

Joliet Firefighters Peer Support Group Annual Report 2021



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Welcome

Welcome to the 2021 annual report for the Joliet Firefighters Peer Support Group (JFPSG). Again, we have made great strides over the last 12 months. This report will describe group usage statistics and other activities. We are proud to serve the Joliet Fire Department community and look forward to a productive 2022.

Strategy

We established the Joliet Firefighters Peer Support Group (JFPSG) in September 2019 with the support of IAFF Locals 44 and 2369 and generous funding from the Joliet Foreign Fire Tax Board. We have steadily grown in scope and hands-on involvement since then. We continue to serve our firefighters, retirees, and families in times of need.

Confidentiality

Confidentiality is key to a successful peer support program. We are immensely proud to report that since our inception in 2019, the JFPSG has not recorded a single breach of confidentiality complaint. We have helped many firefighters and have proven that the JFPSG takes privacy and confidentiality seriously and will continue to do so.

Looking Ahead

The JFPSG is looking forward to continued growth and development in 2022 to fulfill our mission. We are committed to the well-being of Joliet Firefighters, retirees, and their families and promoting new and creative ways to enhance wellness within the JFD family.

Operations

Throughout 2021, the JFPSG has provided peer support aid to many and offered support to many others through outreach and critical incidents. We had 32 documented individual contacts in 2021, resulting from 21 events. Of the 32 contacts, 18 were referred to our chaplain or clinicians. Firefighters outside the City of Joliet and outside the State of Illinois have contacted us for aid. We have offered service or been contacted by firefighter spouses, nurses, and other City of Joliet employees. We have offered our services when our members respond to calls from the Northern Illinois Critical Incident Stress Management Team and appear as a resource on the Illinois Association of Retired Firefighters website. Thankfully, we have been permitted by the JFD administration to present our program to all new hires since the program began. We thank those who have supported our mission and made use of our group for trusting us to be part of their career journey.

John Lukancic, CCISM
Joliet Firefighter Peer Support Group Coordinator
February 10, 2022
Jfdpeersupport.com
(815) 530-2196
(855) JFD-PEER





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Vision Statement

A Fire Department where all Joliet Firefighters and their families are holistically cared for by their peer group regarding all forms of mental and emotional health.



Mission Statement

The Joliet Firefighter Peer Support Group believes that the path to Joliet Firefighter mental and emotional health begins with firefighters, clinicians, clergy, religious, and public officials working together to provide support, education, and connection to resources to our firefighters, retirees, and their families. The public can depend on firefighters. Firefighters can depend on their peer support group.



Our Partners

In addition to the Joliet Fire Department, the JFPSG has accepted the aid of expert partners from the Aspire Center for Positive Change, the Upper Room Crisis Hotline, the Franciscan Friars, Province of the Sacred Heart of Jesus, and Sage Bodywork & Wellness to promote our mission to provide quality resources for mental, spiritual, and physical wellness. In 2021, with the help of Rachel Boros, LPC, we added a new partner, Westside Children's Therapy (815) 469-1500. Westside serves children with disabilities and behavioral issues and offers family counseling services. Visit <https://westsidechildrenstherapy.com/> for more.



CHILDREN'S
THERAPY

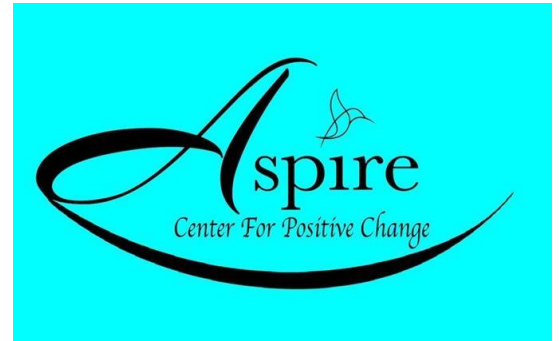
Joliet Fire Department (815) 724-3500

The Joliet Fire Department has been incredibly supportive of our efforts to continue the growth of this group. Special thanks to Deputy Chief Jeff Carey, Battalion Chief of Training Aaron Kozlowski, and all the men and women of the JFD for their support and trust.



