

Date: May 11, 2026

TSAC Wellness Next Steps

Purpose: to provide recommendations for improving mental health and wellness for riders and BART employees via training, education programs, and policy decisions.

Target populations: LGBTQ+, adult seniors, ADA, youth, young adults, Train Operator-System Service-BPD-Station Agent unions, unhoused, primary language non-English, religious, and Veteran riders and employees.

Proposed Members: Omar Farmer, Anya Gupta

Next Steps: Create Wellness ad hoc (June-November) to discuss recommendations for the annual report.

The BART Social Services and Partnerships contact will be attending our July or August meeting.

Review the draft survey and send it to BART union leadership and BoD.

BPD Recommendation/s Synopsis: Education and training that can be provided to BPD regarding fatigue management, sleep optimization, PTSD & C-PTSD, suicide ideation identification and prevention. An effectively managed mental health and wellness program has a positive effect on reducing instances of excessive force, chronic stress, sick days, injuries, and attrition rates. It also has a positive effect on community relations.

Note: BPD's Wellness policy organizes post-critical incident and chronic stress situation peer support. It refers sworn and non-sworn employees to the appropriate resources, while working alongside the employee assistance program.

BART Rider Recommendation/s: Wellness Pulse application available to BART riders and employees to provide a check in on their BART experience.