



100 CLUB OF ILLINOIS
FRONTLINE
CONVENTION

MARCH 18-19, 2024

HILTON CHICAGO OAK BROOK HILLS RESORT
3500 MIDWEST ROAD | OAK BROOK, IL

ABOUT THE 100 CLUB OF ILLINOIS

The 100 Club of Illinois is a non-profit organization that provides support to the families of first responders killed in the line of duty, and offers training and programming to active-duty first responders throughout our state. We provide resources, financial assistance, access to training, and moral support. Our goal is to help these families navigate after the loss of a loved one, and to assist with the needs of active-duty first responders in any way we can. We are proud to be able to offer this support, and we are dedicated to serving those who risk so much to keep us safe.

FIRST RESPONDER PROGRAMS

TRAINING

Our training events feature training topics across the first responder health and wellness spectrum, education for first responder families, as well as department policy and procedures as it relates to critical incident response. Keep an eye out for our ongoing release of training dates or contact us if you are interested in hosting a regional training.

CRITICAL INCIDENT

The Club is available to provide individuals and departments support during the time of a line of duty death and other critical incident needs. Services include logistical response, wellness assistance, and funding resources.

FRONTLINE RESOURCE NETWORK

We are launching our new Resource Network comprised of continuing education resources, first responder wellness organizations, wellness providers, department peer support programs, and more! Visit 100clubil.org/frontline-resource-network/ to share a person, organization, or tool that has been valuable to you or your department!

100 CLUB OF ILLINOIS STAFF

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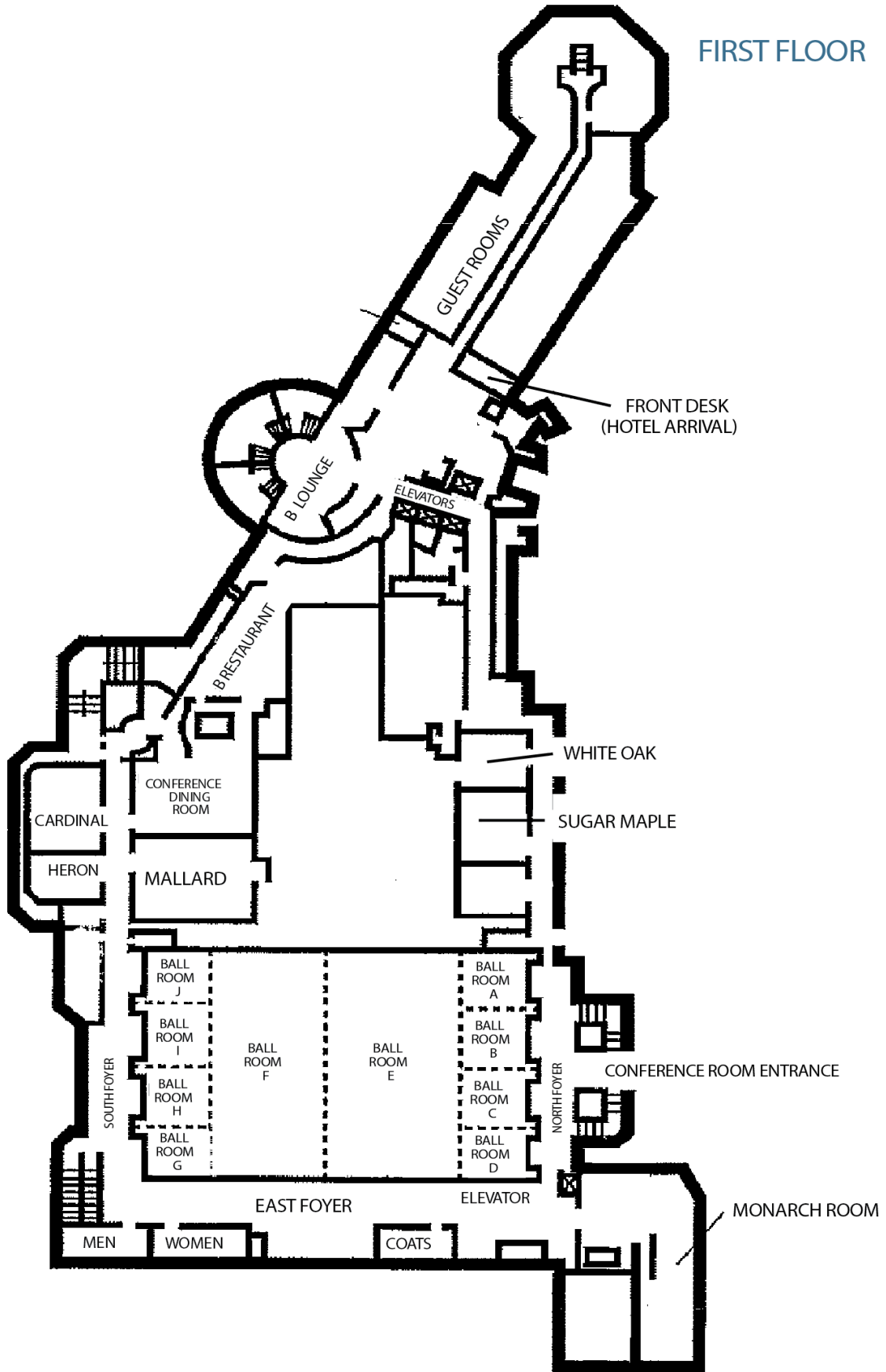
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HOTEL MAP



