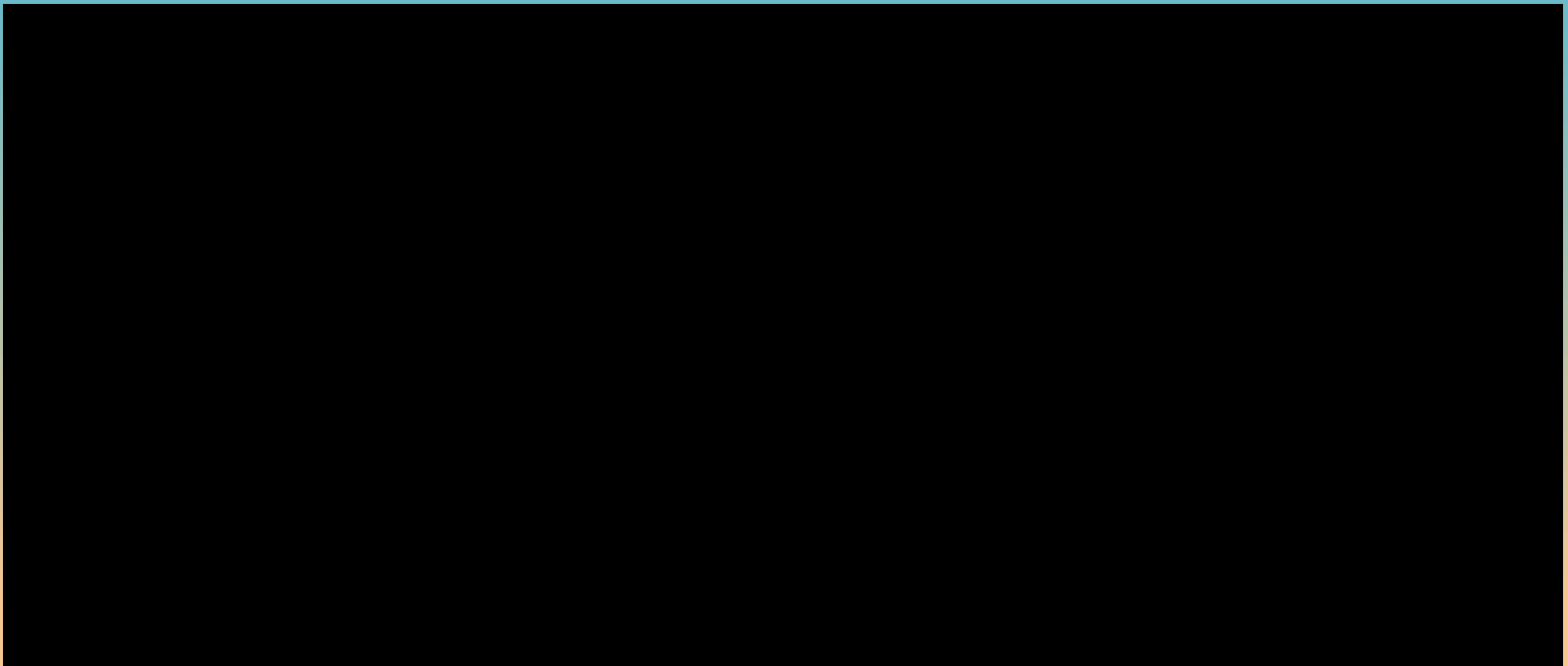






# Beginning...

---



# Introduction

---

**Cell phones**

**Bathrooms**

**Breaks**

**Emergency Procedures**





# Introduction

---

Tell us about you.

- Name
- Where from?
- Experience?



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

# Components

---

## Part 1

- History

## Part 2

- Peer Support
- Mental Health



# Part 1




## Joliet Fire Department

---

THE PROUD HISTORY OF THE FIRE  
SERVICE AND THE JOLIET FIRE  
DEPARTMENT

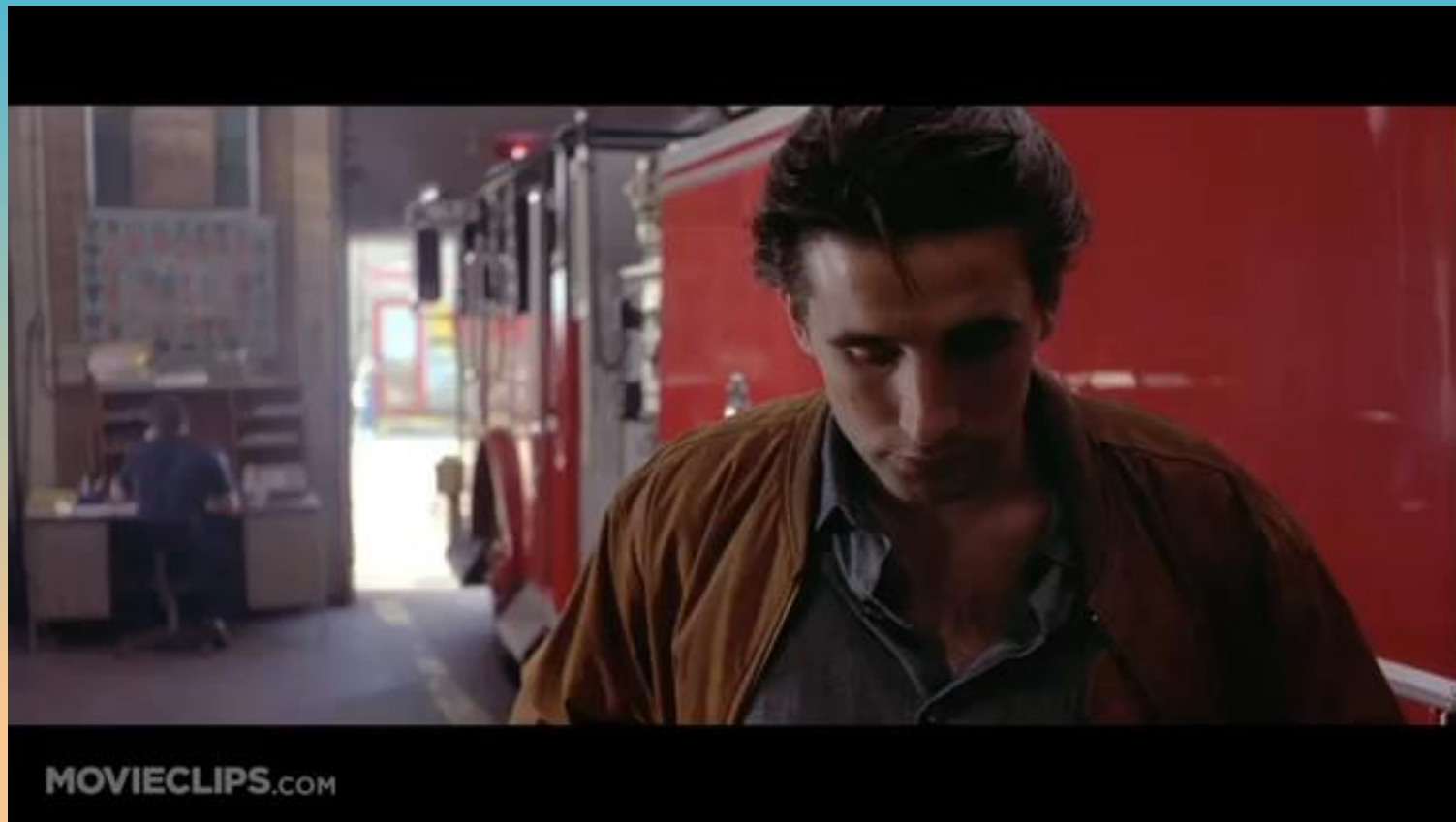
“HISTORY REPEATS ITSELF.”



Many times in world history,  
human-kind has been  
arrogant enough  
to have believed they have  
tamed fire.

History repeats itself.

# Firefighting in Popular Culture



# Goal

---



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

To understand the role of fire and fire departments in both world and local history, as well as your place in that history.

# Objectives

---



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Historical origins of fire departments in world history.

Traditions and symbols of the fire service.

History of the City of Joliet and Joliet Fire Department

Understand your role in that history.



# Presentation Components

Fire Suppression throughout World History.

Early American Fire Department History.

Joliet and Joliet Fire Department History.

Fire department traditions and symbolism.



# Remember this...

---

You are part of a tradition that has existed since before the beginning of recorded history.

Part of a select group.

Looked up to and trusted by the community.

History repeats itself.





# **The Professional Fire Department**

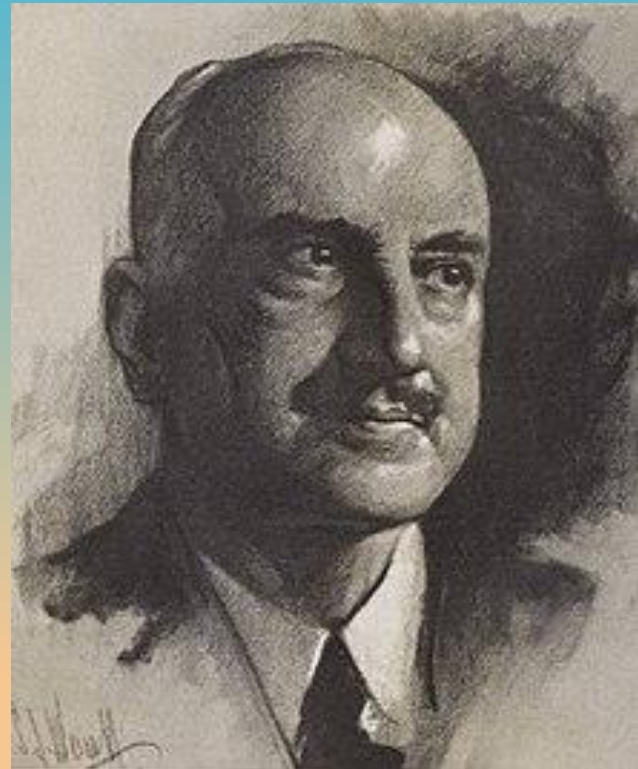
# The Importance of History

---


“Those who fail to learn from the mistakes of their predecessors are destined to repeat them.”

- George Santayana, 1906

Things come full circle.







Many times in world history,  
human-kind has been  
arrogant enough  
to have believed they have  
tamed fire.

History repeats itself.

# The History of Firefighting

## Ancient Firefighters

# Ancient Firefighting

---



## Ancient Egypt

- First organized fire department.
- 300 BC.



