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CITY OF KEARNEY **PRESS RELEASE** ***For Immediate Release***

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Kearney Police to Provide Wellness App to Personnel

At the Kearney Police Department, we recognize mental and physical wellness is essential for first responders. Because those working in public safety are exposed to traumatic incidents at much higher rates than the general population, they are more susceptible to mental health issues such as PTSD, depression, anxiety and suicide.

To proactively address these mental health challenges among our employees, the Kearney Police Department has launched a customized, confidential wellness app that will be available to KPD personnel and their families. Powered by *Cordico*, and its wellness technology for public servants, the app includes a wellness toolkit addressing 60 behavioral health topics such as fatigue, suicide prevention and alcohol abuse, mental health self-assessments, and videos and guides on yoga, mindfulness, nutrition and more. In addition, the app provides contact information for local therapists who specialize in and have experience working with first responders and connects users with KPD Peer Support Team and Police Chaplains.

Personnel and their family members will have confidential, 24/7 access to the app to ensure they have the resources they need in their most difficult moments – on or off-duty. Kearney PD will utilize this technology to help personnel build resilience and avoid the negative long-term effects of high job-related stress.

This technology was made available thanks to funding provided through LB615 from the Nebraska Opioid Recovery fund toward implementing a statewide program to connect state, county, and municipal law enforcement, fire, dispatch, and corrections officers to behavioral health services, support, and training. Kearney Police joins hundreds of agencies and organizations nationwide served by *Cordico*.

“As an organization, we are proud to adopt this Wellness App which will serve to strengthen our commitment and priority to the health and wellbeing of our personnel, their families and the community,” says Chief Bryan D. Waugh “We strive to be on the forefront of shaping our professions culture when it comes to mental health and wellness, and leveraging this technology helps us do just that. It is our pleasure to roll this out to our staff and look forward too many other agencies doing the same in Nebraska thanks to funding provided through the Nebraska Opioid Recovery fund.”

Check out our web site at www.cityofkearney.org.

We are sending this News Release as a service to the news media and citizens of Kearney.

We provide services, solutions, and opportunities for our community.

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