



100 CLUB OF ILLINOIS

FRONTLINE

CONVENTION

MARCH 2-3, 2026

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

WELCOME TO OUR 4TH ANNUAL FRONTLINE CONVENTION!

As CEO, I'm proud to see hundreds of you gathered here to focus not only on performance in the field, but on the mental health that sustains it over a lifetime of service. Our team has spent the past year cultivating resources and bringing together speakers who represent the best of the best in the field. Thank you for being here, investing in yourselves and one another, and helping shape a stronger, healthier future for Illinois' first responders.



Caitlyn Brennan
CEO
100 Club of Illinois

ABOUT THE 100 CLUB OF ILLINOIS

The 100 Club of Illinois is a 60-year-old nonprofit organization that exists to provide support and resources to the Illinois first responder community. The mission of the Club focuses on first responders and their families, throughout their entire career, in good times and the most devastating moments. The Club serves as a one-stop resource hub for training, mental health provider connections, policy creation, critical incident response, and family support. We are proud to serve and stand alongside you.

100 CLUB OF ILLINOIS STAFF

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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.



100 CLUB OF ILLINOIS

2025 PROGRAMS BY THE NUMBERS:

Honored and provided support to the families of **2 heroes** who were killed in the line of duty

Supported the higher education dreams of **40 Club Scholars** with \$460,232 in scholarship funds

Hosted **82 Trainings** conducted by 100 Club staff that reached more than 7,000 first responders

Responded to **42 Critical Incident** call outs across the State, providing guidance to agencies and first responder families

Funded **72 Emergency Assistance** grants, providing 100 Club families and first responders assistance for their mental health needs

Created and implemented **9 Family Programs** for our 330 families who have lost a loved one in the line of duty

Showed our appreciation during **2 Valor Award Ceremonies** where we honored 47 first responders who went above and beyond the call of duty to serve their communities

Honored the Badge. Supported the Families. Remembered the Fallen.



100 CLUB TRAININGS



The 100 Club of Illinois offers a variety of free wellness trainings for first responders and agencies to attend or host:



Crisis Intervention

- ✓ Supervisors
- ✓ Peer supporters
- ✓ Clinicians



Critical Incident Stress Management (CISM)

- ✓ Individual
- ✓ Group



First Responder Wellness Programs

- ✓ FYSA - For Your Situational Awareness
- ✓ Readiness & Wellness
- ✓ The Next Chapter: Career Transitions
- ✓ Family / Support Systems
- ✓ Community Risk Reduction (CRR) Focus



Organizational Wellness & Policy Support

- ✓ Line Of Duty Death & Critical Incident Policy and Procedure
- ✓ Enhancing Peer Support
- ✓ Department Wellness Audit

🔗 100clubil.org/first-responder-training

We can tailor training topics to your department.
Contact Meg Krase, mkrase@100clubil.org

UPCOMING IN 2026



- **April 27-30:** ICISF Training | Springfield, IL
- **May 17:** Life Time Chicago Half Marathon | Grant Park, IL
- **June 2:** 100 Club of Illinois Golf Outing | Orland Park, IL
- **July 7-10:** ICISF Training | Cook County, IL
- **August 5-7:** ICISF Training | Greene County, IL
- **August 16:** Wrigley Rooftop | Chicago, IL
- **October 1:** Toast to Hope | Morgan Manufacturing
- **October 17:** First Responder Bonfire | Royal Oaks Farm; Hebron, IL