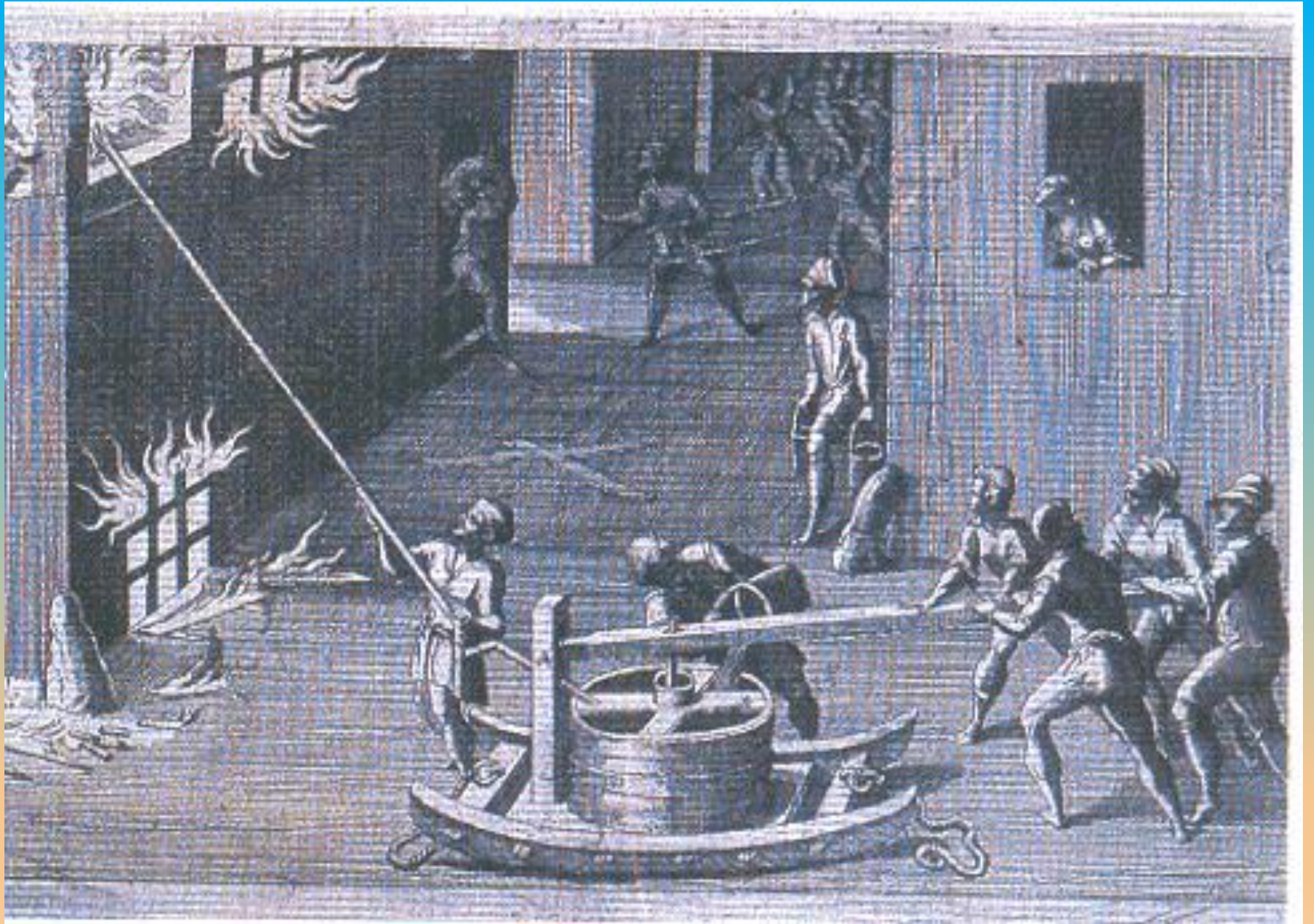
# Ancient Firefighting

The background image shows a dark, atmospheric scene of ancient Roman ruins. On the left, a large, textured stone column stands prominently. To the right, there is a detailed architectural structure with a triangular pediment and a decorative frieze. The lighting is dramatic, highlighting the textures and forms of the stone.

## Ancient Rome


- First publicly run fire department 6 AD
- Hand pumps and bucket brigades
- Emperor Augustus
- Photo (L) Excubitorium
  - Roman FF barracks





<https://www.bing.com/images/search?view=detailv2&id=530f168cd21896abb3d91316d45e852fda59fc25&thid=OIP.z5F6XKFKgm7WqNkFhaelgHafQ&mediar=https%3A%2F%2F100falcons.files.wordpress.com%2F2008%2F01%2Fcesbio-pumpfirefighters.gif&exph=346&expw=487&q=ancient+firefighters&selectedindex=0&ajaxhist=0&vt=0&eim=1,2,6>





Many times in world history,  
human-kind has been  
arrogant enough  
to have believed they have  
tamed fire.

History repeats itself.

**This being said...**

# Conflagrations

con·fla·gra·tion

[ˌkɒnfləˈgrɑːʃ(ə)n] 🔊

NOUN

an extensive fire which destroys a great deal of land or property.

"tinder-dry conditions sparked fears of a conflagration in many drought-devastated communities"

*synonyms:* fire · blaze · flames · inferno · firestorm · holocaust

Common from the  
middle ages through  
the industrial revolution



# Conflagrations: World History

## London

- 798, 982, 1212, 1666 (depicted top)

## Venice

- 1105, 1577

## Boston

- 1631, 1653, 1678, 1872 (pictured bottom)



# Conflagrations: World History

## Rome

- 1764

## Chicago (depicted top)

- 1871

## Baltimore (pictured bottom)

- 1904

## San Francisco

- 1906





# Results of Conflagrations

---




**Improvements made after each.**

Building codes

Fire codes



**Urban conflagrations now rare in  
US.**



Many times in world history,  
human-kind has been  
arrogant enough  
to have believed they have  
tamed fire.

History repeats itself.

# Fire is Still Deadly

# **Station Nightclub Fire: February 20, 2003**

**200 INJURED**

**100 DEAD**



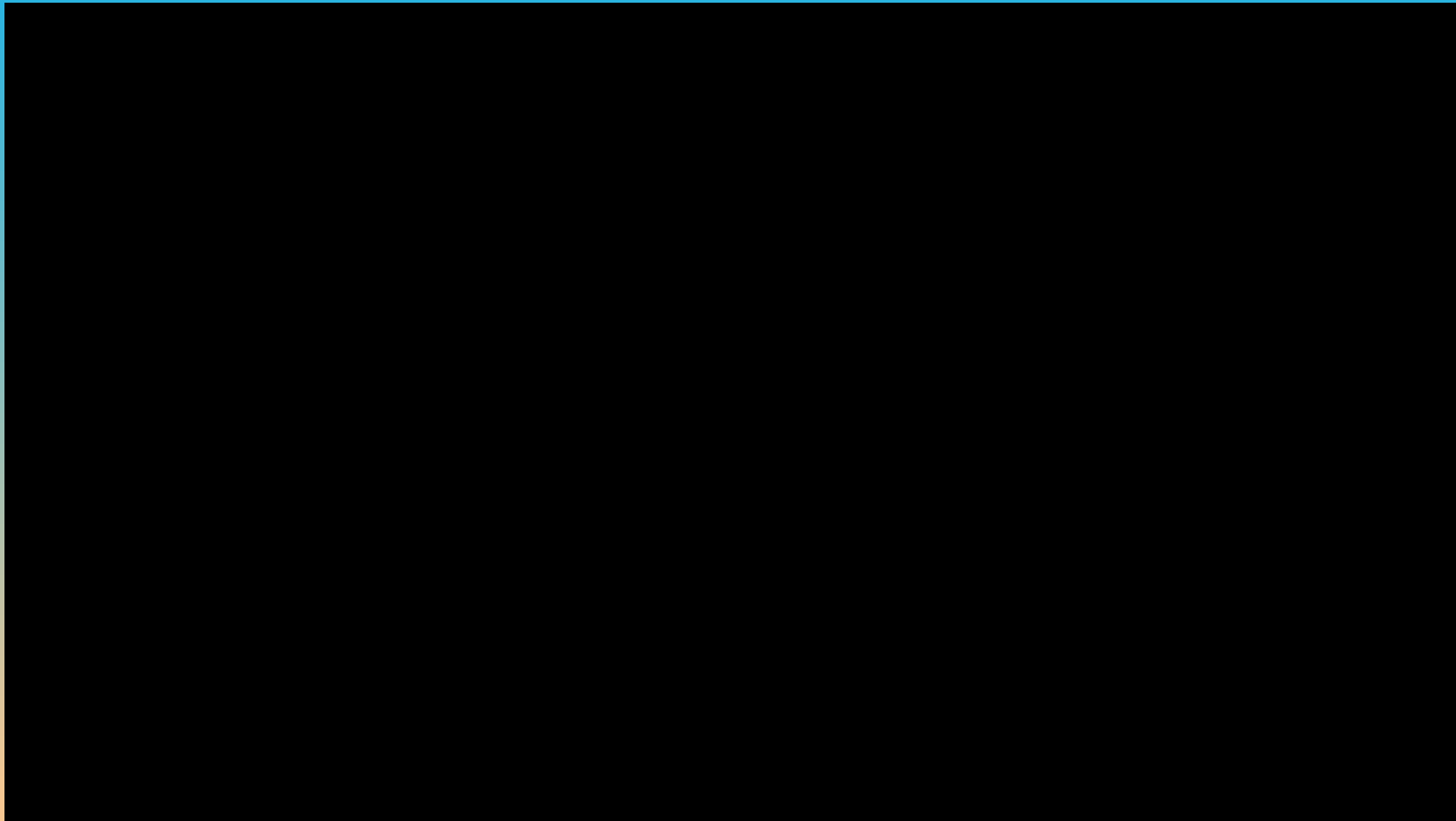
# **World Trade Center Attack: September 11, 2001**

