



JFPSG
NEWSLETTER NOVEMBER 2020
Volume #6

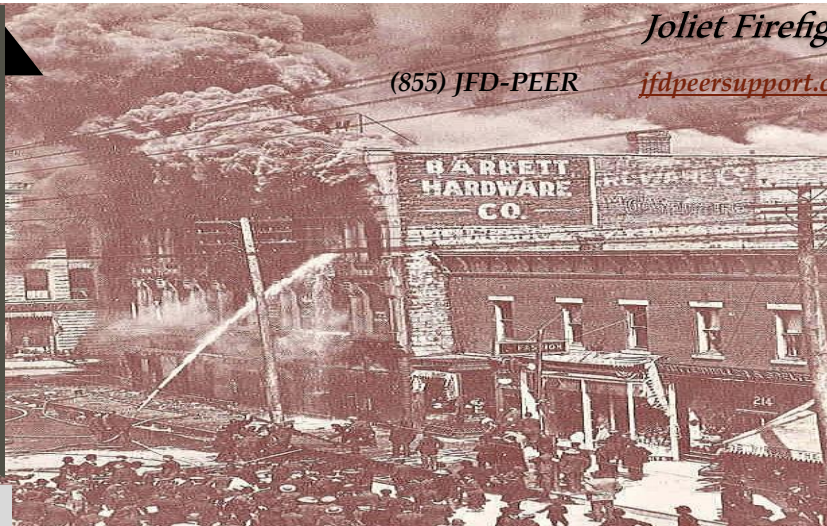
Barrett's Hardware Fire, 1908.

(855) JFD-PEER

Joliet Firefighters Peer Support Group

jfdpeersupport.com

info@jfdpeersupport.com



Welcome

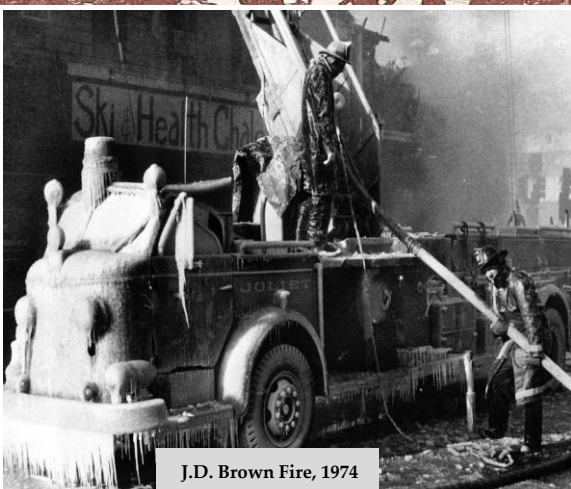
The Joliet Firefighters Peer Support Group (JFPSG) welcomes you to our November '20 newsletter. October was an eventful month as we moved into our second year of service for our firefighters, retirees, and families.

This month, we continue with our 3-part series on PTSD, cover October events, discuss info on Covid-19, and present the second installment of JFD history.

PTSD: PART 2

PTSD has risen to epidemic proportions within the fire service. Learn the assessment process associated with this condition in Part 2 of our report.

FINISH READING ON PG. 2



J.D. Brown Fire, 1974

JFPSG MONTHLY ACTIVITY FOR OCTOBER

See what has been happening over the last month in the JFPSG. We discuss support meetings and advice from our clinicians.

FINISH READING ON PG. 3



Original Joliet Opera House. Destroyed by Fire, 1891.

COVID-19

Covid-19 has emerged as a concerning issue within the JFD. See the current stats regarding firefighter infection rates.

FINISH READING ON PG. 4



Grand Hotel Fire, 1967.



Need to Talk?
CALL or TEXT
(855) JFD-PEER



PTSD

Epidemic of the Fire Service: Part 2, Assessment

Photo: Ambulance 8 at MVC at unknown location.

When discussing Post-Traumatic Stress Disorder (PTSD) it must be remembered that this disorder may only be diagnosed by a mental health professional, it cannot be self-diagnosed. There are numerous assessment instruments available to the clinician to achieve this.

The focus of the assessment process is identifying one or more traumatic event(s) that have affected the firefighter as well as examples of symptom clusters that were discussed in Part 1 of our series.

In general, the clinician will use information contained in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) during discussions to ascertain exposure and symptom cluster presence.

Within the DSM-5, the requirements for the characteristics of the traumatic experience are briefly listed. The clinician will likely have a copy of this document. Characteristics include exposure to actual or threatened death or serious injury in various ways.

After this has been established, the clinician will complete interviews and may add various assessment instruments. The most comprehensive interview assessment instrument is the Clinician Administered PTSD Scale for DSM-5 (CAPS-5), see right for more.