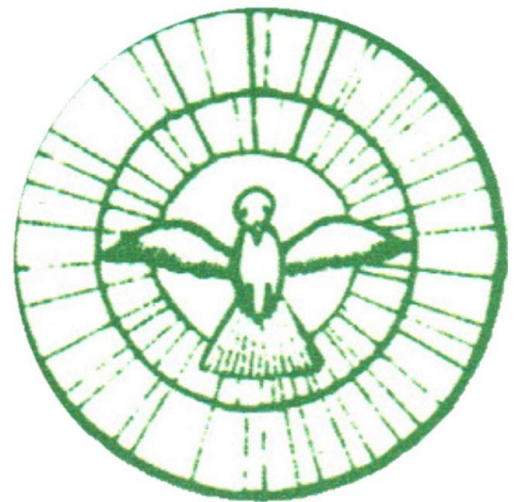
Aspire Center for Positive Change: (815) 353-3339

The mental health professionals at Aspire Center for Positive Change have been invaluable since our founding in 2019. Their group consists of several crisis counselors and social workers. Our contacts are Courtney Doyle-O'Brien, LCPC; Nancy Nelson, LCSW; and Carissa Silunas, MSW.



The Upper Room Crisis Hotline (888) 808-8724

The Upper Room Crisis Line is a 24/7 crisis hotline that operates in Joliet. They consist of volunteer personnel trained in crisis intervention and suicide prevention. The line is headed by Terry Smith, Psy.D., Executive Director, and Sister Mary Frances Seeley, OSF, Ph.D., Suicidologist, and founder. The Upper Room has been instrumental in the JFPSG's development and growth since our inception.



Sage Bodywork & Wellness (779) 205-8055

Sage Bodywork & Wellness is located at 10 N. Fairlane Dr., Unit 103 in Joliet, and offers numerous programs for Joliet firefighters, retirees, and their families. The special offers to firefighters and families include free yoga and meditation classes and discounted massage rates.



Group Highlights

Once again, 2021 was a very eventful year for the JFPSG. In addition to providing "fast attack" services after critical incidents by responding directly to the fire stations post-event and providing follow-up, there are several highlights to mention. They will be covered more specifically in the following sections.

2. Overall Use
3. Covid Clinic Participation
4. Quarterly Training
5. Mental health discussion with Joliet Police and Dispatchers and WC Sherriff's Office
6. Upper Room Crisis Hotline Operator First Responder Training
7. FYRE Program for Recruits
8. Good Grief Brunch Club Development
9. Monthly Steering Committee Meetings
9. Active Shooter Training with JFD and JPD (observation)
10. Planned Events
11. Rosecrance visit
12. School suicide prevention meeting with JFD and area high schools
13. Crisis First Aid for Paramedics course completion/City of Joliet Community Mental Health development with JFD
14. 2022 Goals

2021 Goals

- To better institute compliance monitoring with the JFD Standard Operating Procedure (SOP) regarding our group response.
 - We continue to be challenged with monitoring fire department SOP compliance regarding critical incidents. At this point, we rely on firefighters to follow the SOP and make appropriate contacts or on-shift peers informing the coordinator when events occur. We are working with Deputy Chief Carey to create a more reliable way to track our calls.
- To continue site visits.

- We were successful at completing a great many site visits in 2021. We will work to continue this practice in 2022. The number of visits will be aided by the addition of quarterly training.
- Internal policy review (operational handbook).
 - We have reviewed our policies and have made several small changes in 2021.
- Continued monthly Steering Committee meetings to enhance the program.
 - We held steering committee meetings each month in 2021 to discuss service improvement and provide continuing education.
- Spouse/significant other inclusion in the form of workshops.
 - We attempted a present a loved-one seminar in 2021. There were no registrants, and the seminar was canceled.
- Continuing education completion/update.
 - Con Ed policy change was considered in 2021. Check back next year to see the results.
- Exposure of team members to the critical incident stress debriefing (CISD) process.
 - With continued research, the JFPSG has designed what we believe to be a more effective model for critical incident response, the fast attack. The concept is focused on a rapid response post-event to perform a defusing-type intervention.
- In-person quarterly training
 - Scheduling was challenging, but the JFPSG finally attained this goal and provided several training sessions for the JFD during 2021.

- Establish different methods for providing a continuum of care for firefighter mental health. This continuum includes resilience and prevention, peer support response, outreach, follow-up, and referral.
 - We have been developing a new model for firefighter mental health that includes a robust preventative focus.

