

CUPD HEALTH & WELLNESS APP

Lighthouse Health & Wellness

An in-hand, on-demand, 100% confidential health and wellness platform. Designed with first responders in mind, Lighthouse is filled with resources and information designed to help public safety personnel and their families thrive. Anonymous access to information on finances, fitness tips, addiction, awareness tools, self-assessments and help finding treatment and care.



CUPD WELLNESS RESOURCES

Monthly Wellness Newsletter

Cover a variety of topics related to well-being, including a workout of the month, facility of the month, ComPsych (EAP) article section and upcoming wellness events.

Quarterly Wellness Challenge

Team or individual challenges with specific goals of promoting healthy habits and competition amongst our staff.

Physical Resources

- Annual Physicals
- CU4Health Screenings

PEER SUPPORT TEAM

- Lt. Cortney Wright
- Sgt. Amy Cobb (Peer Support Team Leader)
- TCO Rhonda Gibbs
- Sgt. Charles Burks
- EM Deputy Director Zach Johnson
- Sgt. Matt Davis
- Clery Coordinator Marijohn Boyd

ADDITIONAL RESOURCES

The Wellness Zone

864-656-2350 | cufitness@clemson.edu

The Wellness Zone is an area in the lobby of the Fike Recreation Center that serves as a hub for departments across campus to provide fun, quick activities and informational seminars that expose and connect students to wellness resources.

VETS to COPS

cops.usdoj.gov/vetstocops

The COPS Office is committed to supporting military veterans and the law enforcement agencies that hire them. Military veterans have demonstrated a strong work ethic and the ability to work in teams and in challenging situations. These skills make many veterans ideal for police work.

South Carolina First Responder Support Team

833-364-3778

The FRST program offers behavioral health services designed to assist first responders and their families. We have been successfully providing services in the Charleston area since 2007. FRST services are now available statewide.

Services:

- Short-Term Counseling
- Assessment and Referral
- Medical Consultation
- Individual, Couples and Family Counseling
- Eye Movement Desensitization & Reprocessing

All services are confidential

WELLNESS PROGRAM COORDINATOR

Sgt. Steven Kennedy

sakenne@clemson.edu



124 Ravenel Center Place, Seneca, SC 29678
864-656-2222 • police@clemson.edu

CLEMSON UNIVERSITY POLICE DEPARTMENT WELLNESS PROGRAM



To improve the overall health and well-being of the Clemson University Police Department personnel by promoting a culture of wellness, educating our staff on available resources, and developing innovative offerings.



PHYSICAL WELLNESS

PEBA

Peba.sc.gov/employees

For information and program requirements for health, prescriptions, dental, vision, life insurance, long term disability, tax-free spending accounts (moneyplus), and adoption assistance benefits.

Joseph F. Sullivan Center & Clemson Rural Health Clemson.edu/cbshs/clemson-rural-health/index.html

Primary and preventive care, acute care, complementary care, food security and nutrition, immunizations and the CU4Health wellness Program.

The CU4Health Program provided by the Joseph F. Sullivan Center is a comprehensive health risk assessment offered to Clemson employees and retirees whose primary insurance coverage is the State Health Plan through Clemson University. Labs included are the Lipid Panel, Complete Blood Count and BMP (basic metabolic panel-kidney function). The program is open to subscribers and their covered spouses enrolled in the State Health Plan (Standard or Savings) as well. CUPD sponsors employees to receive an annual CU4Health Screening and Physical at no cost to the employee.

University Physical Therapy & Sports Medicine (UPTSM)

Physical Therapy, Complimentary Injury Assessments, and work and sport's related injury rehabilitation. Fit 3D Scans.

Campus Recreation

Clemson.edu/studentaffairs/get-involved/cr/index.html

Swann Fitness Center at Fike Recreation Center: The main fitness building on Clemson's campus. Across it's area of 250,000 square feet, the Fike Recreation Center houses state of the art facilities including: basketball courts, cardio and strength equipment, climbing wall & freedom climber, functional training space, upper functional, group fitness studios, indoor and outdoor tracks, locker rooms, McHugh Natatorium, open recreation and Racquetball Courts.

FINANCIAL WELLNESS

PEBA

Peba.sc.gov/employees

For information on the South Carolina Retirement System (SCRS), State Optional Retirement Program (State ORP), Police Officers Retirement System (PORS) and more, as well as the South Carolina Deferred Compensation Program (for before-tax and after-tax contribution options for 401K, 403B, and 457B plan options.)

Employee Tuition Assistance Program (ETAP) Clemson.edu/human-resources/benefits/etap/index.html

The Employee Tuition Assistance Program (ETAP) is a benefit designed to encourage professional growth, enhance employee performance and support career development. The ETAP provides a 100-percent waiver for graduate and undergraduate education courses for up to six (6) credit hours per academic term to vested employees. Academic terms are considered fall, spring, and summer.

The program benefit covers 100 percent of most mandatory academic fees, activity/program fees, differential fees, and lab fees for up to six (6) hours per academic term; books, supplies or other non-academic fees will be the faculty or staff member's responsibility. Faculty and staff members are also responsible for the cost of tuition over and above six (6) credit hours per semester.

SPIRITUAL WELLNESS

The Samuel J. Cadden Chapel

Clemson.edu/studentaffairs/services/cre/venues/cadden-chapel.html

The Chapel, with accompanying memorial gardens and private prayer rooms, creates a warm, inviting space for people of any belief, or of no belief, to feel welcome and accepted.

CUPD Non-Denominational Chaplain

Chaplain Chris Jordan (cljrdn@clemson.edu)

MENTAL & EMOTIONAL WELLNESS

Employee Assistance Program

Clemson.edu/human-resources/benefits/eap/index.html

Clemson University's Employee Assistance Program (EAP) is available to all employees and their families, including spouses, dependents and other household members. Graduate Student workers are included.

Through ComPsych, the University's EAP provider, employees and their families have access to a wide variety of counseling, referral and consultation services to help you navigate life's challenges. These services are confidential as the law allows and are typically provided at no cost.

South Carolina Law Enforcement Assistance Program scleap.org

- Critical Incident Stress Management Training
- Post Critical Incident Seminar
- Sudden Traumatic Loss Seminar
- Alcohol rehabilitation services
- Suicide intervention, prevention training
- Post Deployment Programs
- Behavioral Health Benefits for First Responders

SCLEAP programs approved by SC Criminal Justice Academy for CLEE credit

Safe Call Now

safecallnowusa.org | 206-459-3020

Safe Call Now is a CONFIDENTIAL, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel, and their family members nationwide.

COPLINE®

copline.org | 1-800-COPLINE (1-800-267-5463)

COPLINE® has earned the trust of the Law Enforcement community by providing active listening through a hotline by maintaining complete confidentiality as well as anonymity if the caller chooses. We train competent, confident, committed and compassionate retired officers to engage with callers on the daily stressors officers and their family members experience.