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THANK YOU TO OUR ENDORSEMENTS

Take a moment to visit with several of our endorsing organizations throughout the convention in the East Foyer to learn more about their resources and services offered.



KEYNOTE SPEAKERS

JASON SCHECHTERLE

MONDAY, MARCH 18 | 9:00 AM | BALLROOM E

BURNING SHIELD

GROWING UP, JASON HAD ONE DREAM - TO SERVE AS A PHOENIX POLICE OFFICER. INSPIRED BY THE TRAGIC LOSS OF A LOCAL LAW ENFORCEMENT HERO, JASON WORKED PERSISTENTLY TOWARDS HIS DREAM. ONLY 14 MONTHS INTO WHAT WAS SUPPOSED TO BE A LIFE-LONG CAREER, JASON'S LIFE TOOK AN UNEXPECTED, DRAMATIC AND, AT THE TIME, TRAGIC TURN.

ON THE NIGHT OF MARCH 26TH, 2001, A TAXI CAB CRASHED INTO THE REAR OF JASON'S PATROL CAR. UPON IMPACT, JASON'S CAR BURST INTO FLAMES, TRAPPING HIM INSIDE WITH TEMPERATURES REACHING OVER 700 DEGREES.

JASON'S JOURNEY CHRONICLES HIS FIGHT FOR LIFE, HIS TRIUMPH OVER TRAGEDY AND THE INSPIRATION THAT ENABLES HIM TO CONTINUE TO OVERCOME UNIMAGINABLE ADVERSITY. HIS PERSONAL NARRATIVE EXEMPLIFIES THAT THE POWER OF THE HUMAN SPIRIT CAN NEVER BE UNDERESTIMATED OR EXTINGUISHED.

HIS STORY IS ONE OF LIFE, REBIRTH AND TRANSFORMATION. JASON REPRESENTS THE HUMAN EXPERIENCE AT ITS VERY BEST - AN ASCENT FROM DESPAIR TO DESCRIBING HIMSELF AS THE LUCKIEST PERSON ALIVE!

RICH CREAMER

TUESDAY, MARCH 19 | 9:00 AM | BALLROOM E

SEEKING OPPORTUNITIES

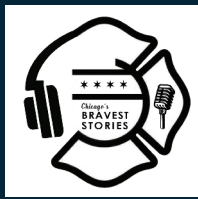
GROWING UP IN A SMALL SUBURB OF BOSTON, MA, THE EXPERIENCES RICH HAS BEEN EXPOSED TO WOULD HAVE LED ANYONE DOWN A PATH OF SELF-DESTRUCTION AND DESPAIR. ADVERSE CHILDHOOD EXPERIENCES, TRAUMA, AND THE MENTAL AND EMOTIONAL IMPACT OF A CAREER IN LAW ENFORCEMENT WOULD BE A RECIPE FOR A DISASTER FOR SOME. FOR RICH, IT WAS AN OPPORTUNITY.

RICH IS A US NAVY VETERAN AND A 24 YEAR RETIRED POLICE SERGEANT WHO TOOK BOTH HIS PERSONAL AND PROFESSIONAL ADVERSITY AND CREATED HIS OWN PATH FOR SELF-DEVELOPMENT. HE IMMERSSED HIMSELF IN STUDYING WELLNESS PRACTICES WHILE BUILDING UPON AN ALREADY RESILIENT FOUNDATION. RICH LEARNED THAT HIS MIND, ENERGY AND CONNECTIONS WERE THE OBSTACLES HE HAD TO OVERCOME TO IMPROVE HIS RESILIENCY.

THESE IMPACTFUL RESILIENCE SKILLS ARE DISTRIBUTED AMONG HIS OWN PERSONAL STORY OF STRUGGLE. RICH NOT ONLY SHARES HIS EXPERIENCES BUT MORE OF HOW HE DEVELOPED HIS MINDSET IN NAVIGATING A LIFE THAT CHALLENGED HIM TO BECOME HIS OWN ADVOCATE FOR PERSONAL GROWTH AND FIRST RESPONDER WELLNESS.

