

From: [Nicholas Baker](#)
To: [Garvin, Melissa](#)
Subject: Peer Support Program
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My name is Nicholas Baker. I have worked as a Correctional officer with the state of Nevada for eleven years. I am writing to you to discuss the importance of implementing a peer support program. Correctional officers need the opportunity to work on their mental health with a trusted peer. They need someone who has gone through or is going through the same issues of working a high stress job. Working in a prison can be thankless and overwhelming. The burn out from working sixty to eighty hours a week and getting told, "you haven't done enough" leaves you feeling unimportant.

There are mental stressors that many of us who work this job go through and bring home to our family. We are more likely to suffer from depression, PTSD, anxiety, or any of the many health issues that are worsened by high stress. We then turn to self medication or self destructive behavior to cope with these stressors. I am not going to state the statistics of our fellow officers who have taken their own lives or the divorce rate due to a lack of mental wellness. The source of trauma is the environment in which we work. We all should know by now that the numbers are catastrophic. Respectfully, I am asking you to give the peer support program the funding and support it needs to help the correctional officers of Nevada. Thank you for your time.

Respectfully,
Nicholas Baker