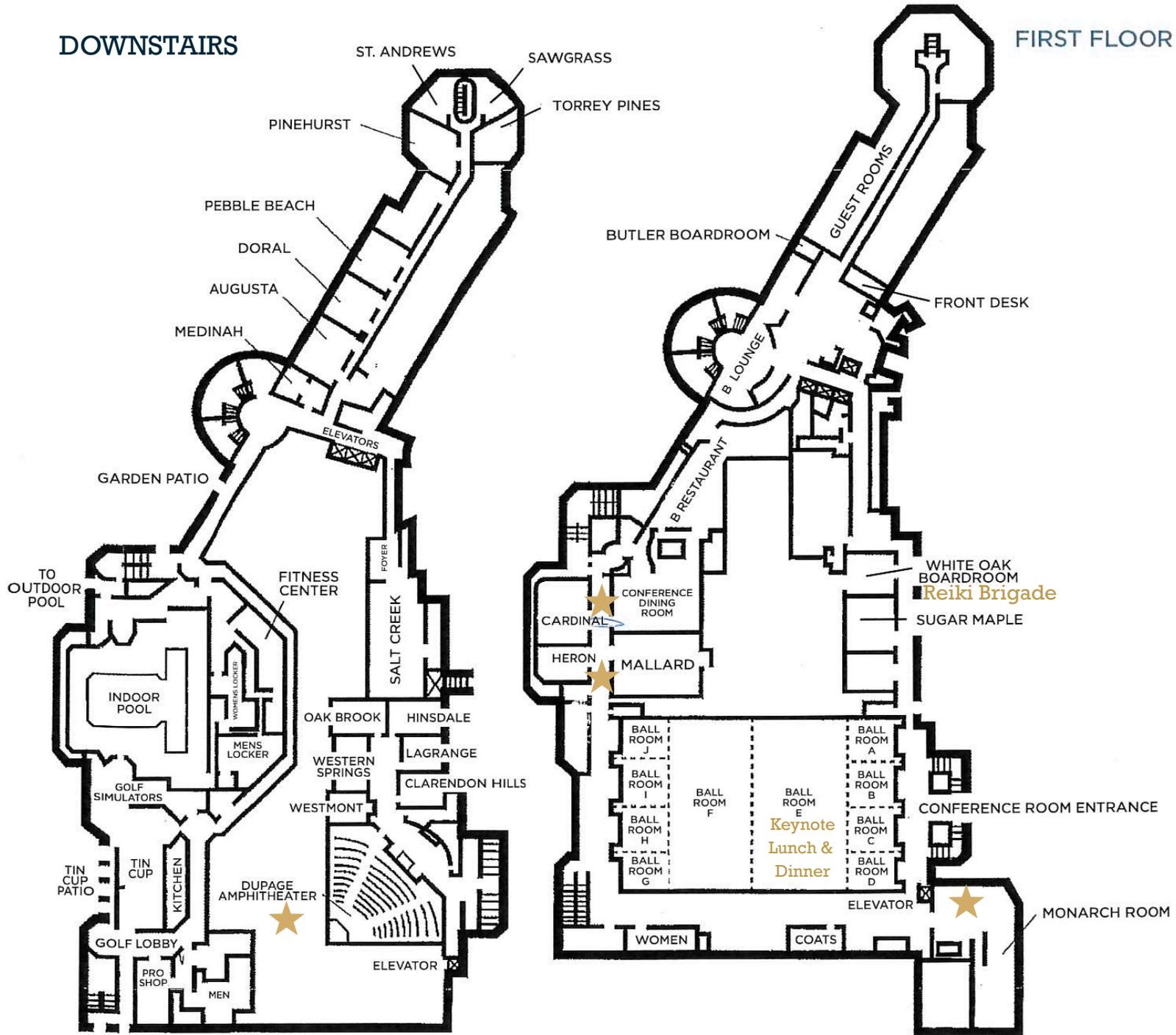
Scan the QR code to learn more about future 100 Club trainings and events!



HOTEL MAP

DOWNSTAIRS

FIRST FLOOR



ST. ANDREWS
SAWGRASS
TORREY PINES
PINEHURST
PEBBLE BEACH
DORAL
AUGUSTA
MEDINAH

BUTLER BOARDROOM
GUEST ROOMS
FRONT DESK
B LOUNGE
B RESTAURANT

GARDEN PATIO
TO OUTDOOR POOL
FITNESS CENTER
SALT CREEK
OAK BROOK
HINSDALE
LAGRANGE
WESTERN SPRINGS
WESTMONT
CLARENDON HILLS
INDOOR POOL
MENS LOCKER
GOLF SIMULATORS
TIN CUP PATIO
TIN CUP
KITCHEN
DUPAGE AMPHITHEATER
GOLF LOBBY
PRO SHOP
MEN
ELEVATOR