THIS KEYNOTE WILL COVER SOME OF THE COMPETENCIES OF RESILIENCY, SELF-AWARENESS, OPTIMISM, AND CONNECTION. IN BUILDING THESE RESILIENCE SKILLS, ATTENDEES MAY BENEFIT FROM INCREASED WELL-BEING ON AND OFF DUTY AND LEARN THE IMPORTANCE OF BUILDING SOCIAL SUPPORT AND STRONG RELATIONSHIPS.

MARCH 18 DAY 1



Check out Chicago's Bravest Stories Podcast during Frontline Convention and join their LIVE podcast episode highlighting this two-day event to share your own personal testimonial! You'll also earn an extra raffle entry for participating!

Visit the 100 Club table in the East Foyer along with our step-and-repeat backdrop to take pictures! Tag us in your photos on social media and use the hashtags, #frontlineconvention and #holdtheline.



8:00 AM - 9:00 AM

REGISTRATION

NORTH FOYER

Find the registration table in the North Foyer to check-in at Frontline Convention. Be sure to mark the box at check-in if you are interested in receiving professional credits. Your certificate will be e-mailed to you after the event. During this time, feel free to visit the vendor tables lining the East Foyer or enjoy continental breakfast in Ballroom F sponsored by FHE Health.

9:00 AM - 11:00 AM

JASON SCHECHTERLE BALLROOM E

Opening ceremony with Honor Guard assembly, a welcoming introduction from the 100 Club of Illinois, and our Keynote Speaker of the day, Jason Schechterle sharing about his courageous story.

11:15 AM - 12:30 PM

WORKSHOP SESSIONS

VARIOUS

On Page 8, details of each workshop session and location are listed.

1:30 PM - 2:45 PM

WORKSHOP SESSIONS

VARIOUS

On Page 9, details of each workshop session and location are listed.

3:00 PM - 4:15 PM

WORKSHOP SESSIONS

VARIOUS

On Page 10, details of each workshop session and location are listed.

4:30 PM - 5:45 PM

PANEL SESSIONS

VARIOUS

On Page 11, details of each workshop session and location are listed.

12:30 PM - 1:30 PM

LUNCH

Lunch will take place in Ballroom F and is being sponsored by Motorola Solutions and ICRMT. During this time you can also network with the vendor tables in the East Foyer.

5:45 PM - 7:00 PM

DINNER

Dinner will take place in Ballroom F and is sponsored by CVS Health. Enjoy delicious BBQ from Mission BBQ and the opportunity to network at tables labeled with topics or speaker names to engage in further conversations during your meal.

HELP US GET THE WORD OUT ABOUT 100 CLUB RESOURCES!

Are you passionate about telling others what the 100 Club of Illinois means to you? Do you want to share how the 100 Club has helped you and members of your department and earn an extra ticket for the raffle drawing for doing so?

Stop by 100 Club Table to give your testimonial as it could be featured in a future 100 Club promotional video!

WORKSHOP SESSIONS

MARCH 18, 11:15 AM - 12:30 PM

PTSD AND MORAL INJURY

SUGAR MAPLE

Jeff Dill, Founder and CEO, Firefighter Behavioral Health Alliance (FBHA)

This presentation involves a careful examination of Firefighter, EMS and Dispatcher suicides, an introduction to PTSD, and Moral Injury. During the workshop we will review the suicide data FBHA has collected and explain why the presenter believes moral injury plays a larger role than PTSD in the first responder culture.

INOCULATING AGAINST THE FATAL 10 OF FIRST RESPONDER SUICIDE

BALLROOM A/B

Dr. Olivia Johnson, Consultant, Blue Wall Institute

Dr. Olivia Johnson has collected data and done research in the field of officer suicide for nearly 15 years. From her research, The FATAL 10 was developed. These are 10 common factors noted in a majority of completed suicide cases, non-fatal attempts, and murder-suicides. Based on this research, it is well understood that suicide prevention and intervention methods do not work, but we know what does. The Blue Wall Institute developed the Inoculation Paradigm, this paradigm changes the way we think about health and wellness and will reduce risk factors that contribute to officer suicides and other negative outcomes. This training course will not only address the data and the FATAL 10, but will address each component in-depth and provide real world solutions and assist first responders in thinking outside the box when addressing the issues they will face. The Health Model will be used to teach skills to assist first responders in changing negative mindsets and behaviors, thus increasing their overall health and wellness.