If you would like to know more, please contact us at (855) JFD-PEER, visit jfdpeersupport.com, or our [Facebook page](#).

**Please join us next month
for Part 3, treatments for
PTSD.**

Other Adult PTSD Instruments: National Center for PTSD

- Davidson Trauma Scale (DTS)
- Dissociative Subtype of PTSD Scale (DSPS)
- Impact of Event Scale - Revised (IES-R)
- Inventory of Psychosocial Functioning (IPF)
- Late-Onset Stress Symptomatology (LOSS) Scale
- Mississippi Scale for Combat-Related PTSD (M-PTSD)
- Modified PTSD Symptom Scale (MPSS-SR)
- Posttraumatic Diagnostic Scale for DSM-5 (PDS-5)
- Posttraumatic Maladaptive Beliefs Scale (PMBS)
- PTSD Checklist for DSM-5 (PCL-5)
Includes information on PCL for DSM-IV.
- Trauma Symptom Checklist - 40 (TSC-40)
- Trauma Symptom Inventory (TSI)
- Well-Being Inventory (WBI)

“Having effective coping strategies is critical to managing stress.”



Joliet Firefighters Peer Support Group, 2019.

The Joliet Firefighter Peer Support Group

Monthly Activity for October 2020

The month of October was an active one for the JFPSG. Unfortunately, with Covid-19 affecting the JFD as it has, the in-person visits have ceased for the time being (more on Covid on page 4).

For months, we have been working on the completion of our Operations Manual, the FYRE Program, and Our Suicide Prevention Program. They will all be completed this month.

We want to remind you that we are still holding bi-weekly support group meetings online for anyone who would like to attend. This includes active firefighters, retirees, loved ones, and families. The meetings are held every Tuesday at 7 PM and Wednesday at 10 AM. You can register on our website, www.jfdpeersupport.com/events.

Many things are happening in our community

and the world right now including illness, civil disturbances, and elections – not to mention the stressors of daily life like family, money issues, and work. It is common and normal for people of all ages to experience negative stress reactions. It is critical to monitor your reactions as well as the reactions of your children to the stressors of today. One of our clinicians, Aubrey Thornton, recommends that parents control the amount of news that their children are exposed to so they are not overwhelmed.

We have also noticed through our weekly support meetings that some of us have lost access to valuable coping strategies because we are forced to stay home. Aubrey also advises us to seek new, similar strategies until we can resume our normal lives. This may provide relief for parents and an effective resilience model for kids. Thanks for the advice, Aubrey.

Current State of Covid-19 in the JFD

According to JFD Deputy Chief Jeff Carey, in the last month, there has been an increase in Covid activity within the fire department.

From October 15-24, 17 firefighters tested positive for the virus. Those firefighters were quarantined and mass testing was held at Station 10.

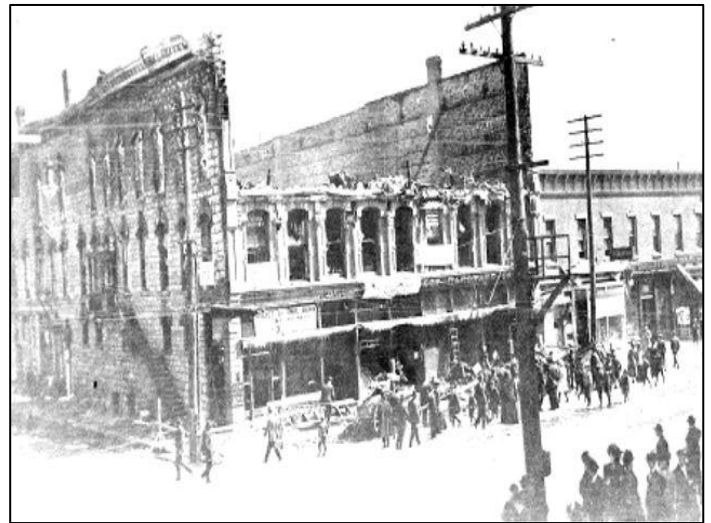
As of November 4, there were a total of 19 positive tests from within the JFD from four possible sources. All but one firefighter had returned to work. Since then, with the current widespread community outbreak, the numbers have begun climbing once again.

Chief Carey has been sending periodic updates to retirees about the virus and can be seen on Facebook every two weeks with a detailed video report. November 13, and 27 are the next scheduled updates. Thanks for all you have done during this pandemic, Chief.



Barrett's Hardware Before Fire

Barrett's Hardware After Fire



JOLIET SUNDAY HERALD.
VOL. 4. No. 107. JOLIET SUNDAY HERALD, APRIL 5, 1908. PRICE FIVE CENTS.

...A HIGH PRESSURE WATER SYSTEM WOULD HAVE SAVED \$100,000 YESTERDAY...