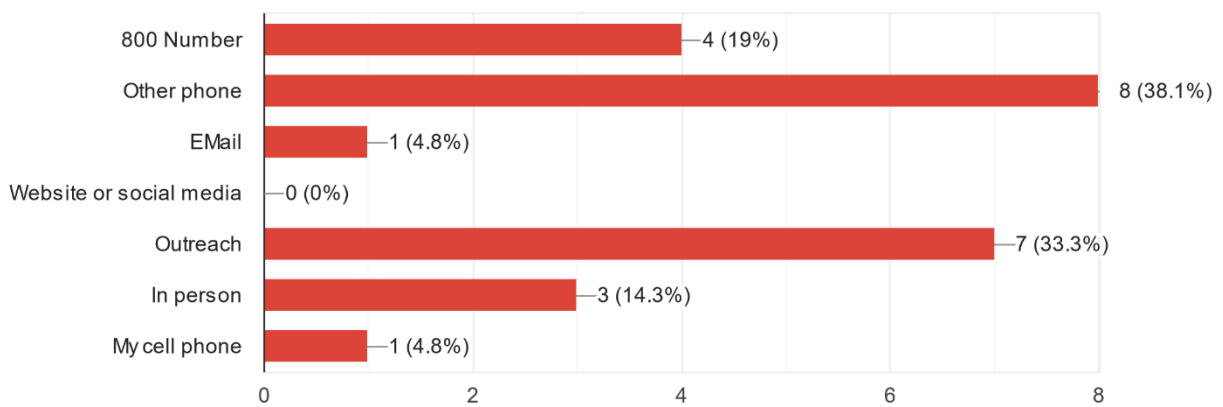
1

Group Usage 2021

In 2021, the JFPSG had 21 separate contact events with 32 total individual interactions. This is down 30% from 48 individual interactions in 2020.

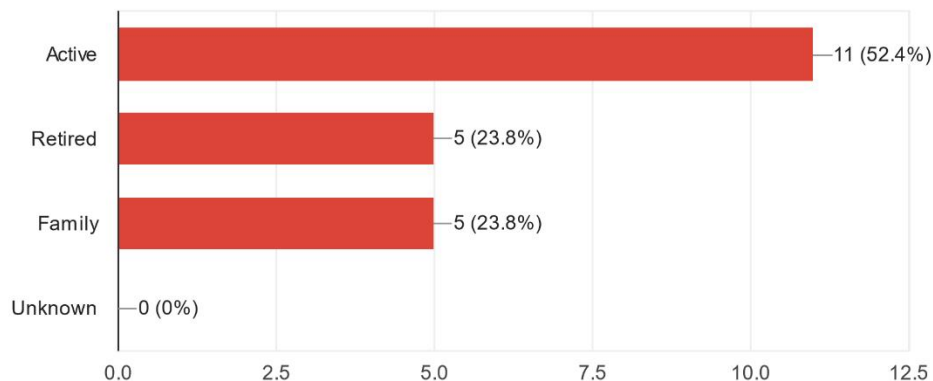
Method of Contact

The JFPSG provides several methods for those in need to discuss their issues. Our toll-free number, (855) JFD PEER, is beginning to receive more calls for service, up from 2020. Direct contact to a peer's cell phone, email, outreach activities (training and site visits), and in-person interactions at the stations have all been used in 2021.