WELLNESS AND THE WOUNDED WARRIOR

BALLROOM C/D

Clark Beckley, Founder, Your Story Counseling and Angie's Place

This workshop invites the opportunity to support an advanced individual understanding of why first responders hurt uniquely, struggle to find healthy community for healing, and experience higher levels of relational isolation and loneliness. Often, topics identify and review macro-level concepts related to wellness at a department level. However, this workshop provides an opportunity for individuals to personally identify and reflect on elements that contribute to their experience with wounds caused by chronic exposure to traumatic events and systemic intrusions to overall emotional wellness. Together, we will learn and discuss how we are intrinsically wired to serve and identify opportunities we have to use our stories to create, model, and nurture healthy and fulfilling workplace relationships, teams, and organizations.

ONE SIZE DOESN'T FIT ALL: FINDING HELP THAT WORKS

MONARCH

Dr. Cindy McKnight, MS, LCPC, NCC, CCTP, BC-TMH, CFRC, Living Pono Counseling and Danielle Brengel, Chief Program Officer, 100 Club of Illinois

Determining if you (or a co-worker) needs support and what that looks like can be a daunting task. Understanding what types of resources are available, where to find them, and how to find the best fit can make that process much easier. This session will add to your resources list and toolbox when talking with providers, peers, and yourself to build effective and supportive connections during times of need.

WORKSHOP SESSIONS

MARCH 18, 1:30 PM - 2:45 PM

NEUROSCIENCE-BASED TREATMENT FOR FIRST RESPONDERS

SUGAR MAPLE

Dr. Beau Nelson, DBH, LCSW, Chief Clinical Officer, FHE Health/Shatterproof

First Responders face PTSD, depression, anxiety, addiction, and suicide at high rates. Providing effective treatment for first responders means treating the whole person. Looking at brain-based treatments is the new frontier of care for these conditions and more. By delving into how the brain works, we know that we can strengthen and “rehab” brains that have endured trauma, concussive injuries, strokes, addiction, and a host of other issues and need to be healed and re-regulated to reach optimal functioning. This approach is drug-free, non-invasive, gives relief to first responders, and creates hope and healing. Dr. Nelson will discuss the model that has been developed at FHE Health, a nationally recognized provider, that treats first responders and uses this innovative and life-changing treatment with every first responder. Why? Because it sets the stage for a radical change in symptoms, behavior, and processing. Dr. Nelson will discuss what this treatment entails, how it benefits first responders, and the research that supports these treatments as well as answer questions about health for first responders.

BREAKING THE BARRIERS

BALLROOM A/B

Dr. Ron Rufo, Published Author

This presentation will highlight Dr. Rufo’s book, *Breaking the Barriers: Aiding Police Officers’ Physical & Mental Health*. This session will review police wellness and the emotional trauma officers deal with daily, and what they can do to survive physically, mentally, emotionally, and spiritually throughout their career. During our time we will cover trauma, PTSD, police suicide, and the stigma of mental health treatment. It will also offer solutions such as meditation, breathing, exercises, yoga, and nutrition. This course will benefit all officers, active and retired, achieve emotional happiness.

SPIRITUAL FORTITUDE: A KEY DIMENSION TO FIRST RESPONDER RESILIENCE

BALLROOM C/D

Tammy Roach, Chaplain, Cornerstone Retreat Center

Have you found yourself asking “why” after a traumatic incident or death event? Are you tired, frustrated, or perhaps angry by what you have experienced on the job? Understanding that spiritual fortitude is essential for First Responders who regularly face trauma, death, and moral injury throughout their careers, this is a down and dirty discussion about spirituality and how it relates to your career. In this course, Tammy will describe the characteristics of spiritual fortitude, help you uncover your level of spiritual health, suggest practices to strengthen your spiritual foundation, and offer practical steps to help you live a more fulfilling and purposeful life.

YOUR INSURANCE COMPANY SHOULD BE YOUR PARTNER

MONARCH

Jeff Bacidore, Mark Bell, Josh Blackwell, Brian Devlin, Ben Harmening, ICRMT/IPMG

When tragedy strikes you should be able to rely on your partners, including your insurance company. This session will demystify the insurance-partner relationship and showcase how Illinois Counties Risk Management Trust (ICRMT) provides resources for the first responder community in regards to Workers Compensation, Property, Liability and Law Enforcement Liability coverages for public entities in Illinois.

WORKSHOP SESSIONS

MARCH 18, 3:00 PM - 4:15 PM

LEGAL CONSIDERATIONS OF MENTAL AND PHYSICAL HEALTH FOR FIRST RESPONDERS

SUGAR MAPLE

Jerry Marzullo, Asher, Gittler, & D'Alba, Ltd.