FIRE WIPES OUT BARRETT BLOCK AND THREATENS THE BUSINESS DISTRICT---WATER SUPPLY FAILS

Thrilling Scenes Mark Most Spectacular Conflagration in History of Joliet.

TOTAL LOSS IS \$150,000

Joliet National Bank Escapes Without Loss Other Than Fixtures of Offices--Property in Vaults Safe.

Blackened walls and piles of smoking debris alone mark the site of the Barrett building, Chicago and Clinton streets today as a result of a disastrous conflagration which raged through yesterday afternoon. For eight long hours upon the air and for four hours business was practically suspended, and at 7 o'clock it is estimated that ten thousand people were gathered on the scene. At the time when the flames were the most threatening the wind veered to the southwest and threatened the Auditorium and Chicago Telephone buildings, an appeal was sent to the Morris department for aid but a few minutes later when it was found that the local firemen could handle the situation the request was countermanded.

The fire was the hottest that has ever taken place in this city. Until the wind shifted the heat was so intense upon the air and for four hours business was practically suspended, and at 7 o'clock it is estimated that ten thousand people were gathered on the scene. At the time when the flames were the most threatening the wind veered to the southwest and threatened the Auditorium and Chicago Telephone buildings, an appeal was sent to the Morris department for aid but a few minutes later when it was found that the local firemen could handle the situation the request was countermanded.

Before the flames were under control yesterday, E. S. Munroe made the statement that he would rebuild. Later in the evening it was announced that the city would rebuild the Barrett block.

HEAVY LOSS ON BURNED BUILDING
Insured for \$27,000 But Valued Approximately at \$15.

WESTPHAL AND YACK HAVE NARROW ESCAPE
Cal Jones Saves Life of Banker After Struggle With Smoke

INDEPENDENT FIRE SYSTEM IS NEEDED
Demand for a Supplemental High Pressure Plant is Result

E. S. MUNROE NOT DEJECTED
Spirited Business Man Shows Mettle While Facing Fire Loss.

WILL REBUILD AT ONCE
New Hardware Store and Large Office Building.

BUSINESS MAN SEES DANGER
Certainty of Heavy Deficit on Revenues of City if Local Option Carries Election.

HOW CAN LOSS BE SUPPLIED
Why Not Wait and Profit from Other Towns?

To the Business Men and Taxpayers of Joliet:
In yesterday's issue of the Herald it was shown what the effect would be upon the financial condition of the City of Joliet in case the city became Anti-Saloon Territory, and should refund to the saloonkeepers the money which would be due them under the express provisions of the so-called local option law out of this year's revenue.

Some prohibitionists insist that the city cannot be forced to refund this money until next year, and assuming that the city will refuse to pay its honest obligations until compelled to do so, what would be the financial condition of the City of Joliet for the year 1909, in case prohibition wins?

The following statement can be verified at the office of the city clerk:

Item	1908	1909
Total revenues of the city	\$1,000,000	\$1,000,000
From saloon licenses	\$1,000,000	\$1,000,000
From other sources	\$1,000,000	\$1,000,000
Total	\$2,000,000	\$2,000,000

Scenes at Height of Fire Viewed from Van Buren Street.

Joliet Newspaper after Barrett's Fire, 1908 (Newspapers.com). See the fire on the top of page 1.

JFD History Corner: 2

Adapted from The Joliet Fire Department:
150 Years of Dedicated Service, 2002

1852 – 1876

The City of Joliet, The Joliet Fire Department

The City of Joliet was officially established in June 1852 with a vote of the Illinois General Assembly and the approval of the Joliet City Charter by voters. Interestingly enough, there is no mention of a fire department in the original, handwritten City Charter. The fire department was added to later editions of the charter that were type printed in larger quantities. The first mention of a “fire department” of any kind in Joliet official literature appears on December 12, 1853. This represents the official birth of the Joliet Fire Department

The following month at the January 6, 1854, City Council meeting, “an ordinance for the prevention of fires” was presented and adopted. This ordinance was very similar to that approved in Joliet in 1838.

As a result of the ordinance presented above, Fire Wardens were named for all six city wards. They were: 1st Ward, Philip Filer; 2nd Ward, James Curtis; 3rd Ward, John Curry; 4th Ward, Otis Hardy; 5th Ward, I.T. Millehaugh; and 6th Ward, Valentino Drolesler.

The next decade saw slow but significant changes and advances leading to a functional fire department in Joliet. On April 21, 1856, two hand pumpers were approved for purchase by the City Council. These could be pulled by horses or men. Although they were of limited value





at fire scenes, this was undoubtedly one of the major advancements in the department's history. The next year, 1857, saw the City Council agreeing to pay the Chief Engineer \$100.00 per year in salary. This would turn out to be pivotal because it began to lay the seeds for a paid fire department in the City.

