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Wellness app offers 24/7 assistance for treatment court and probation program professionals

SANTA FE – A new mobile app will allow justice system professionals to access mental health and wellness assistance to cope with stress from their jobs in treatment courts and county probation compliance programs.

The Administrative Office of the Courts' Department for Therapeutic Justice partnered with Cordico, a technology company, to make the app available to treatment court team members, including judges, prosecutors, defense counsel and surveillance officers, along with compliance staff who oversee people on probation for misdemeanors.

The department supports more than 50 treatment court programs in district, magistrate, metropolitan and municipal courts across New Mexico. These range from adult and juvenile drug courts to veterans treatment courts and mental health courts.

The app offers information on behavioral health issues such as fatigue, suicide prevention and alcohol abuse, and allows access to mental health self-assessments along with videos and guides on yoga, mindfulness, nutrition and other topics. The app also provides links to the New Mexico Crisis & Access Line (NMCAL) as well as contact information for a program that offers counseling services for state workers. Future enhancements to the app will include contact information for peer support teams, chaplains and local therapists who specialize in and have experience working with justice professionals.

"This technology can help people in the justice system and their family members avoid the negative long-term effects of severe job-related stress. They can reach out for help in a confidential way 24/7 through the convenience of their smartphone or other mobile device," said Robert Mitchell, senior statewide program manager for the AOC. "Leveraging this technology allows us to be on the forefront of changing criminal justice culture when it comes to mental health and wellness."

The AOC Department for Therapeutic Justice joins a number of law enforcement, firefighting and other public safety agencies nationwide that use Cordico's wellness app.

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