WHITE OAK BOARDROOM
SUGAR MAPLE
CONFERENCE DINING ROOM
CARDINAL
HERON
MALLARD
BALL ROOM J
BALL ROOM I
BALL ROOM H
BALL ROOM G
BALL ROOM F
BALL ROOM E
BALL ROOM A
BALL ROOM B
BALL ROOM C
BALL ROOM D
CONFERENCE ROOM ENTRANCE
MONARCH ROOM
ELEVATOR
WOMEN
COATS

Marquis Tent ★

Keynote
Lunch &
Dinner

Reiki Brigade

THANK YOU TO OUR SPONSORS



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Foundation

WINTRUST
IN THE *community*



THANK YOU TO OUR ENDORSEMENTS



ANNOUNCEMENTS

VENDOR TABLES

Stop by and visit all of the Vendor Tables throughout the convention to connect with organizations, resources, and partners dedicated to supporting first responders.

REIKI BRIGADE

WHITE OAK

Visit the Reiki Brigade in White Oak on the first floor for a ten-minute session. This gentle healing modality is used in hospitals around the world to alleviate stress and pain. Check it out for a tangible experience of your fundamental energetic nature and a new outlook on wellness.



YOGA FOR FIRST RESPONDERS

MARQUIS TENT

Tuesday 7:00-8:00 a.m

Bring your yoga mat and join Registered Yoga Instructor Traci Perez in the Marquis Tent for a relaxing start to the morning. This session is designed to help first responders reset their nervous system, restore mobility, and carry calm, focused energy into the day ahead. A limited number of towels will be available to borrow.

2026 FRONTLINE CONVENTION

AGENDA

AT A GLANCE

DAY 1 - MARCH 02

| | |
|-------------|---------------------------|
| 7:30-8:30 | REGISTRATION & BREAKFAST |
| 8:30-11:00 | WELCOME & KEYNOTE ADDRESS |
| 11:15-12:30 | WORKSHOP SESSIONS |
| 12:30-2:00 | LUNCH & VENDOR TABLES |
| 2:00-3:15 | WORKSHOP SESSIONS |
| 3:30-4:45 | WORKSHOP SESSIONS |
| 4:45-6:00 | COMPLIMENTARY DINNER |

DAY 2 - MARCH 03

| | |
|-------------|---------------------------|
| 7:30-8:30 | REGISTRATION & BREAKFAST |
| 8:30-11:00 | WELCOME & KEYNOTE ADDRESS |
| 11:15-12:30 | WORKSHOP SESSIONS |
| 12:30-2:00 | LUNCH & VENDOR TABLES |
| 2:00-3:15 | WORKSHOP SESSIONS |

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.



FEATURING KEYNOTE SPEAKERS

STEPHEN JAMES



DR. JAMES IS AN ASSOCIATE PROFESSOR AT THE ELSON S. FLOYD COLLEGE OF MEDICINE AT WASHINGTON STATE UNIVERSITY HEALTH SCIENCES SPOKANE. HIS RESEARCH EXAMINES THE IMPACT OF PHYSICAL STRESSORS, LAW, POLICY, AND TRAINING ON THE PERFORMANCE OF MILITARY AND LAW ENFORCEMENT PERSONNEL. USING SIMULATION TECHNOLOGY, HE DEVELOPS EVIDENCE-BASED TRAINING PROGRAMS THAT IMPROVE OPERATIONAL EFFECTIVENESS AND PUBLIC SAFETY, CONTRIBUTING TO INITIATIVES SUCH AS DARPA'S TACTICAL SOCIAL INTERACTION PROGRAM AND THE REDESIGN OF THE OREGON BASIC POLICE ACADEMY. BEFORE HIS ACADEMIC CAREER, DR. JAMES SERVED OVER 20 YEARS IN THE BRITISH INFANTRY, WITH DEPLOYMENTS IN CYPRUS, THE FORMER YUGOSLAVIA, NORTHERN IRELAND, AND AFGANISTAN.



