

## Staff Wellness Room Checklist

**Staff Wellness Rooms** are created to promote relaxation with staff and provide a safe space to de-stress after an aversive event. The rooms shall be used only by staff. After an event, staff can also utilize the room to complete required written reports. Rooms must be in a space that is private and removed from inmate activity.

Prior to the activation of a staff wellness room, the following checklist should be reviewed and completed by prison staff to ensure the elements contained herein have been included in the space. All items listed are not required. Completed forms shall be submitted to the Employee Services Team Project Manager at [Nicolle.Wampler@odrc.state.oh.us](mailto:Nicolle.Wampler@odrc.state.oh.us).

Please ensure that the attached document is made available for staff to complete after each use of the space. This information will be used to survey staff and compile information about their experience in the space to ensure that the rooms are appropriate and helpful. Staff should have a secure location to return the evaluation in a confidential manner.

Institution:	Submitted by:
<p><b>SIGHT</b></p> Wall mount television <input type="checkbox"/> Computer <input type="checkbox"/> Access to Intranet/Internet <input type="checkbox"/> Window Treatments <input type="checkbox"/> Warm colored curtains <input type="checkbox"/> Soft lighting <input type="checkbox"/> Bubble tube lighting <input type="checkbox"/> Fiber optic curtains <input type="checkbox"/> Projector lighting <input type="checkbox"/> Paint colors must be one of the following: Blue <input type="checkbox"/> Soft gray <input type="checkbox"/> Soft greens <input type="checkbox"/> <p><b>TOUCH</b></p> Flooring <input type="checkbox"/> Carpeted <input type="checkbox"/> Comfortable/soft rugs <input type="checkbox"/> Relaxation items <input type="checkbox"/> Weighted blankets <input type="checkbox"/> Pillows <input type="checkbox"/> Stress balls <input type="checkbox"/>	Comfortable furnishings <input type="checkbox"/> Soft couch and/or loveseat <input type="checkbox"/> Bean Bags and/or crash mats <input type="checkbox"/> Core/workout balls (large) <input type="checkbox"/> Rocking Chair <input type="checkbox"/> <p><b>MOVEMENT</b></p> Workout equipment <input type="checkbox"/> Punching Bag <input type="checkbox"/> Exercise bike and/or treadmill <input type="checkbox"/> Yoga-type mat <input type="checkbox"/> Slam balls <input type="checkbox"/> <p><b>SOUND</b></p> Music <input type="checkbox"/> Access to relaxation/meditation music <input type="checkbox"/> <p><b>TASTE</b></p> Refrigerator with Bottled Water <input type="checkbox"/> Chocolates and/or candies <input type="checkbox"/>