**6,000+ INJURED**

**2,996 DEAD**

**71 POLICE OFFICERS**

**343 FIREFIGHTERS**

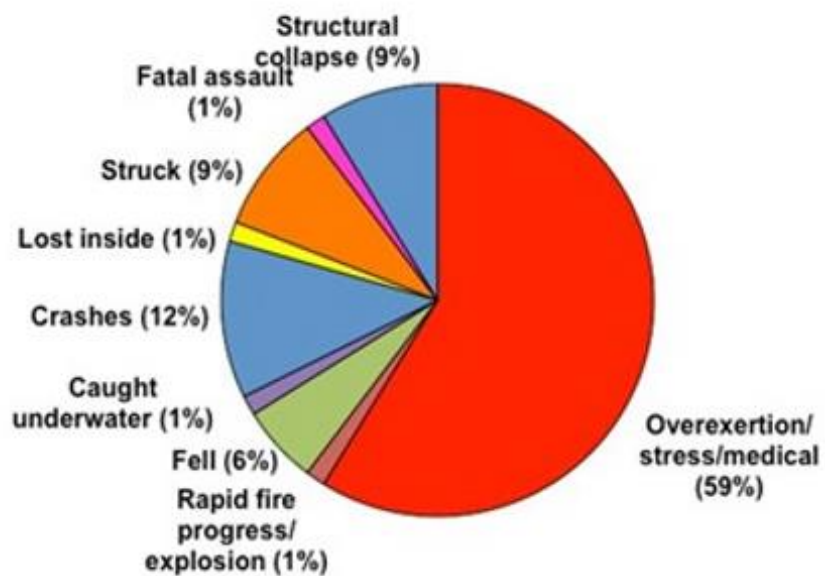


The new yardstick for  
improvements,  
unfortunately, is



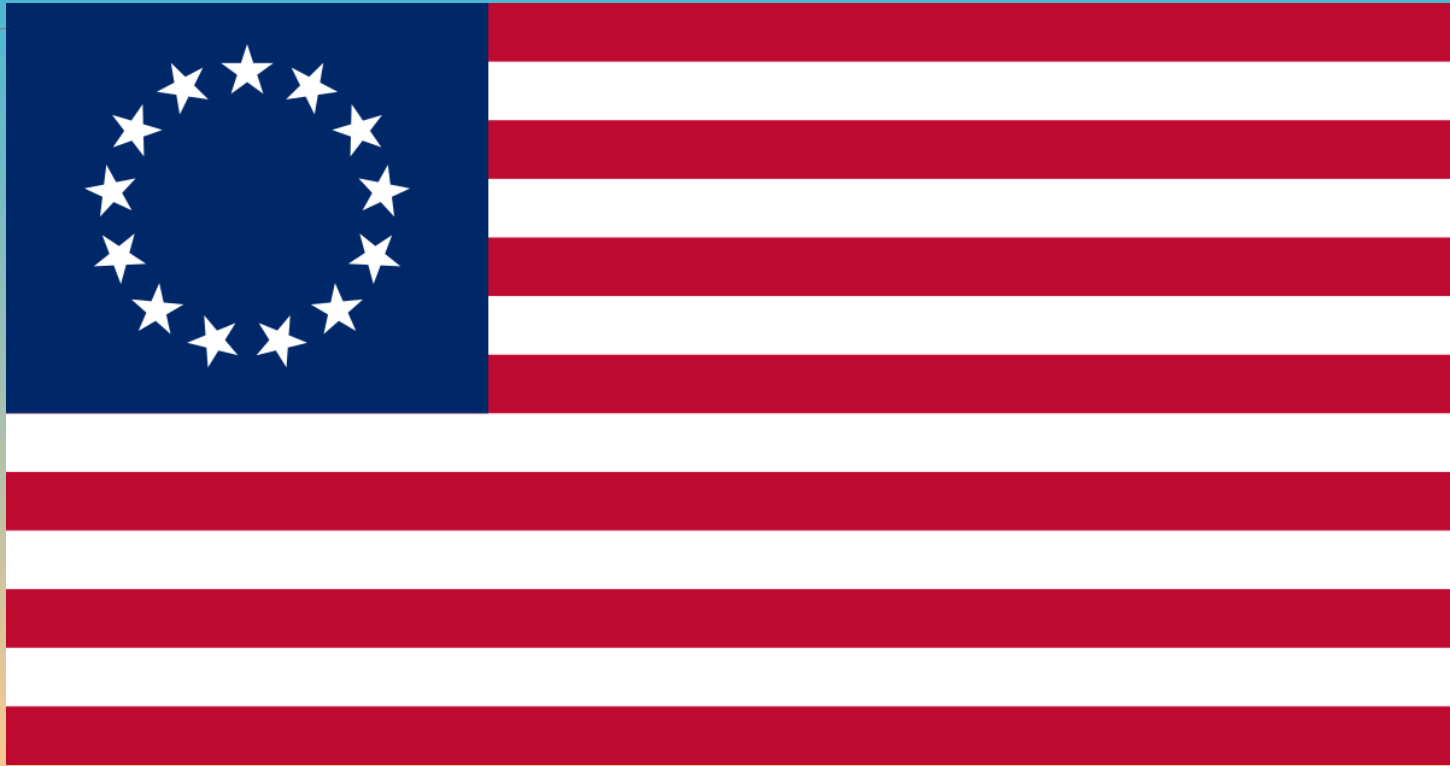


### Firefighter Deaths by Cause of Injury -- 2015



# Suicide

# The Fire Service in America



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

# American Fire Service History

## Predates United States History

### New Amsterdam (New York)

- 1637-1673
- Fire Wardens and “Rattlers”
- Bucket Brigades

### Boston, MA

- 1678
- First Firefighters paid for their work

### Philadelphia, PA

- 1736
- Benjamin Franklin
- Standard for Volunteers





# Early Fire Equipment

Ancient firefighters used basic hand pumps.

---

Colonial fire fighters had buckets, ladders, and fire hooks.

Hand-powered pumpers developed in 1720.

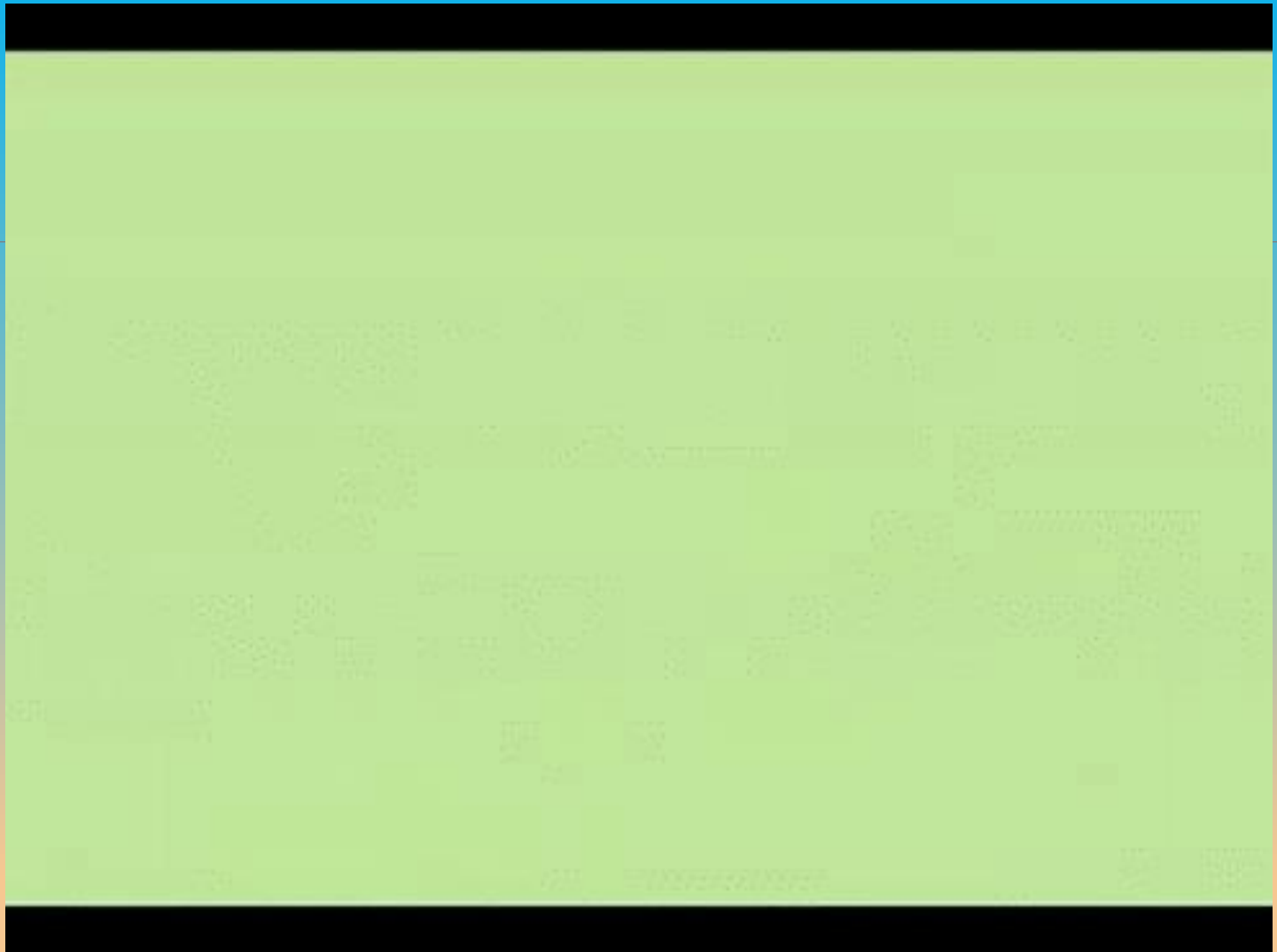
- Drawn by men.

Steam-powered pumpers developed in 1829.

- Drawn by horses.







Source: YouTube – Aurora Regional Fire Museum

# Paying for Fire Service

## Firefighting not always so altruistic

### Ancient Rome

- 115 BC
- Would arrive and haggle with structure owner over price

### Early American times

- Insurance companies paid fire departments for service.
- Aggressive interior attack was born.



**Insurance Company:**  
Mutual Assurance  
Company for Insuring  
Houses from Loss by Fire

**City:** Philadelphia, PA

**Company Dates:** 1784-  
1996

Policy number 153 was  
issued in 1786 and covered  
237 Lombard Street. In  
1996, The Mutual  
Assurance Company and  
its subsidiaries merged into  
National Grange Mutual  
Insurance Company

**Object ID:** 00.3980

[http://www.nycfiremuseum.org/gallery\\_page.cfm?alias=history-firemarks](http://www.nycfiremuseum.org/gallery_page.cfm?alias=history-firemarks)



We got past that, thankfully

**Career departments generally funded through local tax funds.**

# THE SATURDAY EVENING POST

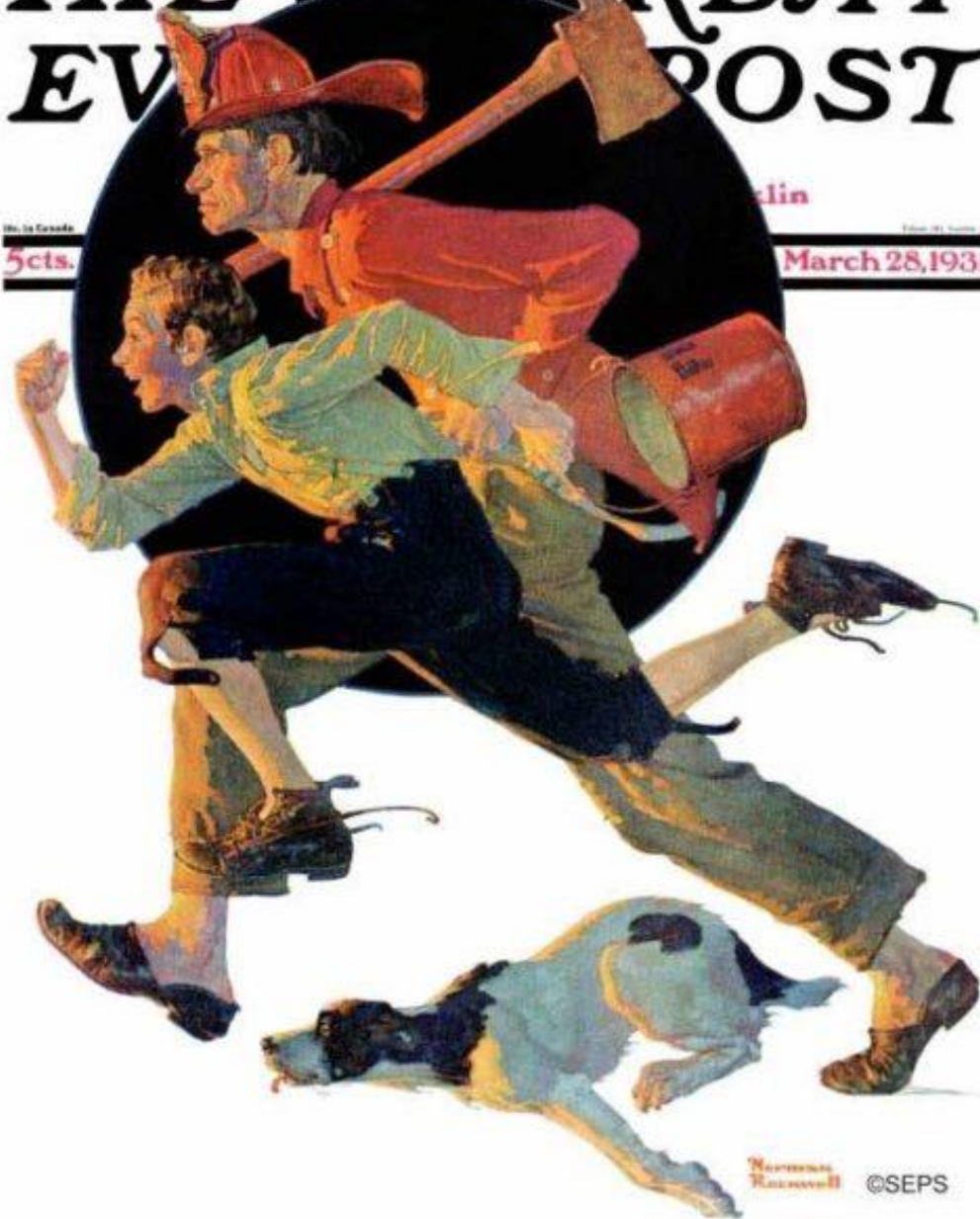
No. 10 Canada

5cts.