This presentation will discuss any and all of the legal issues facing first responders and answer any questions attendees may have including but not limited to understanding disability pensions; FOID cards; leaves of absence, and discipline as well as the intersection between mental health and the job status of first responders.

OFFICER WELLNESS: SURVIVING AND THRIVING ON AND OFF THE JOB

BALLROOM A/B

Nick Greco, President and Founder, C3 Education and Research, Inc.

We will identify and discuss the fallout of the 24/7 mindset of today's police officer. As cumulative stress is a prominent feature in one's law enforcement career, we will look at the prevalence, impact, and why this should be an area of concern for every police department. We will examine the stress factors, both professionally and personally, which put an officer at risk for PTSD and recognize compassion fatigue, burnout, vicarious trauma, and secondary trauma. We will look at ways that you can take control of your life and career and help others. Finally, we'll identify and implement policies and procedures in your department to make a positive difference in the lives of your officers. The course will be supported by cases and examples to demonstrate successful officer response and interactions. Attendees will receive numerous reference materials on recognizing depression, PTSD, suicide prevention, stress reduction, and the impact of cumulative stress.

BEATEN, NOT BROKEN

BALLROOM C/D

Andrew Masters, Firefighter/Paramedic, Fort Lauderdale Fire Rescue

How can a first responder go from the brink of suicide to thriving as a company officer? Hear Andrew share his story about hitting rock bottom, asking for help, and making his way back up. Finding the resources that are most helpful can be challenging, but knowing where to go and how to navigate that for yourself or others ultimately lead to success both in your career and at home.

DEVELOPING AN EVIDENCE-BASED PREVENTION AND INTERVENTION PROGRAM FOR YOUR AGENCY

MONARCH

Dr. Michelle Lilly, Lilly Counseling and Consultation

There is increasing emphasis on the mental health of first responders. Over the course of the last decade, trainings that focus on conditions such as PTSD among law enforcement have been increasingly delivered across the state. While awareness has grown, the ability to access experienced clinicians who understand the unique manifestation of symptoms and challenges of work within law enforcement has not kept pace. In addition to lack of experience, many clinicians may self-identify as being trauma-focused, but do not offer evidence-based treatment for conditions such as PTSD, depression, and anxiety. This presentation will offer the following: (a) an overview of best practice for treating trauma-related conditions and the things to look for while vetting local clinicians, (b) models for developing and implementing a confidential intervention program for your department, (c) the research on the effectiveness of peer support, and (d) best practices for developing and implementing a peer support program in your department. As such, this presentation covers both external and internal resources that may be leveraged to enhance the mental health of a department and reduce risk for psychological suffering and suicide.

PANEL SESSIONS

MARCH 18, 4:30 PM - 5:45 PM

UNDERSTANDING DIFFERENT TREATMENT MODALITIES FOR FIRST RESPONDERS

BALLROOM C/D

Clark Beckley, Your Story Counseling and Angie's Place
Dr. Michelle Lilly, Lilly Counseling and Consultation
Dr. Cindy McKnight, Living Pono Counseling
Dr. Beau Nelson, FHE Health/Shatterproof
Dr. Erin Terada, Modern Me Psychology

With first responder experience from many different locations and expertise, these panelist clinicians will speak on various treatment approaches from talk therapy to neuroscience evaluations. Learn how different modalities can be used to fit situations you or coworkers may face and leave this session with the confidence to know how and when to refer for clinical assistance.

SIMPLIFYING FINANCES, EMPOWERING YOU

MONARCH

Joey Mathews, The Frontline Mortgage Team
Gerald Giovannelli, Northwestern Mutual
Kim Poulos, Primerica
David Soper, Northpoint Financial Group

Finance has many facets including personal saving, investing, retirement planning, mortgage management, and more. The financial representatives on this panel come from a variety of backgrounds in the finance industry and will speak to a variety of money management tools and resources to help you consider the best approach for your financial needs.

BUILDING AND MAINTAINING YOUR DEPARTMENT'S PEER SUPPORT PROGRAM

BALLROOM E

Rich Creamer, Lighthouse Health and Wellness
Al Ferreira, Chicago Police Department, Retired
Ryan Lettieri, Rolling Meadows Fire Department
Andrew Masters, Fort Lauderdale Fire Rescue
Beata Staszewski, Chicago Police Department

Peer support programs look different everywhere in order to meet the unique needs of each department. Hear from peer support coordinators and members from different department types to build ideas for what strategies, approaches, and lessons learned, will benefit you and your department in running a successful program at your department.

MARCH 19 DAY 2

Stop by and visit all of the Vendor Tables lining the East Foyer and have them mark off your "passport". Once you've completely filled it out, you may drop it off at the 100 Club Table to be entered into the raffle giveaway announced Tuesday during the closing session from 1:30-2:00pm. Good luck!