CHRIS PROCHUT

CHRIS PROCHUT IS A MENTAL HEALTH ADVOCATE AND LAW ENFORCEMENT SUICIDE PREVENTION TRAINER WITH OVER 15 YEARS OF EXPERIENCE, HAVING PRESENTED TO MORE THAN 18,000 OFFICERS ACROSS THE U.S. AND CANADA. HE SPEAKS NATIONALLY AT NAMI CRISIS INTERVENTION TEAM TRAININGS AND LAW ENFORCEMENT CONFERENCES, FOCUSING ON SUICIDE PREVENTION, MENTAL HEALTH AWARENESS, POLICY DEVELOPMENT, AND REDUCING STIGMA THROUGH LIVED EXPERIENCE. HIS WORK HAS EARNED MULTIPLE HONORS, INCLUDING THE HOPES AWARD AND NAMI'S IRIS AND "SHATTERING STIGMA" AWARDS.

WORKSHOP SUMMARY

MONDAY, MARCH 2

| | MARQUIS TENT | CONFERENCE DINING | MONARCH | MALLARD |
|---------------------|--|--|--|---|
| 11:15 AM - 12:30 PM | Tim Cooney Justice in Your Wallet: Equipping Officers for Success | Heather McCutcheon How to Encourage Participation in Your In-House Wellness Program | Lauren LaDere When the Mind Takes the Hit: How Head Injuries Shape the Mental Health of First Responders | Dr. Beau Nelson The Traumatized Brain: Understanding PTSD, Cumulative Stress & the First Responder Nervous System |
| 2:00 PM - 3:15 PM | Vickie Speed & Shenandoah Cardwell Moderated by: Scott Moran Beyond the Badge: Cancer Prevention, Early Detection | Iva Rody Promoting Wellness Through Specialized Services for Families of Line of Duty Death and Injury | Rev. Matt Blair Rest for the Rescuers: Faith and Mental Health in the First Responder Community | Evan Easter The Fractured Mind |
| 3:30 PM - 4:45 PM | Traci Tauferner & Rich Creamer Moderated by: Caitlyn Brennan Breaking the Silence: Addressing Stigma | Emily Barker The Power of EMDR: Rewire, Recover, and Revitalize Your Performance | Jerry Marzullo Legal Considerations of Mental and Physical Health for First Responders | Michael Distasio Investment and Tax Strategies for Police Officers and Firefighter EMTs |

TUESDAY, MARCH 3

| | MARQUIS TENT | CONFERENCE DINING | MONARCH | MALLARD | DUPAGE AMPHITHEATER |
|---------------------|---|--|--|--|--|
| 11:15 AM - 12:30 PM | Matt Perez & John Koch Community Risk Reduction Starts with Department Risk Reduction | Dr. Ugochi Jones Hidden in Plain Sight: Why Wellness Matters More Than You Think | Traci Tauferner Movement, Recovery, and Ergonomic Strategies for Tactical Resilience | Bonnie Eckman Tactical Decompression with Sensory Modulation | Dr. Karen DeCocker & Chief Melinda Linas Erasing the Stigma: Understanding and Treating Posttraumatic Stress in First Responders |
| 2:00 PM - 3:15 PM | Jason Sterwerf, Dave McLearn, & Meg Kruse When the Call is One of Your Own: Frontline Suicide Crisis Intervention | Kenny Close Reigniting Trust: Leadership, Culture & Conflict | Emily Barker Trauma and Anxiety: Beyond Words | Jeremy Carlson Correctional Officer Mental Health & Wellness Obstacles | Ken Tworek Where Does "It" Go? |

WORKSHOP SESSIONS

Monday, March 2, 2026
11:15 AM - 12:30 PM

Attendees:

For ILETSB, CEU or IDPH credits you MUST complete the evaluation after EACH session!



JUSTICE IN YOUR WALLET: EQUIPPING OFFICERS FOR SUCCESS

Timothy Cooney, Certified Financial Coach, TPC Financial Coaching

Justice in Your Wallet is a no-sales-pitch, real-talk financial wellness training led by a current Deputy Chief of Police, not an investment salesman. The session explores the root causes of financial stress, introduces proven strategies to break the paycheck-to-paycheck cycle, and empowers first responders to take control of their money without feeling overwhelmed.