lin

Volume 61 Number 12

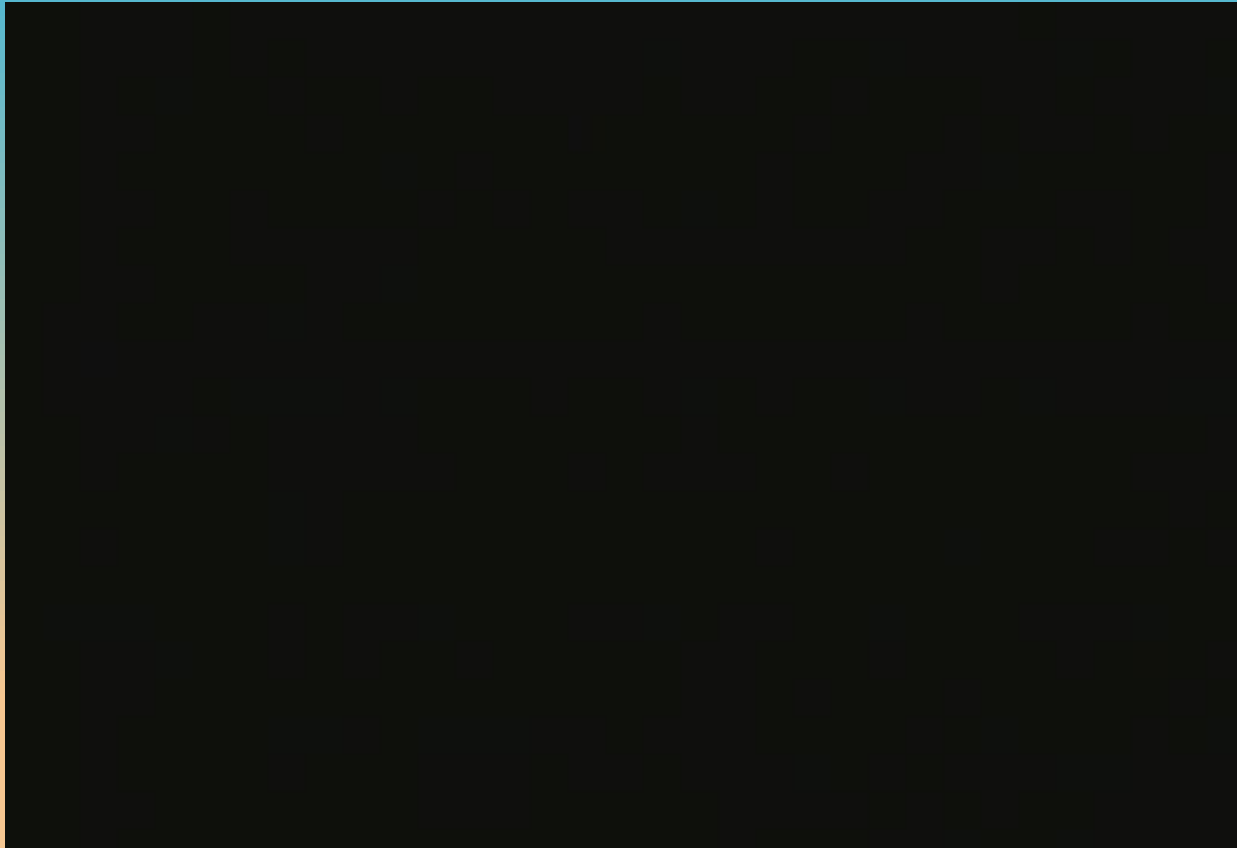
March 28, 1931



Norman  
Rockwell ©SEPS

Myron C. Taylor—Alfred Noyes—Ida M. Evans—Clarence Budington Kelland  
Isaac F. Marcossou—Struthers Burt—Bernard DeVoto—Ben Ames Williams

# **Life of an American Fireman 1903**



**Fire was a serious problem in  
America.**

**12,000 Fire deaths per year by the  
1970s.**

**32 People per day!**

# **History Changes America Burning, 1973**

# AMERICA BURNING



Free online

Recommended reading

Changed the way  
America fought fire



# AMERICA BURNING



## America Burning

Fire prevention

Public education

Smoke detectors

Fire resistant clothing

Firefighter protection  
and technology

Fire safety code updates

# **Fire deaths in 2018.**

**3,400**

**Total number of fires and injuries trending down since 2008.**

**Total number of deaths is trending up.**

<https://www.usfa.fema.gov/data/statistics/#tab-2>

# Today's Fire Service

About 1.16 million fire fighters in US (2015).

- 30% career
  - 70% volunteer
- 

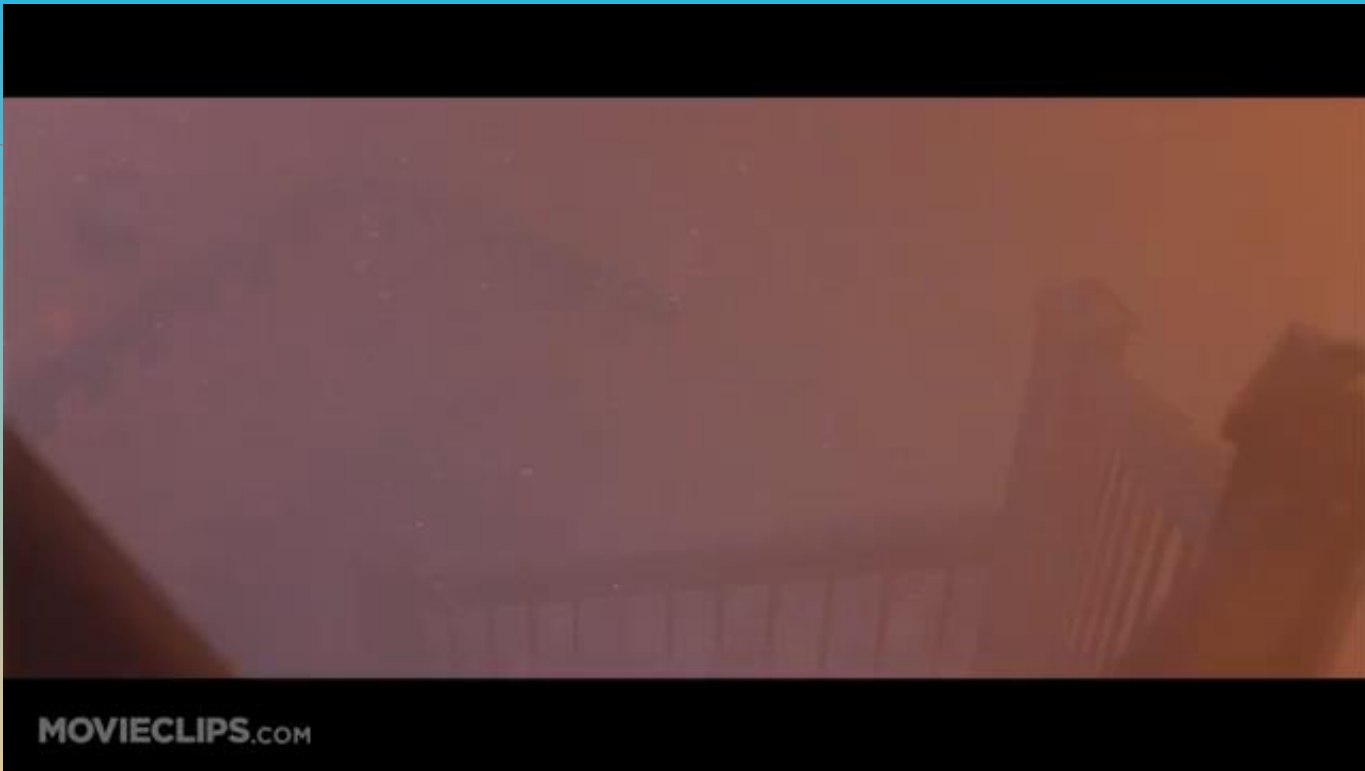
Only 3,000 all-career departments in US.

Approximately 25,000 all or part-volunteer departments in US.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

**This is how the public sees us  
still.**



**Notice anything similar to  
the 1903 video?**

**Public perception about  
Firefighters hasn't changed  
much in 100 years.**

**Big expectations, right?**

# **The City of Joliet**

# **The Joliet Fire Department**



# **What the world knows About Joliet...**



# The Real Joliet

**Largest city in Will County.**

**First settled in 1831,  
without the name Joliet.**

**Half of Joliet Pioneers were  
settlers from New York.**

**Notable names.**

**Reason Zarley made first  
permanent settlement in spring  
1831.**

**1 mile south of City Limits.**

**He was a veteran of the  
War of 1812.**



**Charles Reed settled in Joliet  
In 1832.**

**He built a home on the west  
side of the river.**

**Built a grinding mill across  
the street from where the  
Library now stands**

**Martin H. Demmond settled  
here in 1834.**

**Businessman who built  
Merchant's Row in 1837.**

**Turning Point in Joliet history.**

**Charles Clement**  
**Dr. A.W. Bowen**  
**George Woodruff**  
**Richard Hobbs**  
**Uri Osgood**

**Juliet, 1837**

# Joliet, 1852

# Looking West Over the River





# Looking East



**The railroad.**

**The I & M Canal.**

**City of Steel and Stone.**

# **Joliet Steel and Iron Works**





# Joliet Limestone





# Joliet Today

**Population 149,000.**

**3<sup>rd</sup> largest city in population  
in Illinois after  
Chicago and Aurora.**

**65 miles<sup>2</sup>**

**This class is not long enough  
to describe the complex history  
of Joliet.**

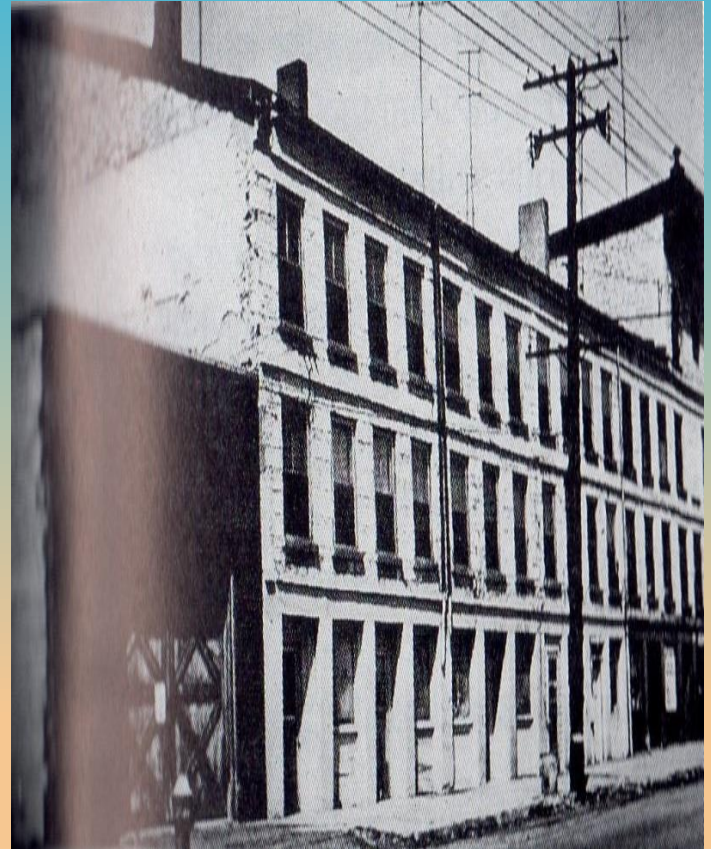
**Many books available at the  
2 branches of the Joliet Public  
Library.**