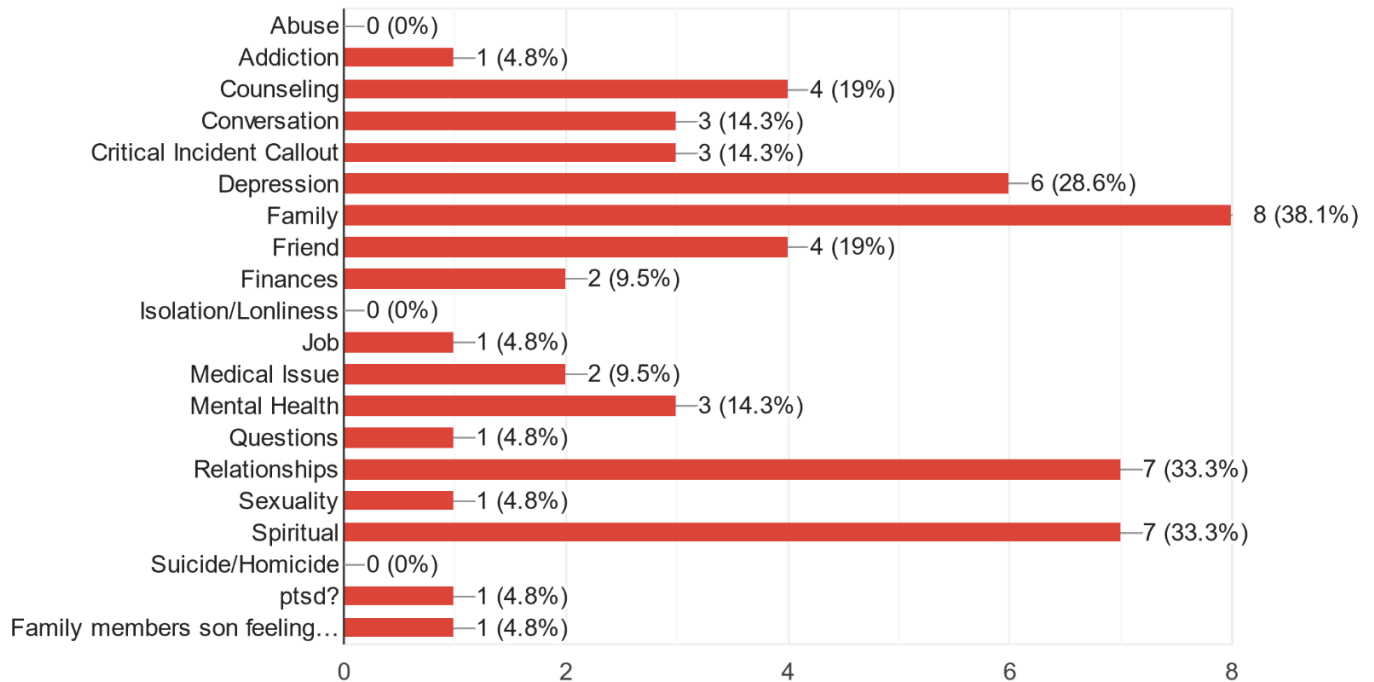
Contact Type

Similar to last year, most calls for service were made by active firefighters. Even though this is the case, retirees and family members continue to use our service.



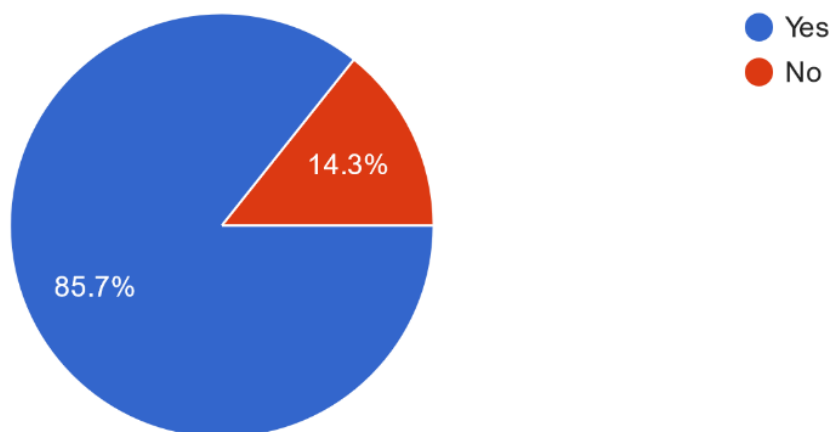
Problems

It is critical for the JFPSG to track problem areas to better serve our members with education and support. In 2021, family issues and relationships were the most reported challenge.



Referral

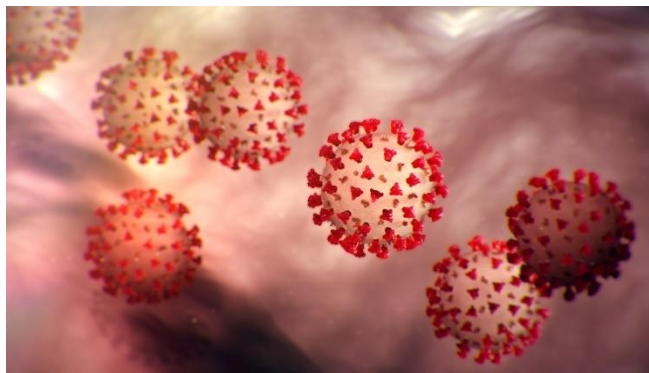
The JFPSG has a robust support network, including our Chaplain, Br. Ed Arambasich, and our licensed professional clinicians at Aspire and Westside. Over 85% of our calls for service were referred to continued care support.



2

Covid Clinic Participation

Before the close of 2020, the JFPSG helped with the initial contact and scheduling of JFD retirees to help support the Covid Vaccination Clinic held at the Joliet West Field House. The volunteers responded in large numbers, and many served during 2021. These clinics were organized and run by JFD Deputy Chief Jeff Carey and successfully vaccinated over 60,000 Will County residents against the growing Covid-19 pandemic. While not everyone could participate, over 30 retirees initially volunteered to help.



cdc.gov



wjol.com

The initial roster of volunteers is below. Thank you!

