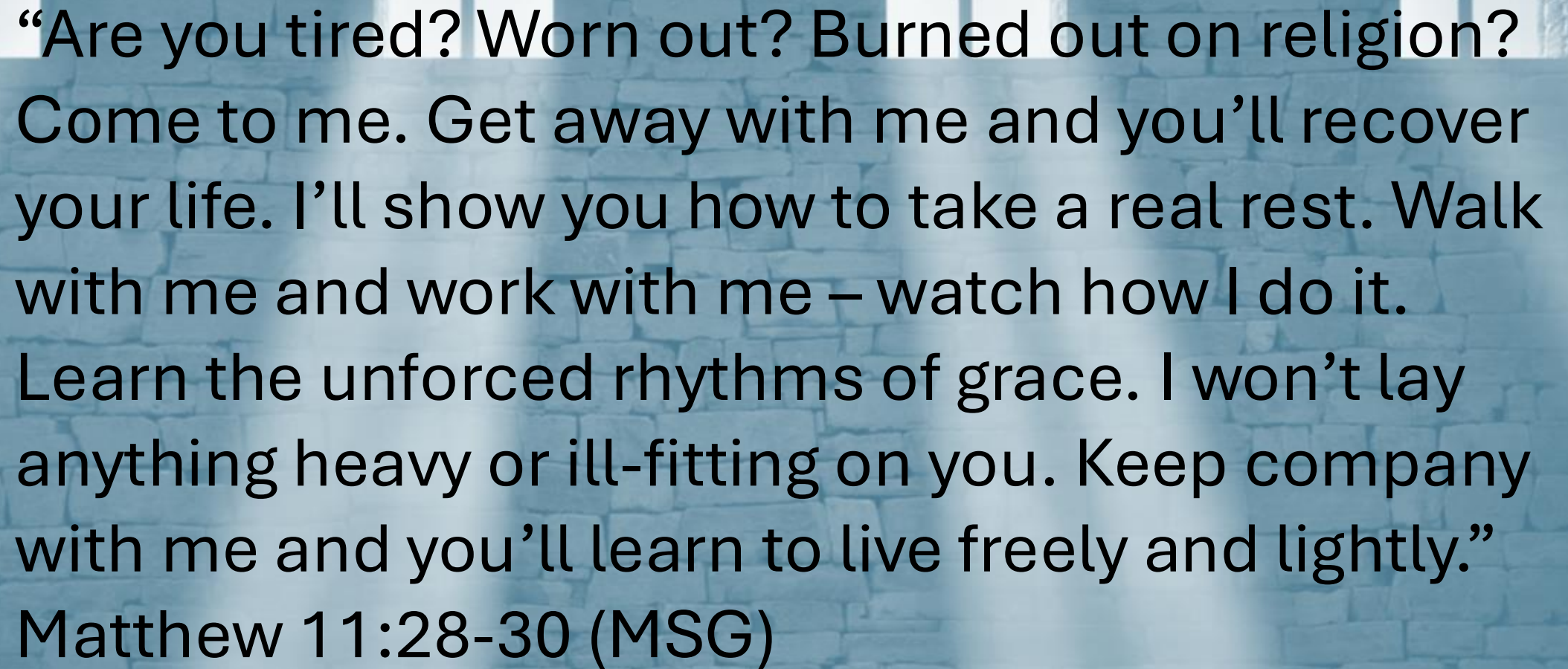
47% of CO's have sleep disturbances, impacting their health and alertness at work

About 30% report experiencing some form of substance dependence or abuse, often linked to job stress

Source: SAMHSA (Substance Abuse and Mental Health Services Administration)





The background of the slide is a light blue, textured wall made of irregular stones. At the top, there are four square windows, each divided into four smaller panes by a cross-shaped frame. The light from the windows creates a soft glow on the wall.

“Are you tired? Worn out? Burned out on religion?
Come to me. Get away with me and you’ll recover
your life. I’ll show you how to take a real rest. Walk
with me and work with me – watch how I do it.
Learn the unforced rhythms of grace. I won’t lay
anything heavy or ill-fitting on you. Keep company
with me and you’ll learn to live freely and lightly.”
Matthew 11:28-30 (MSG)

Help & Assistance

- Suicide & Crisis Lifeline
988 – Call, Text or Chat
- Alcoholics Anonymous AA
(844) 811-9606
- National Drug Helpline
(844) 289-0879
- Employee Assistance Program EAP
through BHS 1-800-327-2251

Local to Aliceville

- Lifecare Wellness – Tuscaloosa
(205) 579-9299
- Indian Rivers Behavioral Health -
Carrollton (205) 367-8032
- Hope Grows Center for Counseling
– Northport (205) 454-1897
- Counseling Ministry Professionals -
Northport (205) 345-5885



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