At 2:00 PM during the passing break in Ballroom E, Lighthouse Health and Wellness will be demonstrating their phone app available to departments to customize for mental health and wellness resources.

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Lighthouse Health & Wellness is sponsored by Firstnet, built with AT&T and powered by Apex Mobile.

8:30 AM - 9:00 AM

REGISTRATION

NORTH FOYER

The registration table will re-open in the North Foyer. If you are interested in receiving professional credits, be sure to mark that off at check-in. Your certificate will be e-mailed to you after the event. During this time, feel free to visit the vendor tables lining the East Foyer or enjoy continental breakfast in Ballroom F sponsored by FHE Health.

9:00 AM - 11:00 AM

RICH CREAMER

BALLROOM E

We will begin the second day of Frontline Convention with a brief welcome and introduce our Keynote Speaker of the day, Rich Creamer, who will share his personal experiences, his developed mindset in navigating a challenging life, and being an advocate for personal growth and first responder wellness.

11:15 AM - 12:30 PM

WORKSHOP SESSIONS

VARIOUS

On Page 13, details of each workshop session and location are listed.

12:30 PM - 1:30 PM

LUNCH

BALLROOM F

Lunch will take place in Ballroom F, sponsored by Motorola Solutions and ICRMT. During this time you can also network with our vendor tables in the East Foyer.

1:30 PM - 2:00 PM

CLOSING REMARKS

BALLROOM E

Join the 100 Club of Illinois as we begin wrapping up two days full of learning, personal development, and networking and bringing it all together before the final two breakout sessions.

2:15 PM - 3:30 PM

WORKSHOP SESSIONS

VARIOUS

On Page 14, details of each workshop session and location are listed.

3:45 PM - 5:00 PM

WORKSHOP SESSIONS

VARIOUS

On Page 15, details of each workshop session and location are listed.



Visit the Resource Table in the East Foyer to check out a variety of books, podcasts, providers, organizations, or other related first responder wellness resources. Feel free to take or leave a resource to help grow our network! You can also submit a referral or resource online as well using this QR code.



WORKSHOP SESSIONS

MARCH 19, 11:15 AM - 12:30 PM

HOW TO REDUCE FINANCIAL STRESS

SUGAR MAPLE

Kim Poulos, Financial Advisor, Primerica

This presentation will review what causes financial stress, how to respond, outcome and statistics, strategies to cope with financial stress, how to set financial goals, and putting your plan together.

BULLETPROOF: SOLIDIFYING A STRONG FAMILY UNIT WITHIN A FIRST RESPONDER FAMILY

BALLROOM A/B

Carla Marquez Ripley, LCPC, Your Story Counseling and Angie's Place

Some of the greatest risks for first responder families are the dissolution of marriage, the building up of resentment towards family members, and the development of a dysfunctional family unit. These dynamics are avoidable for first responder families! There are practical, small shifts and safeguards that can be utilized in every family unit to help ensure the establishment and strengthening of a strong family unit within first responder families.

FIRST RESPONDER MENTAL WELLNESS & SELF-CARE

BALLROOM C/D

Shannon Daidone, LCPC, SGA Youth and Family Services and Robyn Rabicke, Wellness Manager & Coach, NAMI Chicago

This 75-minute interactive training will provide a foundation of knowledge on mental health & wellness for the first responder community. Attendees will build insight into our own mental health as well as recognize when other first responders, peers and/or loved ones may be struggling with theirs. Attendees will leave with relevant tools to engage in self-care to better manage stress and the impact of trauma from their duties. This interactive presentation will walk attendees through specific self-care strategies including tactical breath work, building personalized wellness plans and role play peer support scenarios. We will share accessible resources for first responders to feel better supported on their mental health journey.

THE LEADERS ROLE IN BUILDING TRUST

MONARCH

JP Moore, Assistant Director, University of Illinois Fire Service Institute

As leaders of first responders who face high-stress situations, we want people to seek our assistance if they are troubled. When they don't seek our assistance, we question why. The answer is simple, people will only seek help from leaders that they trust. You ask why is that? Well, in order to trust someone, you are choosing to risk something which makes you vulnerable to the other person's actions. Thus, when it comes to vulnerability of mental health and resiliency, first responders will only seek help from someone they trust. This presentation will discuss the Leaders Role in Building Trust through identification of the personal characteristic elements and competencies that make a trustworthy leader.