Blackburn, M.
Bode, G.
Brozman, D.
Carlin, T.
Dilorenzo, R.
Douglas, T.
Doyle, R.
Duchene, R
Foreman, D.
Hausmann, D.
Hayes, M.
Hedrick, J.
Holden, T.
Jordan, J.
Krynicky, J.

Larson, J.
Mangun, T
Marose, R.
Mores, L.
O'Hara, W.
Parks, T.
Perrine, C.
Randich, R.
Scott, A
Seeman, R.
Sheets, R.
Skeldon, C.
Stromberg, M.
Wohlrab, R.
Wooten, T.

Some retirees volunteered, and their names were not on the initial list. In addition to the volunteers above, retirees Bill Foster and Tom Carrescia also responded. Retiree Foster was present at many events, serving in the discharge area with Retiree Tim Carlin. Other members of the JFPSG rendered aid to the clinics, mostly in their traditional roles as firefighter/paramedics. Non-firefighter peers, Br. Ed Arambasich and Councilwoman Jan Quillman spent time at the clinics as well. Councilwoman Quillman volunteered at every event.

3

Quarterly Training for JFD

In the second half of 2021, the JFPSG was permitted to present two quarterly training sessions to JFD personnel. This training included June 8, 9, and 10 and November 9, 10, and 11. The June training covered a review of statistics from 2020 and coping strategies and suicide prevention. November's training addressed the upcoming 2022 monthly training schedule and introduced the firefighters to our pre-planning mental health self-evaluation.



<https://www.cocc.edu/departments/continuinged/customized-training.aspx>



Observe Active Shooter Training with JFD and JPD

In addition to the quarterly training, Battalion Chief of Training Aaron Kozlowski kindly invited members of the JFPSG to observe the joint JFD and JPD Active Shooter/Hostile Event Response (ASHER) exercise. The purpose of the JFPSG presence was to witness the kinds of stress that both groups undergo during these events in a low-intensity setting.



5

Responder Mental Health Discussion: Joliet Fire, Joliet Police, Will County Sherriff's Office, and Joliet Communications Center

On July 15th, representatives from the JFPSG, JFD, JPD, the Joliet Communications Center, and the Will County Sherriff's Office met to discuss mental health in emergency responders and dispatchers. We discussed varying techniques of managing critical incidents and the operational and cultural differences between our working groups. It was a very productive meeting and highlighted the importance of customized programs for individual departments and interagency and interdisciplinary communication.



6

Upper Room Crisis Hotline Operator First Responder Training

The Upper Room Crisis Line is a 24/7 crisis hotline that operates in the Catholic Tradition out of Joliet. The Upper Room is an all-volunteer group that consists of personnel trained in crisis intervention and suicide prevention. The line is headed by Terry Smith, Psy.D., Executive Director, and Mary Frances Seeley, OSF, Ph.D., Suicidologist, and founder. The line receives thousands of calls annually from all over the world and has operators in two countries.

The JFPSG was asked to instruct new operators to the Hotline regarding first responder culture and likely trends in behavioral health for this group. The class took place via Zoom on September 28th and was a component of a larger class that included clinical care practitioners from the Will County Sheriff's Office.



7

FYRE Program

The FYRE (First Year Recruit/Retirement Experience) program continued in 2021, adding six recruits. All recruits were assigned a peer with whom to make contact every month during their first year. The FYRE Program concept is modeled after the Sunshine Program established by the Upper Room Crisis Hotline in Joliet, Illinois, and created by Sr. Mary Frances Seeley, Ph.D. The Sunshine Program is part of a more extensive person-centered crisis intervention based upon the need for continued outreach and support for those clergy and religious who have retired and may not have available support systems in place. The JFPSG understands that peer support must always be available for firefighters, regardless of their career stage. There are, however, two critical periods when they may need extra, more focused support. These times are the first year after hire and the time leading up to and through the first year of retirement. In addition to the standard services that the JFPSG provides, we provide this extra support for these two groups. We refer to this program as the FYRE Program. The program has two modules, the recruit module and the retiree module. Both include an assigned peer supporter with whom the recruit or retiree may have regular, confidential contact.



Good Grief Brunch Club (GGBC)



The healing act of sharing a meal is practiced worldwide, and gathering can provide much-needed support. Brother Ed Arambasich first introduced the Good Grief Supper Club through the Quincy, IL Fire Department to give those who have experienced the loss of a loved one an opportunity to gather with one another in support. He has since extended this program to Joliet and Joliet Firefighters and their families and renamed it the Good Grief Brunch Club. Group Members Br. Ed Arambasich, Sr. Mary Frances, Carol Lehman, and Rachel Boros met on October 11th at the Joliet Public Library to organize the group.