On October 6, 1858, The Chief Engineer approached the city council with the need for an engine house on the east side of the river. This request was sent to the committee on fire and water, where fire department issues were discussed, and construction was later approved. Until this time, there was one fire station in Joliet. This was located at 219 N. Bluff St. at the south end of Merchant's Row (see above left). Merchant's row was a large limestone building that had six stores that were 20 feet wide, 50 feet deep, and three stories high. This was Joliet's prime business district.



The new east side station, now approved to be built would be located at 214 - 216 N. Ottawa Street downtown and would later become Station #1. City Hall would be housed in this building as well.

Now there were two fire stations with volunteer companies. One fire-company, America Engine Company #1 and Columbia Hose Company #1 with 52 members and Germania Engine Company #2 with 46 members. Soon to follow was the Home Hook and Ladder and Bucket Company #1 with 95 members.

Though the Joliet Fire Department had many members, according to accounts, their equipment left much to be desired. At this point, the Joliet Fire Department consisted of two hand pumps and some useless hose. One newer engine was ordered, initially for Engine Company #1, which was still on Bluff St. Shortly thereafter, another was approved after the east side station was approved for construction.

Though the equipment was lacking, there was no shortage of organizations that wanted recognition as fire companies. Copies of individual constitutions and bylaws had to be recorded with the city council for recognition to be granted. According to the records, June 1, 1859, saw the Washington Engine Company #3 and July 6, 1859, saw Eagle Engine Company #4 organized. Also mentioned in city records were Union Engine Company #2 and Star Engine Company #3.

Please join us next month for a continuation of our history as the steamer area begins and firefighters begin to become paid professionals in the City of Joliet.

Our Partners



Special thanks to the Upper Room Crisis Hotline. The Upper Room is looking for volunteer telephone counselors. Operators must be Catholic but anyone can volunteer for other duties. Please visit www.catholichotline.org if you are interested.



As always, we thank our clinicians at Aspire Center for Positive Change. Remember, if you want to sidestep calling (855) JFD-PEER, you can call the clinicians directly for help at (815) 353-3122. Please visit <https://www.aspire-cpc.com/>.



Finally, thank you to our newest partner, Sage Bodywork & Wellness. Sage offers meditation, yoga, massage therapy, and other wellness services and products.

Please see their flier on the next page.

Visit www.sage-bodywork.com/.

Sage Bodywork & Wellness / JFDPS
Wellness Program

15% OFF ANY 60- OR 90-MINUTE BODYWORK SESSIONS

2 FREE MEDITATION CLASSES EACH MONTH

2 FREE YOGA CLASSES EACH MONTH

10% DISCOUNT RETAIL PRODUCT

Contact Kelly Fowler to enroll:

kfowler_lmt@sbcglobal.net

info@sage-bodywork.com

779.205.8055

Follow us online at www.sage-bodywork.com or on
Facebook at www.facebook.com/sagebodyworkjoliet



yoga at sage

Hatha/Slow
Vinyasa/Flow
Gentle/Beginners
Chair

Private & Semi-private Lessons
Group classes
Specialized Series
Corporate Fitness & Private Events

10 N Fairlane, Suite 103 Joliet, IL 60435

Hatha/slow: Practice at a slower pace with longer held poses. Develops strength, balance, and contemplation.

Vinyasa/flow: Flowing movements are linked with the breath to create focus and momentum. Increases endurance and awareness.

Gentle: A slow, easy practice that minimizes any time spent on knees or in inversions. Emphasizes proper alignment and body awareness--excellent for beginners.

Chair: Enjoy the benefits of yoga while comfortably seated.

Classes

Rates

Drop-in: \$15
6-class Package: \$72
12-class Package: \$140
Private lesson: \$68
Semi-private (up to 4): \$100

Find current class schedules and secure your spot
online or on Facebook

All classes limited to 12 students

www.sage-bodywork.com

779.205.8055

Please join us for our weekly support group meetings. Visit www.jfdpeersupport.com/events or click the invitation below to register.

Joliet Firefighters Peer Support Group

Online Support Group Meetings

Who May Attend?

- Firefighters
- Retirees
- Family Members
- Friends



Come to Talk About

- Job
- Retirement
- Family
- Stress
- Old Times
- Current Stressors

Every Tuesday at 7PM & Wednesday at 10AM

[Register Here](#)

Need to talk? CALL or TEXT (855) JFD-PEER



The Joliet Firefighters Peer Support Group would like to extend to all firefighters, retirees, and families a Happy Thanksgiving.

Please remember that with all the challenges we are experiencing, there is still much to be thankful for. Please stay safe.