# **The Joliet Fire Department**

# The history of the Joliet Fire Department predates Joliet itself.

## Village of Juliet, IL

- 2 Fire Wardens appointed in 1837
- One on each side of the river
- Joel George and Charles Hopkins



# City of Joliet, IL

- Incorporated 1852
- Fire Department  
Officially established  
December 12, 1853 by  
City Council

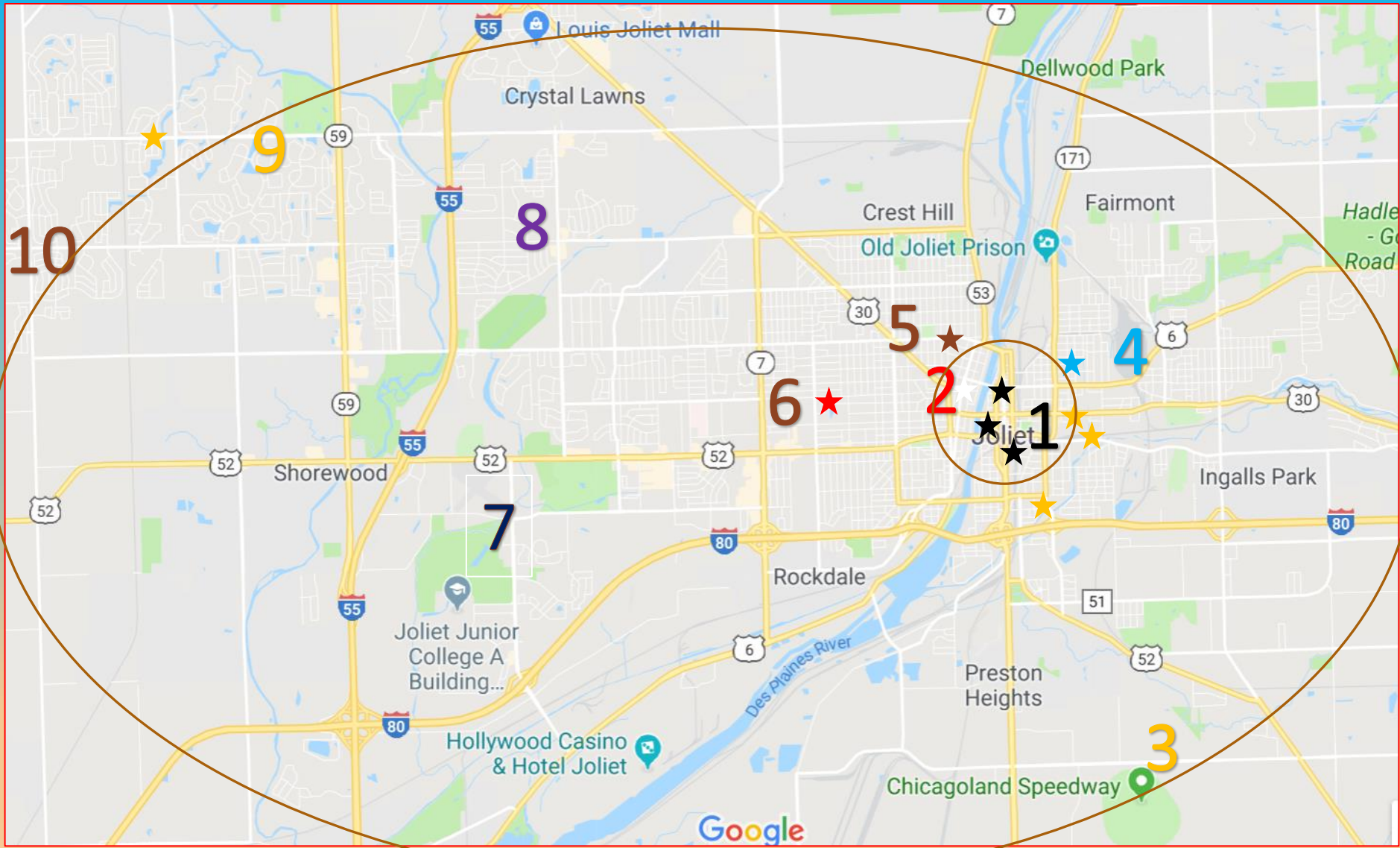


## Fire Department

- 1 fire station
- West side of the river
- 219 N. Bluff
- Pictured right







# The Joliet Fire Department

---

21,000 annual calls for service

9 Stations

7 Engines

2 Quint

1 Truck

9 Ambulances





# Joliet and Joliet Fire Department History

---

## In The History of Will County (1878)

- George Woodruff
- Described the Joliet Fire Department:

“(P)erfect as in any of the large cities”. He cites the occasion of the Joliet Fire Department’s victory at a firefighter’s tournament held in Chicago for his reason. At this tournament, the men of the Joliet Fire Department won “(f)irst national prize, for putting out fire, \$350 gold, and a silver water service valued at \$160; third national prize, from throwing water a distance, \$100, gold; and third State prize, for throwing water a distance, \$75 in greenbacks”.



# Progressive Leaders

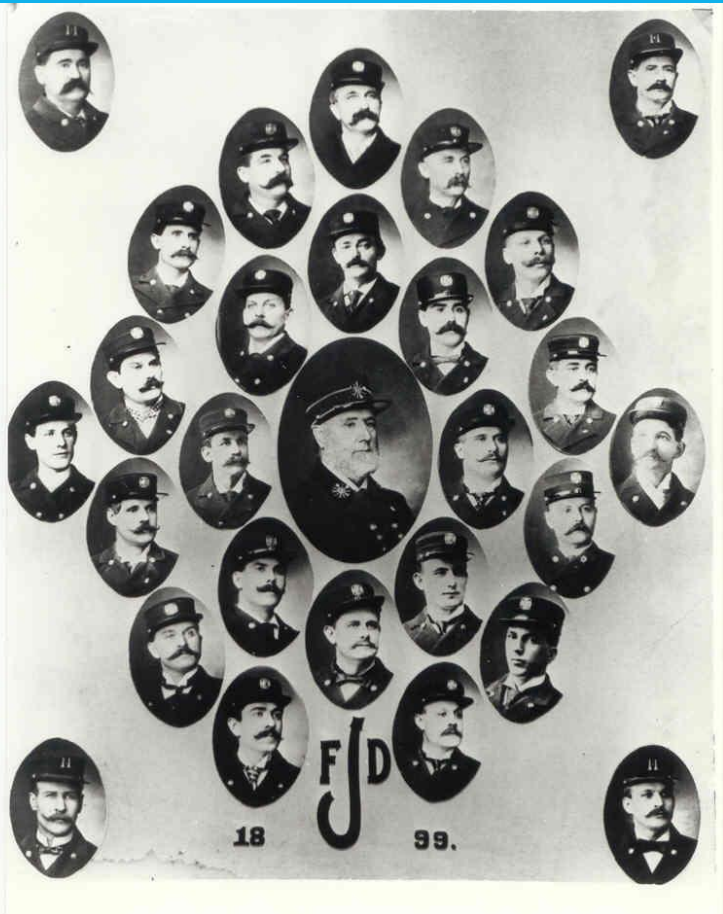
Joliet at national forefront of progress in the fire service.

- First Hand Pumper 1856
- First Steam Engine 1869
- Internal Combustion Engine 1914
  - Replacing horses



# Joliet Fire at turn of 20<sup>th</sup> Century





Elks Parade August 17 1909 Joliet Illinois

# John D. Paige

---

1877 Fire Chief

- Advances

Horses

Fire call boxes

Fire hydrants

Mayor

Police Chief





# Union Organization

---



# Local 44 1917

- Better wages and working conditions.
- 
- Joliet was no exception to the need.
    - Before Local 44
      - Worked 15 days straight, night and day.
      - 3 days at home.
      - Another 15 days followed.
  - In 1921, the two-platoon system was born
    - 1 on, 1 off.
  - In 1967, the three-platoon system
    - Current system.

# Local 2369 1974

Local 44 – Apparatus Operators,  
Firefighters

Local 2369 – Battalion Chiefs,  
Captains, Lieutenants

# More Recent Advances

Portable  
Radio 1951

1951

ALS  
Ambulance  
Service  
(Paramedics)

- Taken over from police in 1953

1990

Thermal  
Imagers  
2000s

2000s



1951

Self-  
contained  
Breathing  
Apparatus  
(SCBA)