The first official meeting was held on November 6th at the Happy Place Café in Shorewood, IL. The next meeting was held on December 4th at the St. Ambrose Parish Center in Crest Hill. The group meets on the first Saturday of every month at 11 AM at St. Ambrose Parish Center, 1703 Burry, Crest Hill. Please call Brother Ed if are interested in attending at (815) 409-8705 or email him at jfdchap@gmail.com.



The first meeting of the GGBC on November 6, 2021.

Members of the GGBC Organization Committee (L to R) Rachel Boros, LPC; Mary Frances Seeley, OSF, Ph.D., Br. Ed Arambasich, OFM. Not pictured: Carol Lehman.



“Helping those who grieve.”

Monthly Steering Committee Meetings

The JFPSG held monthly meetings on Zoom, at the Franciscan Friary at 404 N. Hickory St., at Brother Ed's home, and online and in-person to discuss group-related issues, use, policy, and policy continuing education. All members of the group were encouraged to attend and participate. The meetings were held on:

- January 19
- February 25
- March 25
- April 20
- May 18
- June: Included in JFD Training
- July 22
- August 25
- September 23
- October 28
- November 18
- December 16



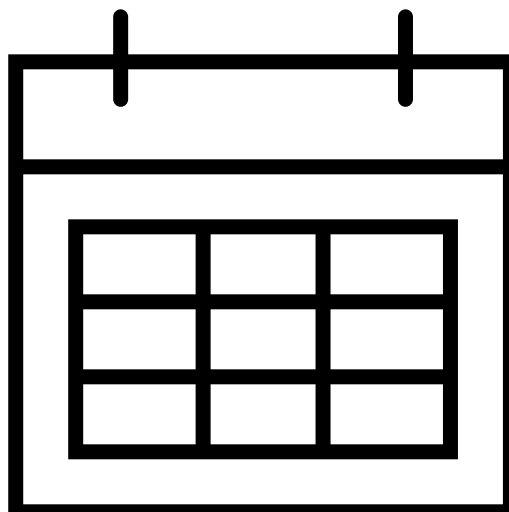
Planned Events

Bi-weekly Zoom Support Meetings

The online Zoom support meetings continued in 2021. In early 2021, it was decided to reduce the number of meetings from twice per week, on Tuesday evening and Wednesday morning, to once per week on alternating Tuesday evenings and Wednesday mornings. A schedule and registration link are posted on the JFPSG website.



<https://twitter.com/zoom>



Darkness to Light Virtual 5K

On May 5th, the JFPSG sponsored a team to complete the Darkens to Light virtual walk for suicide prevention. Due to Covid-19, the walk was held virtually. Each year since 2009, the walk provides an opportunity for people worldwide to connect with their local communities and show their support for those impacted by suicide. The desire is to raise awareness for suicide and help fund local suicide prevention efforts.



<https://www.darknessintolight.ie/>



A live event prior to Covid. <https://www.darknessintolight.ie/>

JFPSG Virtual Kitchen Table

Knowing the importance of the kitchen in the firefighter culture, the JFPSG scheduled open visits to the Virtual Kitchen Table, an online Zoom chat room where anyone could join and discuss issues of the day. The opening times were 6:30 AM, 11:30 AM, and 5:30 PM, traditional meeting times for Joliet Firefighters, and the rooms were not proctored. After two months, it was discontinued due to lack of participation.



THE VIRTUAL KITCHEN TABLE

Every Firefighter knows...

The value of the fire station kitchen. It is here that many problems are discussed and solved. Discussions at the kitchen table represents an important coping mechanism for firefighters. Morning coffee, lunch, and dinner are all times to gather, relax, joke, and decompress. Please consider joining your fellow firefighters for the Virtual Kitchen Table, held daily at 6:30 AM, 11:30 AM, and 5:30 PM on the Zoom Meeting Platform (zoom.us). No registration required. Enter and leave any time you wish.

6:30 – 8:00 AM [ID: 849 6767 4047](#). Passcode: 976266 or [CLICK HERE](#)

11:30 AM – 1:00 PM [ID: 825 7072 3477](#). Passcode: 657827 or [CLICK HERE](#)

5:30 – 7:00 PM [ID: 835 4452 1363](#). Passcode: 240423 or [CLICK HERE](#)

Note: These meetings are not monitored in any way. Please direct any complaints of misuse to info@jfdpeersupport.com.