Marquis Tent

HOW TO ENCOURAGE PARTICIPATION IN YOUR IN-HOUSE WELLNESS PROGRAM

Heather McCutcheon, Founder & Executive Director, Reiki Brigade

The best way to introduce your department to wellness options is to host in-house events as part of a broader wellness program. The Reiki Brigade has transformed skeptics into eager participants at institutions like the Chicago Police Department, Chicago Fire Department, and VA hospitals. Learn how to generate enthusiasm for your program and build a culture that embraces and prioritizes wellness.

Conference Dining

WHEN THE MIND TAKES THE HIT: HOW HEAD INJURIES SHAPE THE MENTAL HEALTH OF FIRST RESPONDERS

Lauren LeDere, LPC, CRC, CFRC, Living Pono Counseling

Traumatic brain injuries (TBI) and chronic traumatic encephalopathy (CTE) can leave invisible wounds that affect first responders long after the call is over. This session explores the signs and symptoms of brain trauma, its impact on mental health, increased suicide risk, and overall well-being and offers guidance on when and how to seek professional support.

Monarch

THE TRAUMATIZED BRAIN: UNDERSTANDING PTSD, CUMULATIVE STRESS, & THE FIRST RESPONDER NERVOUS SYSTEM

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

First responders face extraordinary challenges that can rewire the brain and nervous system over time. This session explores how trauma, repeated high-stress exposure, and critical incidents affect brain function, emotional regulation, and overall health. The presentation will highlight practical strategies to promote resilience, support recovery, and protect the mental health of those who serve on the front lines.

Mallard

WORKSHOP SESSIONS

Monday, March 2, 2026
02:00 PM - 03:15 PM

Attendees:

For ILETSB, CEU or IDPH credits you MUST complete the evaluation after EACH session!



BEYOND THE BADGE: CANCER PREVENTION, EARLY DETECTION, AND SUPPORT FOR FIRST RESPONDERS

*Vickie Speed, Founder & CEO, Blue Cancer Connect
Shenandoah Cardwell, Co-Founder and President, Shield 23 Foundation Inc.
Moderator: Scott P. Moran, Esq. Associate Attorney Anesi Ozmon, Ltd.*

First responders face unique occupational exposures that increase their risk for certain cancers, yet prevention, early detection, and post-diagnosis support often remain under-addressed. Attendees will gain insight into current best practices, barriers to care, and innovative approaches to supporting the physical, emotional, and occupational well-being of first responders and their families.

Marquis
Tent

PROMOTING WELLNESS THROUGH SPECIALIZED SERVICES FOR FAMILIES OF LINE OF DUTY DEATH AND INJURY

Iva Rody, M.A., COO, National Center for Victims of Crime

In a matter of seconds, officers can go from responding to crime to becoming victims themselves. Despite well documented risks, there are a lack of victim services for law enforcement survivors and families who face immediate and long-term impacts from these complex traumas. This presentation highlights the need, benefits, and current efforts to expand victim services for those victimized in the line of duty.

Conference
Dining

THE FRACTURED MIND

Evan Easter, Normal PD, CEO, The Fractured Mind

In this powerful presentation, Evan Easter shares the unfiltered reality of life in high-stakes specialty units, the chaos, the hidden trauma, and the toll it takes over time. Through gripping personal stories, he reveals how trauma can quietly build beneath the surface, culminating in a breaking point that changed his life forever. His journey from crisis to healing offers a message of resilience and hope for first responders struggling in silence, proof that recovery is possible and that no one has to face it alone.

Monarch

REST FOR THE RESCUERS: FAITH AND MENTAL HEALTH IN THE FIRST RESPONDER COMMUNITY

Rev. Matt Blair, MDiv, Founder & CEO, The Well Resource Center

This presentation explores the intersection of faith, trust, and mental wellness in the lives of first responders. Through biblical storytelling, practical teaching, and interactive group breakouts, attendees reflect on how faith provides light in dark times, how trust is cultivated both personally and professionally, and why self-care and spiritual grounding are essential for those on the front lines.