1990s

Computerized  
Record  
Keeping  
1990s

2010s

12-Lead EKG  
2010s



# Important Joliet Fire Department History

First paid firefighters in 1876

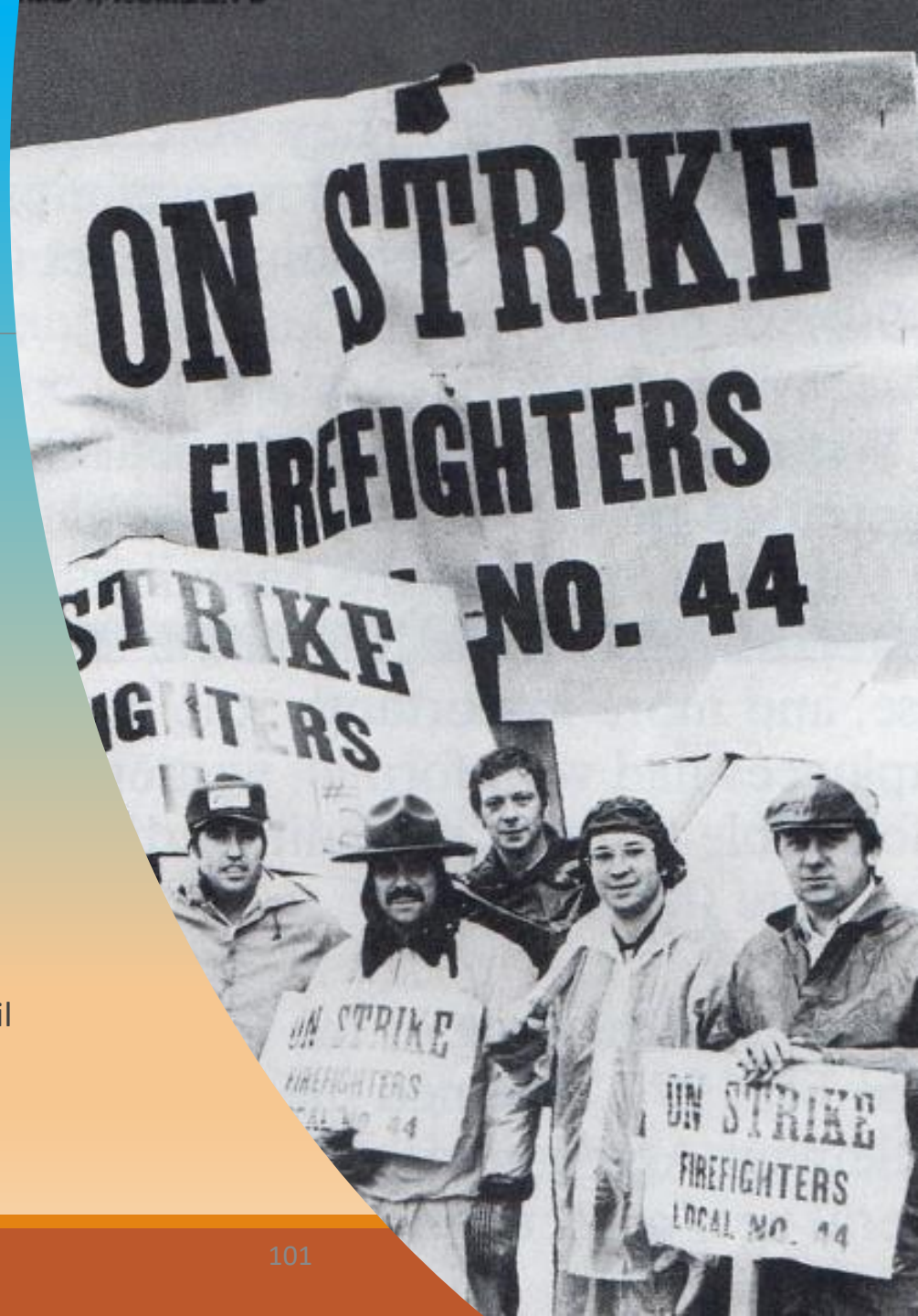
## 1977 Strike

- Flying Squad
- Silver Spanner

## Read Fiery Struggle

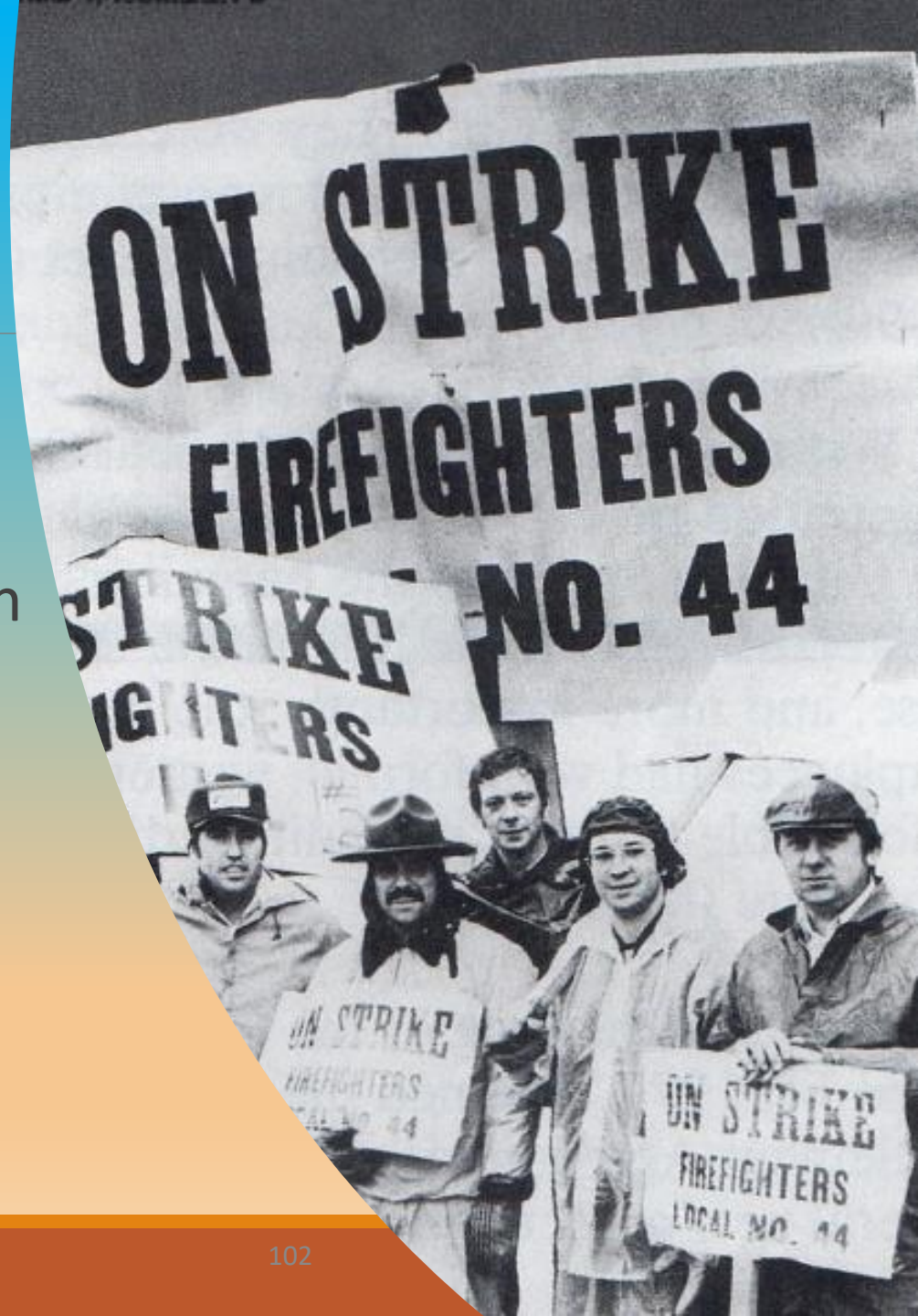
## 1981 Closing of Station #5 and layoffs

- Chief Ed Spahn was asked by the City Council to step down
- Quote in Herald News
  - “cutbacks place his department below the standards for fire protection”



# Important Joliet Fire Department History

- 1990s prosperous years
  - Rapid City/FD expansion
  - Riverboat funding
    - 2 successful casinos
- 2000s
  - 3 ff engines/trucks
  - Ambulances at all Stations





# Important Joliet Fire Department History

---

- 2009 reduced manpower and threatened layoffs.
  - Recession.
  - History repeats itself.
- 2017
  - Further cuts and reorganization proposal.
- 2018
  - Return to previous staffing levels.
- 2020 2021
  - Pandemic

---

**Daily, the Joliet Fire  
Department handles life  
and death incidents for the  
public.**

# Notable Incidents

**Joliet Opera House  
Chicago and Clinton St.  
March 18, 1891**



# **Barrett's Hardware**

## **April 4, 1908**



PARRETT BLOCK

PARRETT BLOCK





# **Boston Store**

## **April 26, 1908**







# **Plainfield/Joliet Tornado**

## **August 28, 1990**





# **Empress Casino Fire**

## **March 20, 2009**





# **Joliet Fire Department Special Teams**

---

**Hazardous Materials Response  
Team**

**1990**

**Fire Investigation Team**

**1990**

**Specialized Rescue Team**

**1994**

**Dive Team**

**1996**

**Honor Guard**

**1998**



# **Joliet Fire Department Patches**

# Joliet Fire Department Patches



Prior to 1975, no official patch

Eventually the red and white appeared



In 1997 a new patch was introduced by Chief Larry Walsh

In 2017, we went back to the red and white

Company logos

# **Joliet Fire Department Station Locations Past and Present**



# Station 1

219 N. Bluff St.  
1853-1859

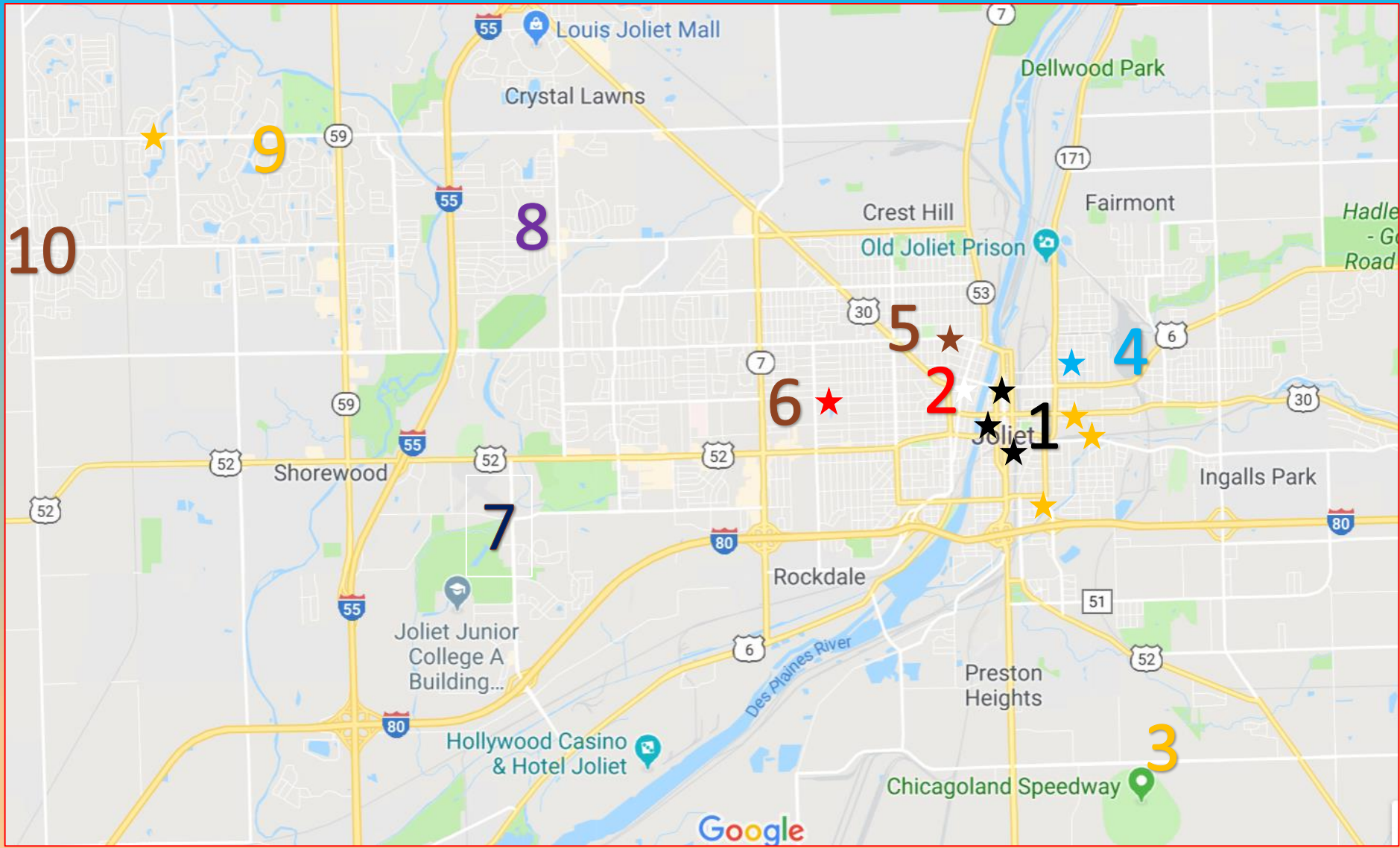
114-116 N. Ottawa St.  
1859-1968  
Pictured top

