

### Building a Wellness Unit from the Ground Up



#### **Staff Sergeant Sandy Staniforth – Niagara Regional Police Service**

Sandy Staniforth has been a member of the Niagara Regional Police Service for 24 years and currently is assigned to the Wellness Unit located in #1 District, St. Catharines. Sandy has served in many different areas of the Service including the Recruiting Unit, Policing Standards Unit, #1 District Street Crime Unit, Versadex Implementation Team and Field Services, both as a Sergeant and Staff

Sergeant.

The Niagara Regional Police Service founded their Wellness Unit in 2017. Sandy was chosen to spearhead the building of this Unit from the ground up because she has always been an advocate for members. Sandy is always willing to listen and provide much needed assistance to any member in need. From the time that Sandy was a Constable to the present, members have always known no matter what they spoke to her about she would keep it strictly confidential, a key component when building a Wellness Unit. Sandy has always been willing to embrace change, which served her well when developing the Wellness Unit.

Sandy will discuss the challenges of forming a Wellness Unit from the ground up. Topics will include the following:

- The Challenges of Forming a Wellness Unit
- Things She Would Do Differently
- Things She Personally Believed Worked
- Building Relationships That Assisted
- Listening to Feedback
- And of course, self-care!