



P.O. Box 615 | Watertown, CT | 06795 |
Phone and Fax: 888-307-9870
Email: Admin@nutmeglaborunions.com
Websites: www.nutmeglaborunions.com
www.joinnutmeg.com
Instagram: @nutmegindependent

PRESS RELEASE
FOR IMMEDIATE RELEASE
APRIL 23, 2021

**CONNECTICUT POLICE UNION ORGANIZATION FOCUSING ON OFFICER
WELLNESS IN WAKE OF INCREASING SCRUTINY**

WATERTOWN – As activists and public leaders speak out on the failings of individual police officers in the performance of their duties over the last year, a Connecticut labor union has taken a new approach to assist the police union members that it represents.

Nutmeg Independent Labor Union leaders have begun to focus their efforts on overall officer wellness in an effort to ensure that officers are prepared and ready for the work they do in their communities every day.

With its Five Pillars initiative, Nutmeg’s leaders are collaborating with municipal leaders and their officers to ensure that all police officers are fit in all aspects of their lives when they head out to work their shifts]

“A community has every right to expect that its police officers are accountable for their actions when they put on the badge and go to work every day,” said Nutmeg director, Attorney Eric Brown. “We have learned that when employees make errors in their work lives, they often result from deficits in certain other areas of their lives that are going unaddressed.”

“As a union we are obligated to address the typical workplace issues of wages, pensions, and grievance resolution. But our members require so much more to be ready to do their demanding jobs. So we have come up with the 5 Pillars of Wellness program to make sure our members are balanced and ready to work,” said Brown,

Brown, working his Nutmeg colleagues Marine veteran and retired Torrington police officer Jason Cooling, and fellow attorney and retired Naugatuck police officer Jay Pugliese is driven to help officers as they face a changing public safety landscape.

“Police officers need to be well in all aspects of their lives,” Cooling said. “We want to address social wellness; emotional well-being; personal financial security;

physical health; and occupational success. Often our officers need opportunities to mentor and be mentored; they crave training and educational opportunities; they need to know that the turmoil that we all go through as human beings needs to be addressed before it makes its way into actions that occur in the field. Friendship, hobbies, and a solid support system are all needed to care for the whole officer. We want to help officers fulfill their promise with our program.”

Brown said in his 25 years of working with officers it has been rare for him to interact with an officer who did not care about his community or the folks he served. “We just want to help our officers thrive in all aspects of their lives so that they’re able to show up even more resourcefully for the important work they do,” Brown said.