Mallard

WORKSHOP SESSIONS

Monday, March 2, 2026
03:30 PM - 04:45 PM

Attendees:

For ILETSB, CEU or IDPH credits you MUST complete the evaluation after EACH session!



BREAKING THE SILENCE: ADDRESSING STIGMA

Traci Tauferner, US Army Veteran, Director of Industrial & Tactical Medicine, Advanced Physical Therapy

Rich Creamer, US Navy Veteran, Retired Police Sergeant, Director of Public Safety Insights, Lighthouse Health and Wellness

Moderator: Caitlyn Brennan, Chief Executive Officer, 100 Club of Illinois

Language around mental health is powerful, but also tricky. Words like trauma, stigma, resilience, mental illness, and even wellness can land very differently depending on the audience. Join us to discuss organizational attitudes and environments that embrace individuals or inhibit resource utilization.

Marquis
Tent

THE POWER OF EMDR: REWIRE, RECOVER, AND REVITALIZE YOUR PERFORMANCE

Dr. Emily Barker, US Army Veteran, DNP, APRN, PMHNP-BC, Owner, Echo Bravo Intensives PLLC

The impacts of trauma and anxiety are vast, including poor sleep, mood changes, low immunity, low productivity, disruption in relationships, and poor job performance. Eye Movement Desensitization & Reprocessing (EMDR) therapy is a highly effective way to reprocess the trauma, heal the nervous system, and restore balance, resilience and strength.

Conference
Dining

LEGAL CONSIDERATIONS OF MENTAL AND PHYSICAL HEALTH FOR FIRST RESPONDERS

Jerry Marzullo, Battalion Chief, Berwyn FD, Deputy General Counsel, Illinois Public Pension Association

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.

Monarch

INVESTMENT AND TAX STRATEGIES FOR POLICE OFFICERS AND FIREFIGHTER EMTS

Michael Distasio, Registered Investment Adviser, Valor Advisers

Police Officers and Firefighter EMTs face unique financial challenges and opportunities throughout their careers. With distinct tax rules, pension structures, and workplace benefits, First Responders have access to powerful financial tools but often receive little education on how to use them effectively.

Mallard

WORKSHOP SESSIONS

Tuesday, March 3, 2026
11:15 AM - 12:30 PM

For ILETSB, CEU or IDPH credits
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COMMUNITY RISK REDUCTION STARTS WITH DEPARTMENT RISK REDUCTION

*Matt Perez, Illinois CRR Coordinator, Office of the State Fire Marshal
John Koch, Deputy Chief of Services, Joliet Fire Department*

Community Risk Reduction is a process of identifying and prioritizing hazards and risks to a community and then finding ways to mitigate or eliminate them. Departments must ensure that first responder safety is the top priority. This presentation will highlight the benefits to firefighters in relation to establishing a Community Risk Reduction process.

Marquis
Tent

HIDDEN IN PLAIN SIGHT: WHY WELLNESS MATTERS MORE THAN YOU THINK

Dr. Ugochi Jones, PhD, VP of Data Science, Benchmark Analytics

Many officers who appear high-performing and reliable are quietly struggling with substance use, chronic stress, and burnout. Drawing on national data and real-world examples, this presentation examines how wellness challenges often go unaddressed, or worse, met with discipline rather than support. We will explore these cycles, examine where current approaches fall short, and consider meaningful change.

Conference
Dining

MOVEMENT, RECOVERY, AND ERGONOMIC STRATEGIES FOR TACTICAL RESILIENCE

Traci Tauferner, Army Veteran, Director of Industrial & Tactical Medicine, Advanced Physical Therapy

First responders wear the weight of the job, literally. From duty belts to ballistic vests and turnout gear, physical load and poor ergonomics contribute to injury, fatigue, and performance breakdown. In this interactive session, we'll connect the dots between gear setup, movement quality, and nervous system health.