WORKSHOP SESSIONS

MARCH 19, 2:15 PM - 3:30 PM

CRITICAL RESPONSE

SUGAR MAPLE

Caitlyn Brennan, Chief Executive Officer, 100 Club of Illinois

What can be done before, during, and after a critical incident to ensure the best possible outcome for your agency. This course considers the preventative measures, policies, responses, and lessons learned from enduring a critical incident.

SLEEP: THE KEY FACTOR FOR PERFORMANCE AND SUCCESS

BALLROOM A/B

Laura King, President, Illinois Chiefs of Police Association

Restorative and restful sleep is essential to human health and functioning. This presentation will help you better understand the science of sleep and how to use it to your advantage. Attendees will learn how sleep deficiencies can be undermining their health, energy levels, and ability to succeed both in their relationships and at work. All attendees will be given practical tips on how to create habits designed to protect their sleep and help them find a way to be happier, healthier, and more successful in everything they do.

CYNICISM: HOW WE SEE THINGS

BALLROOM C/D

Al Ferreira, Peer Support Program Manager, Chicago Police Department, Retired

A 75-minute presentation on how cynicism affects the first responder relative to the department, the street, and the family. A discussion on how first responders see the world after years of service, how our vision has changed, and what are the affects of the many years of service. Finally, a discussion on how to combat cynicism and stay healthy on the job.

INTRODUCTION TO FIRST RESPONDER RESILIENCY DEVELOPMENT

MONARCH

JP Moore, Assistant Director, University of Illinois Fire Service Institute

The Illinois Fire Service Institute offers a 4-hour Resiliency Development for First Responder Course to local first responders. This presentation will cover a few key highlights of this essential training with the hope that students that engage in the training will then encourage the leaders of their organization to bring this no-cost training to their organization.

WORKSHOP SESSIONS

MARCH 19, 3:45 PM - 5:00 PM

Be sure to stick around for these take-home program sessions to help you and your department build stronger wellness tools. Each session will provide you with program considerations, policies and resources, insight on successes and obstacles, and networking with agencies who implement these efforts. You don't want to miss this opportunity to gain tools to help you strengthen your department's resiliency tactics.

WHAT DO THERAPY K9'S ACTUALLY DO?

SUGAR MAPLE

Meg Krase, Carpentersville Police Department and Rich Miller, Orland Park Police Department

In this presentation we will cover the basics of how our programs were started, but more so we will go over how to utilize our dogs in our day to day functions in the department. Each presenter serves their department in a different role, social worker, detective, patrol officer, and director of support services. We will each talk about how we integrated our programs into our existing functions and some lessons we have learned along the way.

EMPOWERING THE PEER SUPPORTER

BALLROOM A/B

Danielle Brengel, Chief Program Officer, 100 Club of Illinois

Refresh sessions for active peer support members can be hard to come by for many reasons. Use this workshop session to reconnect with your peer support role, navigate ups and downs that come with serving in this capacity, and gain insight on resources available.

AGENCY ASSESSMENT TOOLS

MONARCH

Caitlyn Brennan, Chief Executive Officer, 100 Club of Illinois

Building and maintaining your department strategy for wellness takes a multi-faceted approach. Hear from SMEs on a variety of essential topics including physical fitness, mental health, family support programs, stress management, financial wellness and peer support. This session will include a presentation as well as interactive components for networking.

FRONTLINE RESOURCE NETWORK

The 100 Club of Illinois has vetted resources for the first responder community since our inception in 1966. These providers have offered a variety of professional services to provide support to our families of fallen heroes as well as active-duty members of the first responder community. Our First Responder Frontline Resource Network is comprised of:

CONTINUING EDUCATION

Find self-guided learning resources on resilience, leadership, and wellness topics to build your skills and knowledge for command, peer supporters, wellness coordinators, and every first responder and their family members. Explore our list of:

- Books
- Articles
- Podcasts
- Video trainings



SUPPORT SERVICES

Build your resource network with a list of first responder support services organizations including:

- Mental Wellness & Resiliency Support Services Organizations
- Financial Resources & Assistance
- First Responder Professional Associations

PROVIDER NETWORK

Explore a variety of first responder support professionals who have been vetted and utilized by other first responders, and learn tips and tricks for finding a provider best suited for you or your department's needs.

- Peer Supporters
- Clinicians
- Therapy K9 Teams

Visit 100clubil.org/frontline-resource-network or scan the QR code above to view our compiled network or help us continue to build this network by submitting your resources.



100 CLUB APP

Download the 100 Club App, developed by Lighthouse Health and Wellness. Within the app you will find 24/7 assistance hotlines, a variety of wellness resources, and more information about the 100 Club program and services. Available to download through iOS, Android, and web-based platforms. Find our secret message during Frontline Convention within the app for an extra raffle ticket!



