

# Great Wardens Project

**Building Great Wardens:  
Self Care for Strong Leaders**

# Tech Check

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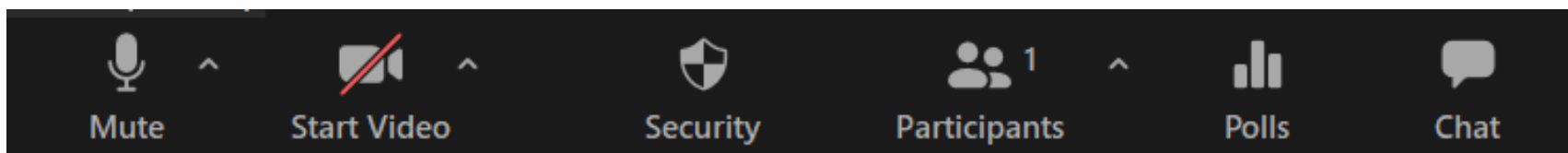
Mute



Video

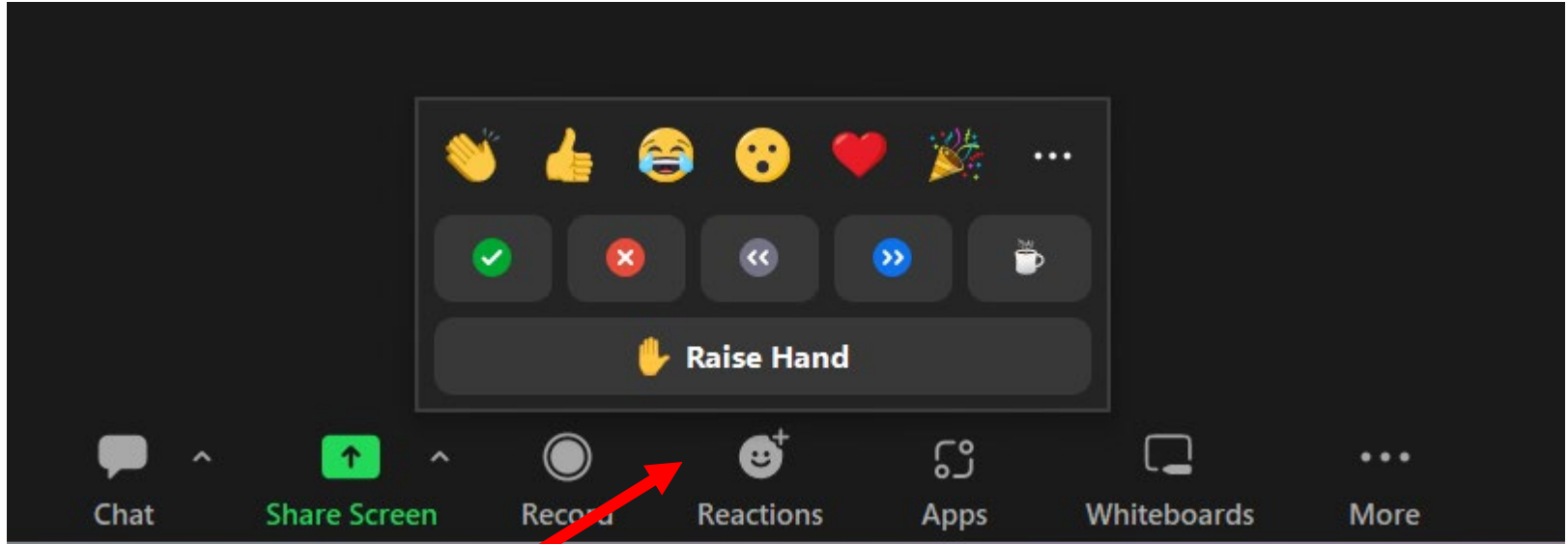


Chat



# Join the Conversation

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# Mission

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The Great Wardens Project provides mentorship and training to develop bold prison leaders and build a corrections culture based on safety and dignity.

# Core Beliefs

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- Wardens and Superintendents have a responsibility to promote safe, secure, and healthy corrections facilities.
- Advocates and prison leaders can work together to reimagine how corrections facilities operate and shape a new generation of committed corrections professionals.

# Today's Speakers

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**Johnitha McNair**

Executive Director

Northern Virginia Juvenile Detention Center



**Michael Capra**

Supervising Superintendent of the New York City Hub,  
New York Department of Corrections and Community  
Supervision