Monarch

TACTICAL DECOMPRESSION WITH SENSORY MODULATION

Bonnie Eckman, OTA, Sensory Specialist, After Action

This session explores how sensory-based techniques can help first responders improve self-regulation, self-care, and stress management. Participants will learn practical tools using all eight senses: sight, sound, taste, smell, touch, movement, body position, and internal sensations to promote relaxation, reduce anxiety, and build resilience. Through interactive activities and real-world examples, attendees will discover how to integrate sensory strategies into daily routines to better manage stress.

Mallard

ERASING THE STIGMA: UNDERSTANDING AND TREATING POSTTRAUMATIC STRESS IN FIRST RESPONDERS

*Chief Melinda Linas, Lindenhurst PD, Attorney, Army Veteran
Dr. Karen DeCocker, VP of Clinical Sales, Stella Mental Health*

Posttraumatic stress is not a sign of weakness, it's a physiological injury to the brain that can and should be treated as such. Participants will learn how Stellate Ganglion Block (SGB) and Dual Sympathetic Reset (DSR) treatments help reset the nervous system and aid recovery from the constant fight-or-flight state common among first responders.

DuPage
Amphitheater

WORKSHOP SESSIONS

Tuesday, March 3, 2026
02:00 PM - 03:30 PM

For ILETSB, CEU or IDPH credits
you MUST complete the
evaluation after EACH session!



WHEN THE CALL IS ONE OF YOUR OWN: FRONTLINE SUICIDE CRISIS INTERVENTION

Jason Sterwerf, MS, LCPC, Social Service Coordinator, McHenry City PD
Dave McLearn, Field Representative, IL FOP Labor Council, Retired Champaign PD
Meg Krase, LCSW, Chief Program Officer, 100 Club of Illinois

First responders face an elevated risk for suicide due to cumulative trauma, occupational stress, access to lethal means, and cultural barriers to help-seeking. This course provides a practical framework for identifying suicide risk in peers, initiating effective crisis conversations, and navigating next steps when immediate safety is a concern.

Marquis
Tent

REIGNITING TRUST: LEADERSHIP, CULTURE, AND CONFLICT WITHIN THE DEPARTMENT

Kenny Close, Veteran U.S. Navy Chief Petty Officer

This session explores how all levels of leadership shapes department culture, especially in times of conflict and organizational stress. Drawing on principles from mediation, systemic leadership, and frontline experience, participants will examine strategies for transforming conflict into growth, building trust, and aligning daily leadership behaviors with department values.

Conference
Dining

TRAUMA & ANXIETY: BEYOND WORDS

Dr. Emily Barker, Army Veteran, DNP, APRN, PMHNP-BC, Owner, Echo Bravo Intensives PLLC

It is no secret that many first responders can't or won't talk about their struggles, causing a significant barrier to seeking help or treatment. But what if you could decrease symptoms such as anxiety, hypervigilance, intrusive thoughts, irritability and poor sleep without having to "talk about the things"? Attendees will learn about types of therapy that help heal trauma and anxiety without having to "talk about the things".

Monarch

CORRECTIONAL OFFICER MENTAL HEALTH & WELLNESS OBSTACLES

Jeremy Carlson, Corrections Training Officer & Peer Support Team Member, McHenry County Sheriff's Office

This presentation will focus on the world of corrections officers. How and why do we struggle mentally and physically? Why is there a growing suicide rate and health decline in the field of corrections? How do we take a proactive approach to these struggles and turn the direction of the career path to a more positive outlook?

Mallard

WHERE DID "IT" GO?

Ken Tworek, LSW, Retired Oak Park PD, Founder, Three Block Solutions LLC

Where Does "It" Go? is an insightful presentation that helps law enforcement officers understand the hidden impact of trauma exposure on their physical, mental, and emotional well-being. While officers are trained to manage stress in the moment, unresolved trauma often lingers affecting decision-making, relationships, and overall health. This session explores how compartmentalization, while necessary for the job, can lead to accumulated stress if left unaddressed.

DuPage
Amphitheater

2026

FRONTLINE WELLNESS AWARD

The Frontline Wellness Awards honor both an individual and an agency that exemplify strength behind the badge through an unwavering commitment to the mental health and well-being of first responders. These awards are intended to recognize those who lead with compassion, courage, and action, often working quietly behind the scenes to create cultures of support, resilience, and hope.

