



SUFFOLK COUNTY SHERIFF'S OFFICE WELLNESS UNIT



**CORRECTION OFFICER
SERGEANT
JUSTIN FRANCIS**

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My motivation behind wanting to be a member of the Wellness Unit is simple. I've always tried to help boost morale and be a positive influence. I want to be there for Officers who are going through hard times both at work and at home. We need to make sure we are taking care of ourselves mentally, physically and spiritually. What better person to speak to than another Officer who has experienced the same things? At the end of the day, we are a family and need to take care of one another, that's what it's all about.

**DEPUTY SHERIFF
MACKENZIE BURNS**

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I am extremely grateful to be a part of this unit. I am looking forward to helping the Sheriff's Office focus on the well being of Deputy Sheriffs and Correction Officers. I believe the information and training this unit will bring to the SCSO staff and families is very beneficial in their careers and could help impact home life in a positive way as well. Health and wellness is a crucial aspect of our career that we need to take seriously and that's what this unit will help implement. When we are all mentally, physically, and emotionally stronger in our daily jobs and life, it doesn't just help ourselves but everyone else around us



**CORRECTION OFFICER
ASHLEY WEST**

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Having worked with the Sheriff's Office since 2006, I've seen a growing focus on officer health and wellness. Passionate about fostering healthy habits, I find satisfaction in empowering others to live healthier lives by promoting physical, mental, and emotional well-being. I believe officer wellness should be a priority, as their well-being is key to their success and resilience. I'm committed to supporting others by ensuring access to resources, guidance, and care—helping them navigate challenges with strength and confidence.

**CORRECTION OFFICER
KRISTY HOTHAN**

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With 13 years of dedicated service to the Suffolk County Sheriff's Office, I have seen firsthand the impact of stress and the demands of a career in law enforcement. Through these experiences, I have come to believe that health and wellness should not only be a personal priority but essential foundations for a meaningful and sustainable career. These wellness practices should be integrated into daily life and not reserved for rare moments of self-care. Driven by that belief, I am committed to supporting and empowering others on their journey to physical, emotional, and mental well-being.

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