Begins January 25th
at 6:30 AM.

Come and go
whenever you wish.

Discuss issues &
problems.

Not monitored,
proctored, or
recorded.

**Joliet Firefighters
Peer Support Group**

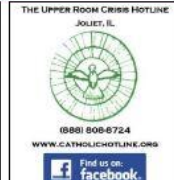
(855) JFD-PEER

jfdpeersupport.com

info@jfdpeersupport.com

Loved-Ones Workshop

The JFPSG organized a free workshop for firefighters and their loved ones that was to be held at the St. Ambrose Parish Center in Crest Hill on June 24th. Scheduled speakers included Deputy Chief Jeff Carey, Councilwoman Jan Quillman, Br. Ed Arambasich (spirituality), Courtney O'Brien, LCPC and Carissa Silunas, MSW (family stress and coping) Sr. Mary Frances Seeley, Ph.D. (suicide), and Kelly Fowler, LMT, RYT (breathing meditation). All firefighters were informed of the event during JFD training, and invitations were distributed in email and hard copy formats. Firefighters were asked to pass the invitation along to their loved ones. Unfortunately, the event was canceled due to a lack of participation.



FREE WORKSHOP

Resources for Firefighter Loved-Ones

Thursday June 24, 2021
6 PM – 9 PM

St. Ambrose Church Hall
1705 Burry Circle
Crest Hill, IL 60403

Open to spouses, partners, adult friends, & adult members of firefighter and retiree families (adult due to content).

FREE. Seating is Limited. To register visit:
peer2021.eventbrite.com

Learn about our program.
Meet our clinicians.
Meet our wellness partners.
Meet other loved-ones.

Registration Closes June 19, 2021

Scheduled Speakers & Guests

6:00 – 6:10 – Welcome
John Lukancic, JFD Capt. Ret., CCISM, Peer
Jeff Carey, JFD Deputy Chief
Jan Quillman, Joliet City Councilwoman

6:10 – 6:30 – Peer Support Resources & Contacts
John Lukancic, JFD Capt. Ret., CCISM, Peer

6:35 – 6:55 - Family Stress: How to Cope
Courtney O'Brien, LCPC/Carissa Silunas, MSW

7:00 – 7:20 – Spiritual & Religious Support
Br. Ed Arambasich, OFM, Fire Chaplain

7:25 – 7:45 - Suicide: The Unwelcomed Guest
Sr. Mary Frances Seeley, Ph.D., Suicidologist, Author

7:50 - 8:10 – Wellness Practical: Meditation
Kelly Fowler, LMT, RYT

8:10 – 9:00 - Question & Answer, Wrap-up, Material Distribution, Individual Inquiries

Firefighter Fitness Challenge

The JFPSG also sponsored the Firefighter Fitness Challenge, organized by Captain James Ryan.

The competition was held on May 28th at Station 8.



11

Rosecrance Visit

On June 14th, the coordinator of the JFPSG visited the Rockford Rosecrance mental health facility. The Florian Program for Uniformed Personnel director, Daniel DeGryse, took a great deal of time reviewing the program, verifying insurance payments for Joliet firefighters, and supervising a facility tour. He allowed us a seat in a group therapy session as well. The program and staff are second to none. They provide both medical detox and in and outpatient therapies.

The Florian Program addresses the complex biopsychosocial issues unique to the culture of firefighters, paramedics, law enforcement officers, and military.

Core services include:

- Treatment for co-occurring disorders such as substance abuse, PTSD, anxiety, depression, and ADHD
- On-site detox with medication assistance
- Comprehensive psychiatric evaluations
- Individual, group, and family therapy
- One-on-one counseling and group therapy with a peer/professional
- Peer support groups
- Pain assessment and treatment
- Counseling with a certified fire chaplain
- Experiential therapies, including art and recreation
- Nutrition and health education
- Physician care

Additional services are provided as needed and include

- Intervention
- Eye movement desensitization and reprocessing
- Transcranial magnetic stimulation
- Sleep disturbance assessment
- Cortisol level testing and evaluation



School Suicide Discussion with JFD

On November 19, 2021, representatives from the Joliet City Council, Joliet Fire Department, Joliet Township High School District 204, Plainfield Consolidated School District 202, Joliet Catholic Academy, the Upper Room Crisis Hotline, and the Joliet Firefighters Peer Support Group gathered to discuss the growing teen suicide problem nationwide and further open lines of communication between high schools, responders, and other helping resources within the geographic confines of the City of Joliet.