150 W. Jefferson St.  
1968-1980  
Current City Hall

150 W. Clinton St.  
1980-1991  
Harrah's Casino

101 E. Clinton St.  
1995-Present  
Pictured bottom





# Station 2

219 N. Bluff St.

1859-1929

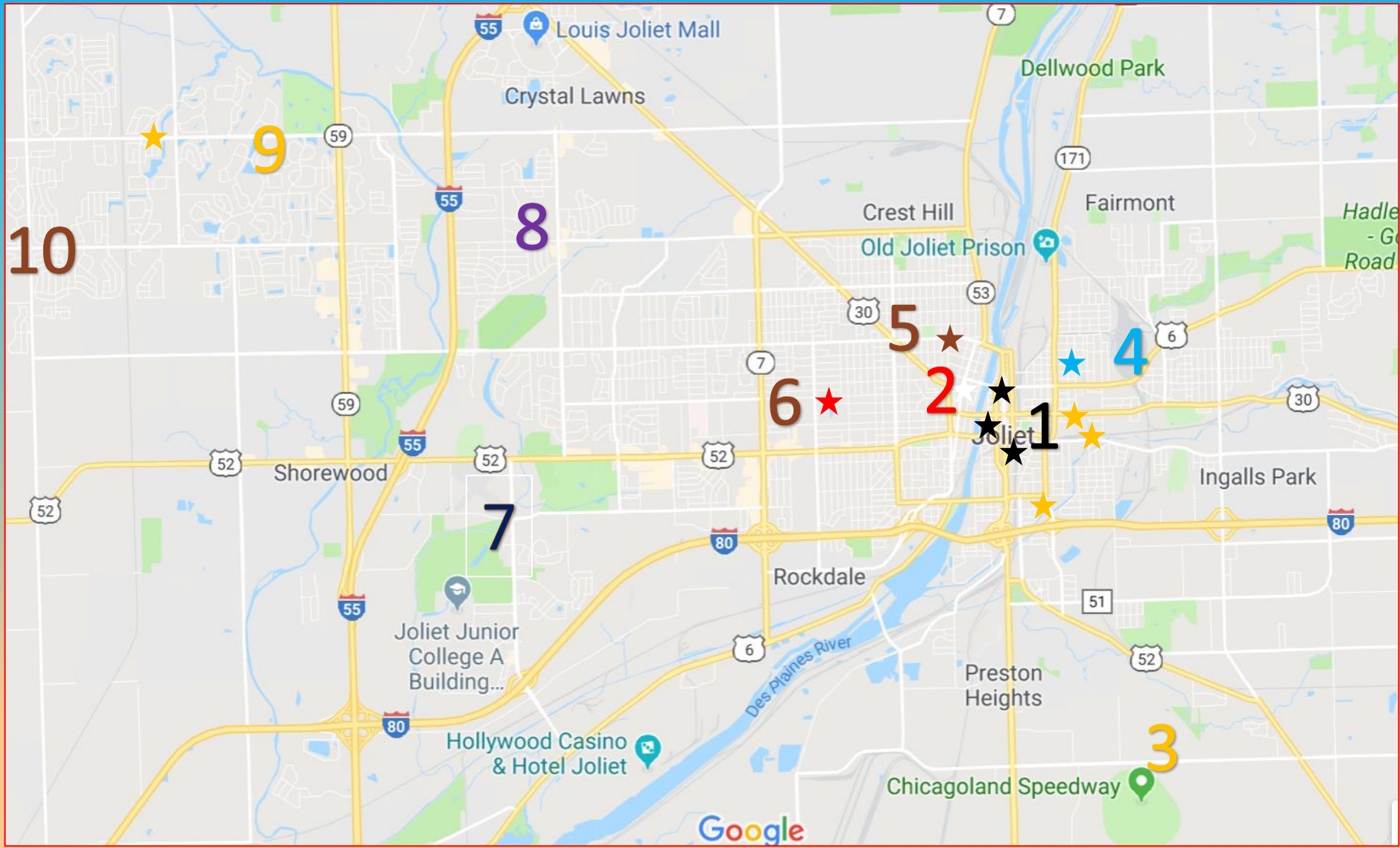


815 Campbell St.

2000-2010







# Station 3

---

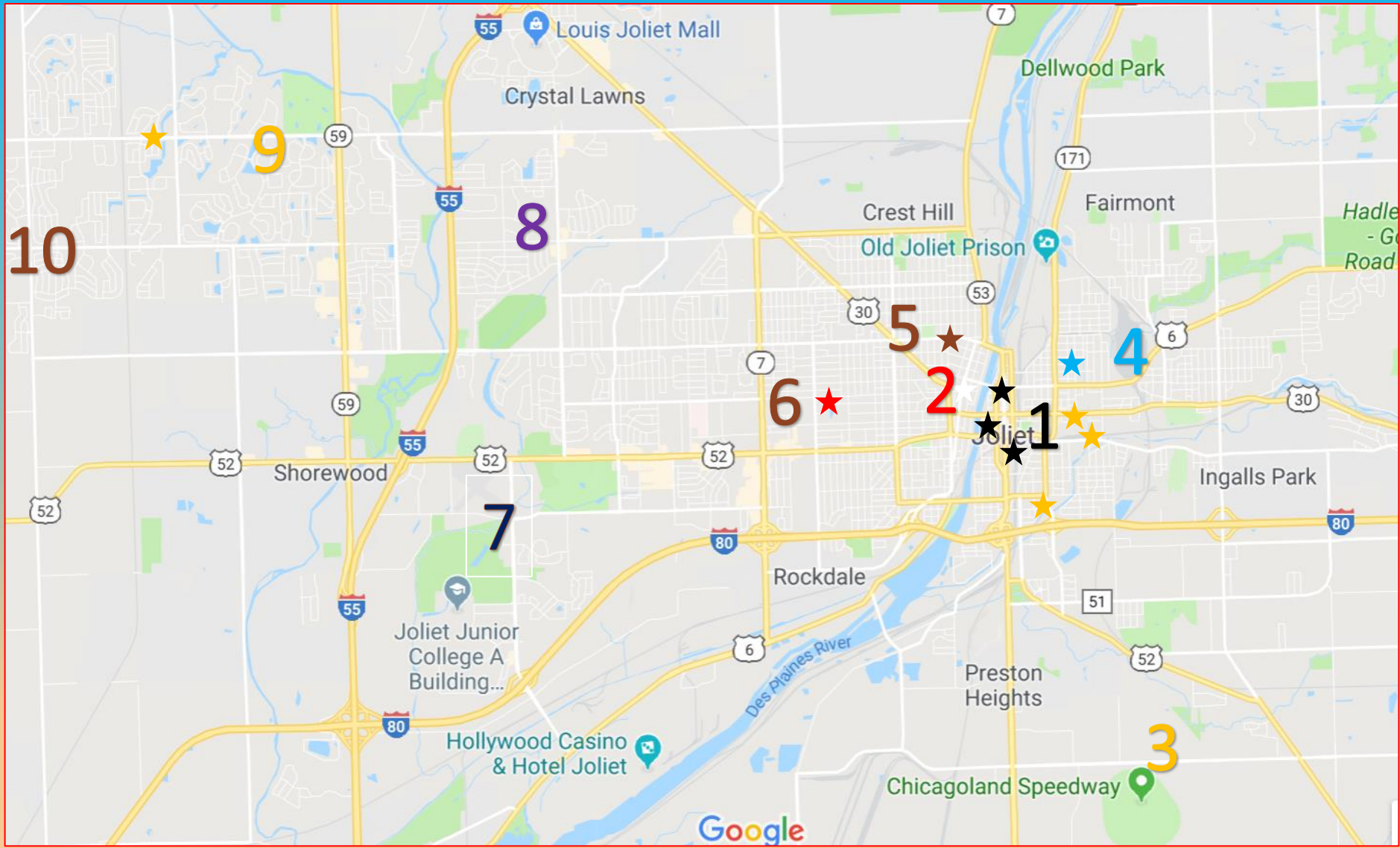
Washington @ Union St.  
1888-1909

Washington @ Melchior St.  
1909-1972  
Morningstar Mission

319 Grover St.  
1972-2012

450 E. Laraway Rd.  
