

WELLNESS CONNECT

The AOIC Mental Wellness Initiative was launched in June 2022 to educate employees on mental health and wellness in the workplace. The AOIC Wellness Committee was then formed to engage employees in opportunities to build skills in mental health and wellness. The Committee consists of 16 members from various AOIC divisions in both Springfield and Chicago. Currently, seven Wellness Hours have been offered to AOIC employees, along with a variety of resources to support well-being. It is our hope to help end the stigma of mental health in the workplace and to ensure a work culture of acceptance, assistance, and well-being for our employees.



Resource Page

AOIC employees will be receiving an email invitation to the AOIC Mental Health and Well-Being SharePoint. Past Wellness Hours, resources, and more can be found here!

Wellness Hour

"The Cost of Caring" presented by AOIC employees, Scott Block and Patricia Torchia on Wednesday, April 26, 2023, via Zoom. Registration opening soon!

Mindfulness Minute



Welcome to the first installment of the Mindfulness Minute! Our goal is to provide quick and easy tips for overall mental well-being. Please click the link to watch this quarter's Mindfulness Minute presented to you by current Wellness Committee member, Aaron Burdick, Pretrial Educator.

Reach us at AOIC_WellnessCommittee@IllinoisCourts.gov!



Committee Corner:

Member Spotlight

Scott Block



When I joined the AOIC in October of 2021, the pandemic was at its height of challenging our sense of safety and security both in our personal and professional lives. Yet, the pandemic also created an unexpected opportunity for an increased emphasis on “wellness.” Meeting the moment, the AOIC prioritized the creation of new wellness initiatives, in which I have been privileged to help shape as the Statewide Behavioral Health Administrator. Starting with Wellness Hours and then the development of a Wellness Committee, together, we are creating an environment that promotes healthy behavior in and out the workplace.

Developing daily goals, managing time, and reflecting on the day are strategies that help me end each workday feeling a sense of professional worth and accomplishment, leading to guiltless enjoyment of leisure time activities.

I am the Lead Payroll Analyst in the Administrative Services Division. I began working at the AOIC in August of 2019.

Travel is my passion; I love having the opportunity to see the world and experience different cultures and landscapes. My travel adventures are a chance to escape and unwind! I joined the Wellness Committee because I feel it is important to recognize mental and physical health affects every aspect of our lives.

One of my favorite quotes is “Keep your face always toward the sunshine and shadows will fall behind you.” – Walt Whitman

Tiffany Pignon



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