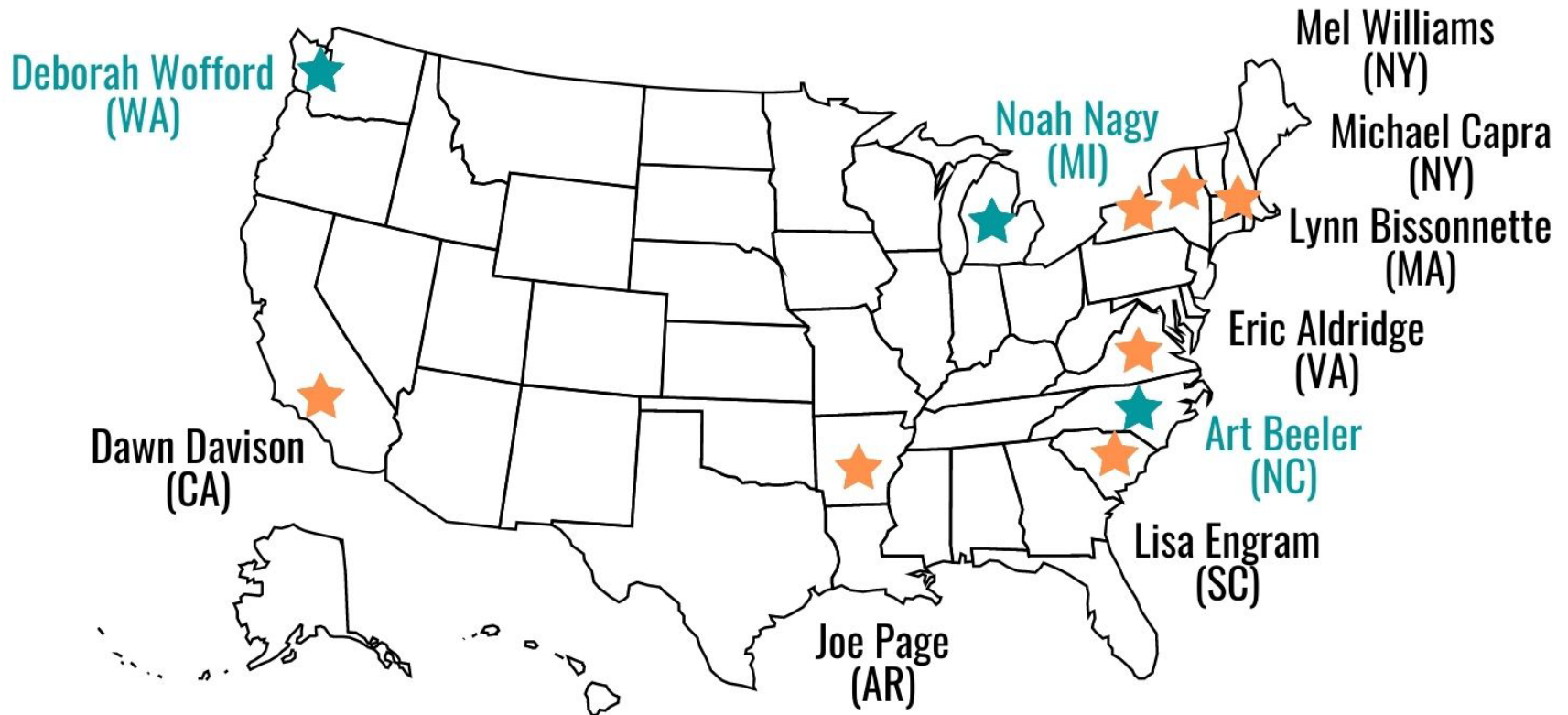
**Jessica Serrano Seipel**

Senior Program Director

Just Detention International

# Meet Our Task Force

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# Summit Intentions

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# Discussion Question

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How do you promote a culture of self-care in your facility?

# Self-Care as a Mindset

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- Think of self-care as an approach rather than another addition to your to-do list
- Identify ways you can incorporate self-care into things you already do



# Barriers to Self-Care

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- Too many conflicting priorities
- Requires a slow down
- Seen as selfish or an indulgence
- Professional culture encourages “the grind”



# Video

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## BEYOND THE CLIFF

Laura van Dernoot Lipsky

TEDxWashington Corrections Center for Women



# Burnout Red Flags

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- Hopelessness and helplessness
- Hypervigilance
- Chronic exhaustion and physical ailments
- Inability to listen and deliberate avoidance
- Numbing/Inability to empathize
- Addictions
- Grandiosity



# Burnout Red Flags

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What are some of your  
burnout red flags?





# Pizza Slices of Wellness

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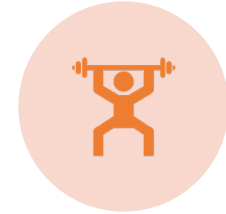
EMOTIONAL



ENVIRONMENTAL



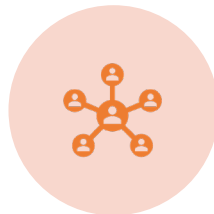
INTELLECTUAL



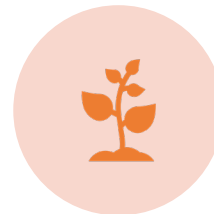
PHYSICAL



FINANCIAL



SOCIAL



SPIRITUAL



OCCUPATIONAL

# Creating a Culture of Self-Care

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## Individual Peer Support

- Encourage honesty when asking “How are you?”

## Informal Debriefing

- Acknowledge trauma exposures and prioritize “checking in” with yourself

## Critical Incident Review

- During formal incident reviews, address ongoing trauma-related issues

## Ongoing Training

- Emphasize self-care and resiliency in agency-wide trainings

# Discussion Question

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When was the last time you felt the most like yourself?

# Q & A

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# Resources

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[Promoting Wellness and Resiliency in Correctional Staff – National Institute of Corrections webinar](#)

[Wellness for Corrections and Supervision Professionals – National Institute of Corrections resource page](#)

[Correctional Employee Health and Wellness – Desert Waters publication](#)

# Get Involved

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For additional information, please visit our website at: [greatwardens.org](http://greatwardens.org)

**Direct questions**

**to:** [greatwardens@justdetention.org](mailto:greatwardens@justdetention.org)

**Connect with JDI:**



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An evaluation survey will automatically appear after this meeting!