UPCOMING EVENTS & TRAININGS

The 100 Club of Illinois offers a variety of wellness trainings and events for first responders to attend. Our goal is to empower first responders to take the initiative for self-care and wellness to perform their duties at their best capacity. Visit our website at 100clubil.org/first-responder-training or scan the QR code below to keep up to date with current trainings and events! We are also open to suggestions for future training topics. Please contact Danielle Brengel dbrengel@100clubil.org with inquiries.

SCAN THE QR CODE BELOW TO LEARN MORE ABOUT FUTURE EVENTS AND TRAINING OPPORTUNITIES!



EVALUATIONS

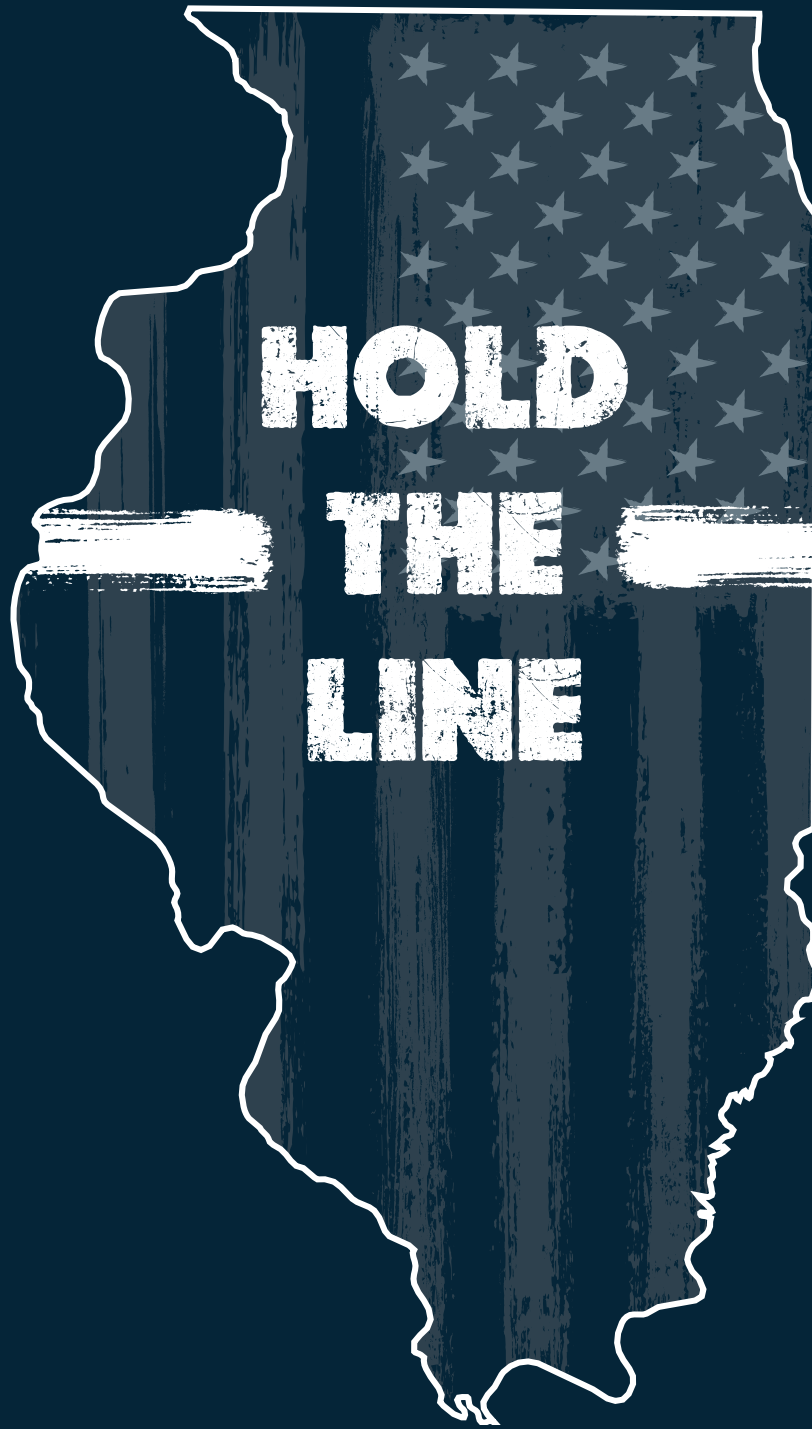
We value your feedback and would love to hear from you about your experience at Frontline Convention. Use the QR codes below to submit your evaluations.



Scan this QR code to submit your overall feedback of Frontline Convention.

Scan this QR code to submit your feedback during each workshop session.





FOLLOW US ON SOCIAL MEDIA



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