

# WORKPLACE WELLNESS AMBASSADORS

## STANDING STRONG TOGETHER ACHIEVING HEALTHIER LIVES



**Probation Workplace Wellbeing Ambassadors support the departments' reopening strategies by serving as peer-advocates for workplace wellbeing and COVID-19 safety resources.**

The COVID-19 Workplace Wellbeing Ambassador Program was launched in June 2021 by the Departments of Human Resources and Mental Health. The Workplace Wellbeing Ambassador Program is designed to support the County's reopening strategy by identifying and training peer-level wellness and workplace safety champions. The Wellbeing Ambassadors serve as departmental leads in sharing and promoting the County's many wellbeing, reopening and COVID safety resources to their colleagues. Wellbeing Ambassadors are not meant to be COVID safety experts or to serve in place of human resources or mental health staff. This role is intended as a compassionate liaison that can connect employees to the resources they need.

**The team includes:**



**Taneka Shehee** became the Department Ombudsman in August of 2018 after working for the Probation Department for 20 years. Ms. Shehee holds a Master's degree in Ethnic Studies from the University of California, Los Angeles, and a Bachelor's degree in Political Science from Hampton University. She became a certified Ombudsman by the United States Ombudsman Association (USOA) after receiving hours of conflict management/dispute resolution trainings.

Taneka has trained hundreds of Probation staff in various courses, and has taught on the community college level for 25 years. She loves to paint, and jokingly says that she only runs the LA Marathon every ten years because it takes her that long to recover.



Hello, my name is **Letitia Love**. I'm a DPO II assigned to the County Policy of Equity Unit. Looking forward to providing support/resources to my colleagues as a Wellbeing Ambassador at DHQ-L22. Be Well! Be Encouraged!



Hello, my name is **Nick Esparza**. I am honored to be a Wellbeing Ambassador, I would like to offer assistance with information during these unprecedented times. As a department I hope we can uphold each other and provide encouragement in preparation of reopening.



Hi, I am **Deanna Carlisle**, and as the HR Director for Probation, one of my greatest honors is to assist staff through our Wellness, Peer Support and Workplace Wellbeing programs, and to offer encouragement and support to any staff who need it with the additional challenges of the COVID-19 pandemic.



Hi, I'm **Jerrod Andrade**. My decision to volunteer was simple. I just wanted to contribute to my unit and our department for us to be the best at this important endeavor, and in all we do.



Greetings, I am **Ruth Tyson**. I have worked in Camps, field, and I am currently working at Van Nuys area Office. Working for the Probation Department can be very rewarding, though just as demanding. My desire to help, pushed me in the direction of being an Ambassador for Wellness. I have witnessed my fair share of misinformation among Officers. During the most challenging times, I have been able to provide a listening ear to many of my peers and subordinates. I would like to be a helping hand.

I'm **Sandra Woods**, Manager of Central Records. I am a mother of four and called "Nani" to nine grandchildren. I enjoy walking, people watching, and spending time with family. I obtained my masters in sports psychology because, I want to help people improve their overall mental and physical fitness. Representing the Probation Department as a Wellness Ambassador is a way that I can continue to achieve that goal.



**The Probation Workplace Wellbeing Ambassador Program team can be contacted at**  
[PROB-WellBeingAmbassadors@probation.lacounty.gov](mailto:PROB-WellBeingAmbassadors@probation.lacounty.gov)