The participants discussed challenges and potential solutions to ensure that teens of all racial, ethnic, religious, social, and sexual orientation groups are provided the help they need and the critical need to work in partnership to form available solutions.

The group committed to meeting again in early 2022 to discuss the implementation of several ideas and identified several other stakeholder groups to bring to the discussion.



Attendees pictured left to right: Terry Smith, Psy.D. (Executive Director, the Upper Room Crisis Hotline), Aaron Kozlowski (Battalion Chief of Training, Joliet Fire Department), Brett Marcum (Director of Student Support Services, Joliet Township High School District 204), Sr. Mary Frances Seeley, Ph.D. (Creator and Advisor, the Upper Room Crisis Hotline), Tim Albores (High School Director of Student Services ED/Alternate Programs, Plainfield Consolidated School District 202), Jan Quillman (Joliet City Councilwoman), Jeffrey Budz, Ed.D. (President/Principal, Joliet Catholic Academy), Tom Gilbert (Counselor, Joliet Catholic Academy), and Jeff Carey (Deputy Chief, Joliet Fire Department).

Crisis First Aid for Paramedics (CFA-P) Course /City of Joliet Community Mental Health with JFD

One of the primary goals of the JFPSG since its inception has been to train all firefighters in psychological first aid (PFA) to help one another. Due to the length of the program, the JFPSG designed a program specifically for paramedics, using existing education and training to shorten the course [Crisis First Aid for Paramedics (CFA-P)]. All firefighters were asked to be part of the program design and give ideas and feedback. The program was finished in 2021 and will be taught in 2022 as part of a larger JFD mental health initiative headed by Deputy Chief Carey and Battalion Chief of Training Aaron Kozlowski.



14

Goals for 2022

- Train all firefighters in Crisis First Aid for Paramedics (CFA-P)
- Help implement the 988 Crisis System/Help develop and implement the Joliet Model
- Continue meeting with area schools
- Complete monthly training with JFD
- Post monthly training on the website for retirees
- Complete in-person quarterly training with the JFD
- Re-institute monthly newsletter

We look forward to a productive and helpful 2022 and value the support and trust of the entire Joliet Fire Department Family.



Joliet Firefighters Peer Support Group

Peer Support Members & Contacts

 Active
 Retiree
 Clergy/Religious
 Clinician
 Suicidologist
 Elected Official/Spouse

Ed	Arambasich	jfdchap@gmail.com	815-409-8705
Chris	Bay	u4ruko@gmail.com	815-216-1740
James	Boyd	boyd1114@yahoo.com	815-671-0630
Matt	Christensen	firemac127@sbcglobal.net	779-875-5146
Tom	Douglas	thomas-douglas@sbcglobal.net	815-342-4574
Justin	Farrar	justkfar@sbcglobal.net	815-730-0850
Chris	Groh		815-739-3448
Jeremy	Hoffman	puphoffman@sbcglobal.net	815-353-6956
Aaron	Kozlowski	akozlowski44@yahoo.com	815-922-5348
Nate	Kren	nate.kren@gmail.com	815-210-2933
Jim	Larson	larsmedic7@comcast.net	815-955-7041
John	Lukancic	johnlukancic@msn.com	815-530-2196
John	Miller	John.l.miller@aol.com	815-955-6094
Nancy	Nelson	nnelson.aspire@gmail.com	815-353-3339
Stan	Nowicki		815-954-1365
Mike	Nurczyk	mnurzjfd@comcast.net	815-529-0193
Courtney	O'Brien	cobrien.aspire@gmail.com	815-353-3122
Chris	O'Hara	christopherohara54@gmail.com	815-791-3063
Matt	Pasteris	matt_pasteris@yahoo.com	815-671-6390
Dominick	Perona	dominickperona@gmail.com	815-909-4384
Jan	Quillman	janquillman@att.net	815-726-7071
Burke	Schuster	burkeschuster@gmail.com	815-730-3897
Mary Frances	Seeley	hotlineconsultant50@gmail.com	815-341-9124
Carissa	Silunas	csilunas.aspire@gmail.com	815-416-9636
Terry	Smith	catholichotline@gmail.com	630-988-7395
Mike	Stapp	mks2457@yahoo.com	815-690-6507
Mike	Stromberg	iarnberg4@yahoo.com	815-258-6880
Pat	Wojewoda	patrickwojewoda@sbcglobal.net	815-258-4725
Floyd	Woods	blotus9@gmail.com	815-409-1877

The Joliet Firefighters Peer Support Group Toll-Free Number:

CALL or TEXT (855) JFD-PEER