It is our honor to formally recognize this individual and these agencies whose leadership and commitment continue to strengthen the first responder community and advance the mission of wellness for all.

MASTER SERGEANT MATTHEW RENDERMAN

Illinois State Police
Individual Wellness Award

Master Sgt. Matthew Renderman is the recipient of the 100 Club of Illinois Individual Wellness Award in recognition of his outstanding commitment to first responder wellness. As a member of the Illinois State Police Peer Support team and a trusted organic leader within his troop, he actively promotes access to wellness resources and through organizing and hosting the *Survival of the Fittest* competition. He has fostered health, fitness, and camaraderie among officers through supportive, motivating, and challenging competition.



WEST SUBURBAN FIRE RESCUE ALLIANCE TRAINING COMMITTEE

Department Wellness Award



The West Suburban Fire Rescue Alliance (WSFRA) Training Committee is the recipient of the 100 Club of Illinois Department Wellness Award in recognition of their proactive commitment to first responder wellness, readiness, and operational resilience. Through the intentional planning and delivery of Rapid Intervention Team training, the committee prioritized the safety and well-being of WSFRA members, ensuring personnel were prepared to protect themselves and their fellow firefighters during high-risk incidents. The training was reinforced through practical tabletop exercises designed to strengthen decision-making, coordination, and operational resilience under stress. This focus on prevention and preparedness proved critical when a live incident occurred just months later, contributing directly to a positive outcome. By identifying a key wellness and safety need and addressing it with clarity and purpose, their work reflects the core values of wellness, service, and peer-driven leadership within the Alliance.



When It Matters, We're Here For It

We're proud to support
The 100 Club of Illinois
and our first responders
at the Frontline Convention.

WINTRUST[®]

IN THE *community*

www.wintrust.com





First responders' call is our commitment.

Our grants are dedicated to addressing the greatest issues facing first responders. We're proud to have committed nearly \$5M in the last 3 years to support first responder wellness.



Motorola Solutions
Foundation

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FOR LOVE OF FAMILY & BROTHERHOOD

A Non-Profit Organization *that Raises Funds for and Gifts Funds to Firefighters Battling Cancer and the Families that Stand Beside Them*

The Shield 23 Foundation was formed in memory of L3598 FF/PM and AFFI Honor Guard Member Russell S. Constantino

- "Cancer caused 66 percent of the career firefighter line of duty deaths from 2002 to 2019..." (IAFF/FCSN)
- \$197,261 in Giftings presented thru January 2026
- 60 Firefighter Giftings to Date

Fighting Smoke, Fire, and Cancer

Visit our Website

www.Shield23Foundation.org
to learn more about us, see how we are helping, be notified of upcoming events, find our Gift Request Form, become a Fire Service Group, make donations, and host beneficiary events or fundraisers.

For more information:
info@shield23foundation.org

Do you have an active duty Firefighter with Cancer in your Department?

Contact us via email at
Gifting@Shield23Foundation.org

Follow us on social media:



6615 Grand Ave Suite B-232 Gurnee, Illinois 60031
The Shield 23 Foundation, Inc. is a 501(c)(3) nonprofit recognized by the IRS

Representing Police Officers and Firefighters in Workers' Compensation, Pension Disability, PEDA and PSEBA claims throughout Illinois.

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Stay Connected Beyond the Convention

Because support doesn't end when the conference does.

Serve. Support. Lead.

Join the 100 Club of Illinois CISM Team!

The 100 Club of Illinois CISM Team delivers peer-driven crisis intervention and support to first responders and their families following critical incidents. If you are ICISF-trained and committed to responder wellness, resilience, and ethical peer support, we invite you to get involved.

👉 Scan to apply to join the CISM team



Did You Know?

The 100 Club has a Frontline Resource Network

The 100 Club of Illinois maintains a Frontline Resource Network connecting first responders to:

- Vetted, responder-informed clinicians
- Trusted books, articles, and podcasts
- Wellness resources tailored to public safety culture

👉 Scan to access the Frontline Resource Network

Resource
Network



(630) 474-3900 www.madrigalconsultingandcounseling.com



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