2012-Present







# Station 4

---

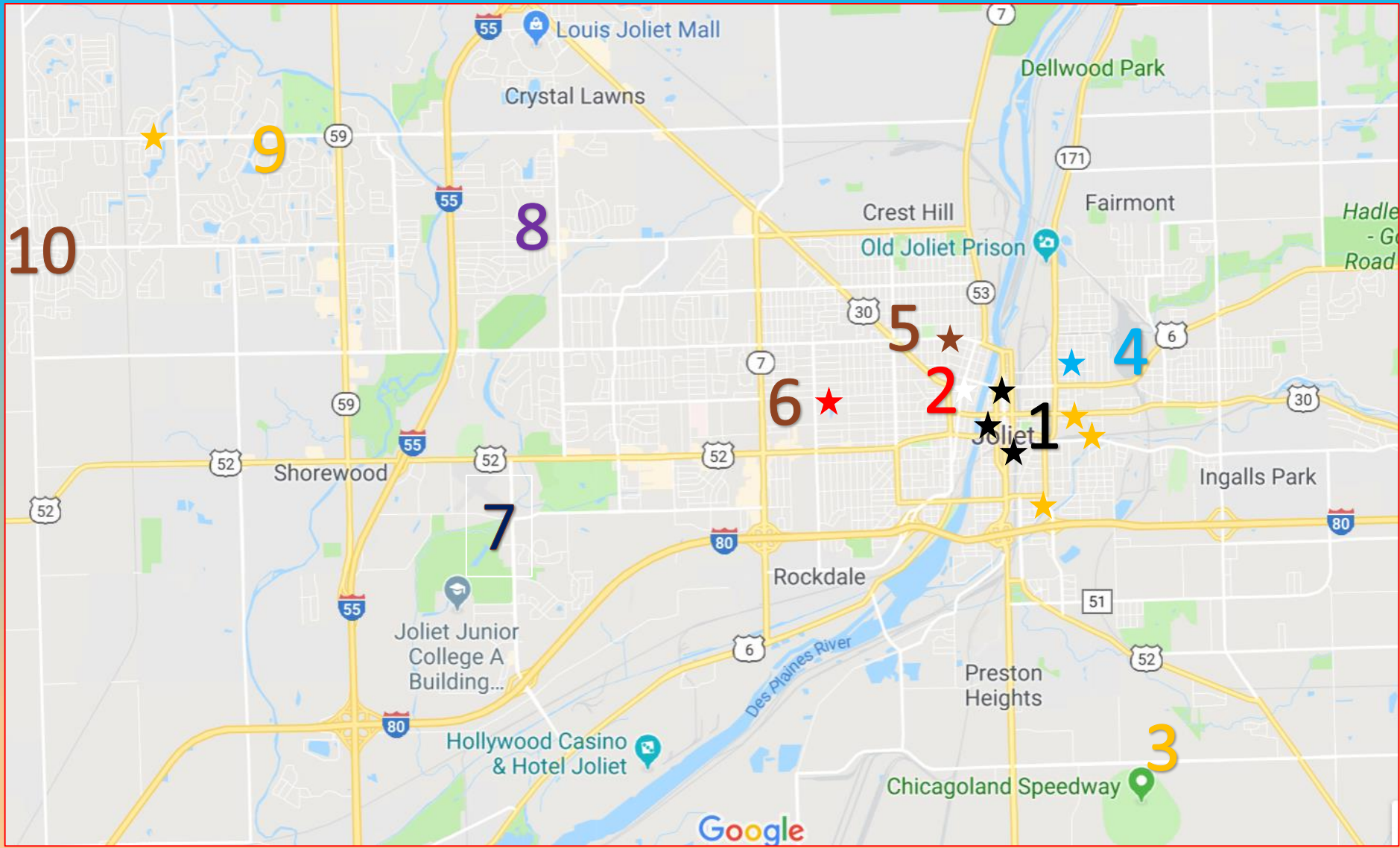
Collins @ Ohio

1897-1970

868 N. Draper Ave.

1970-Present





# Station 5

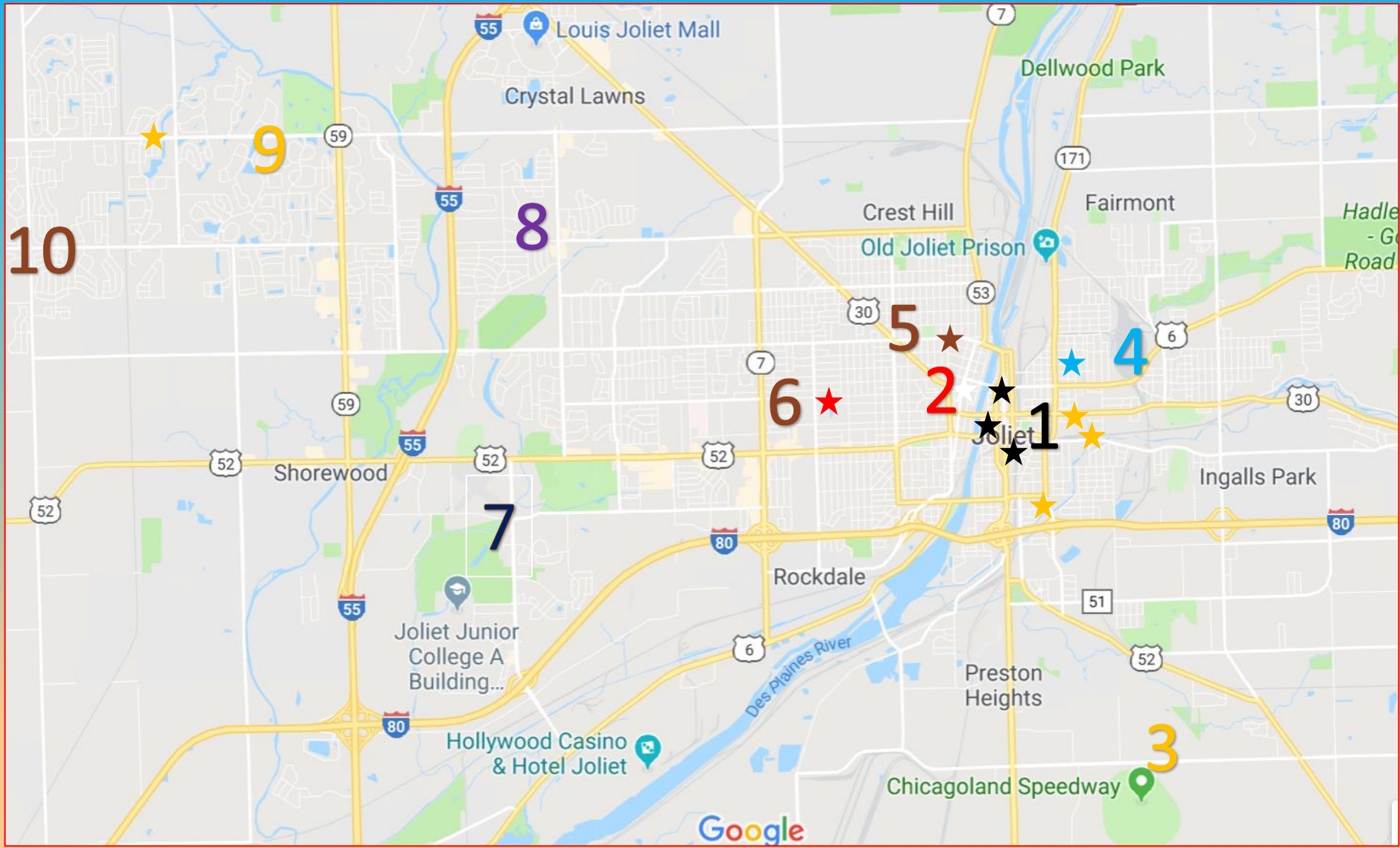
801 N. Hickory  
1898-1975



661 Mason Ave.  
1975-Present







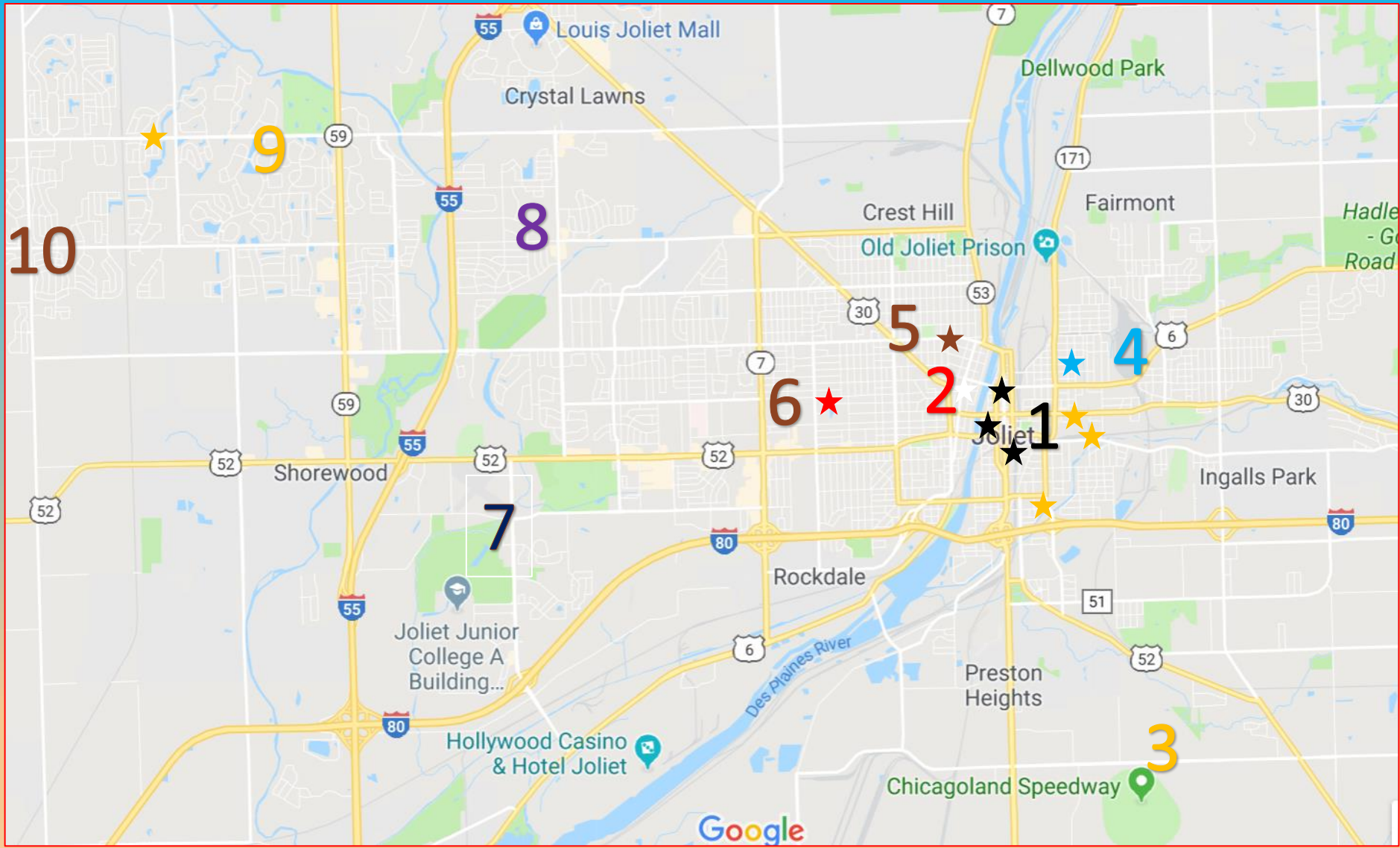
# Station 6

815 Campbell St  
1963-2000



2049 Oneida St.  
2000-Present



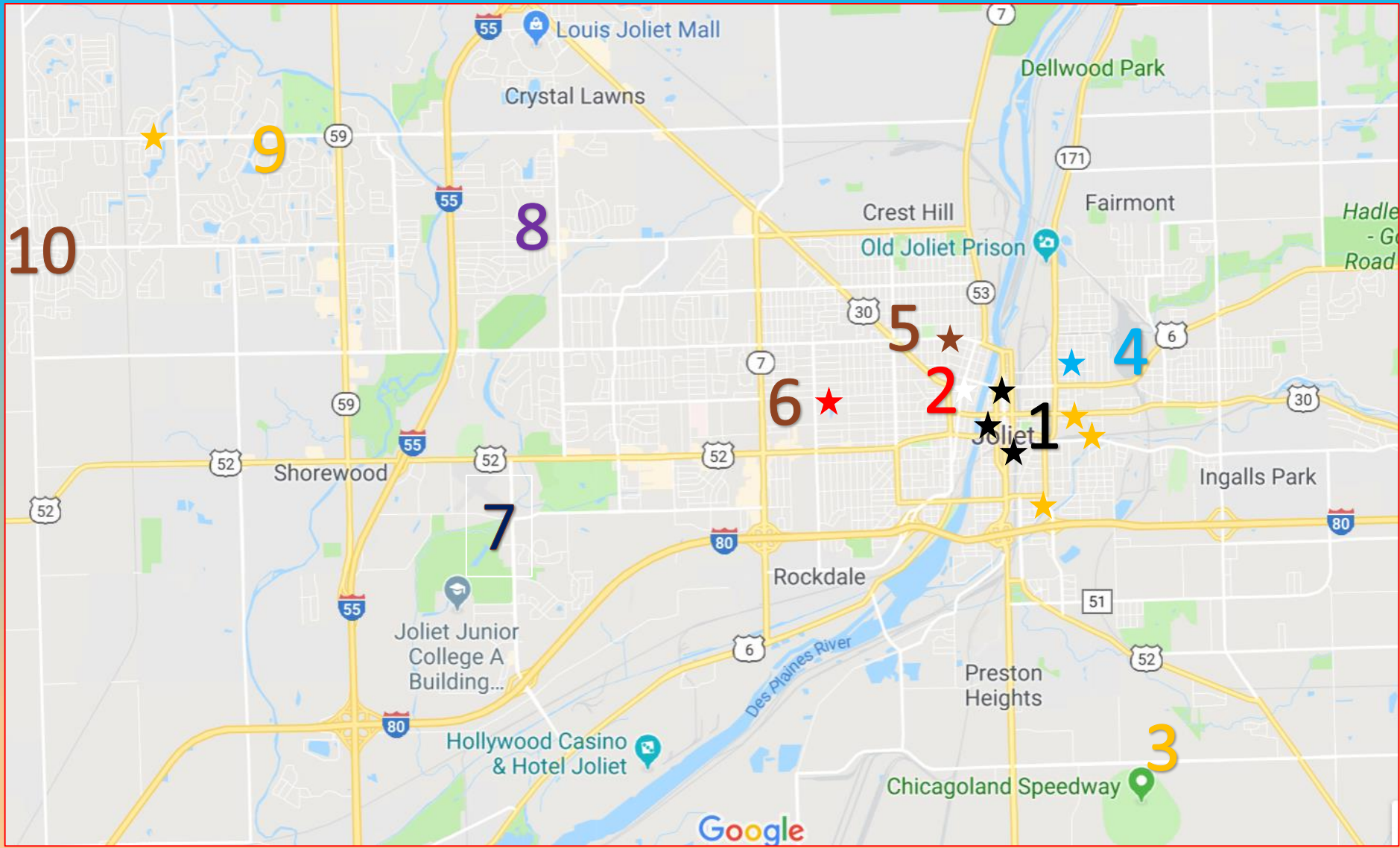




# Station 7

125 Houbolt Rd.  
1970-Present

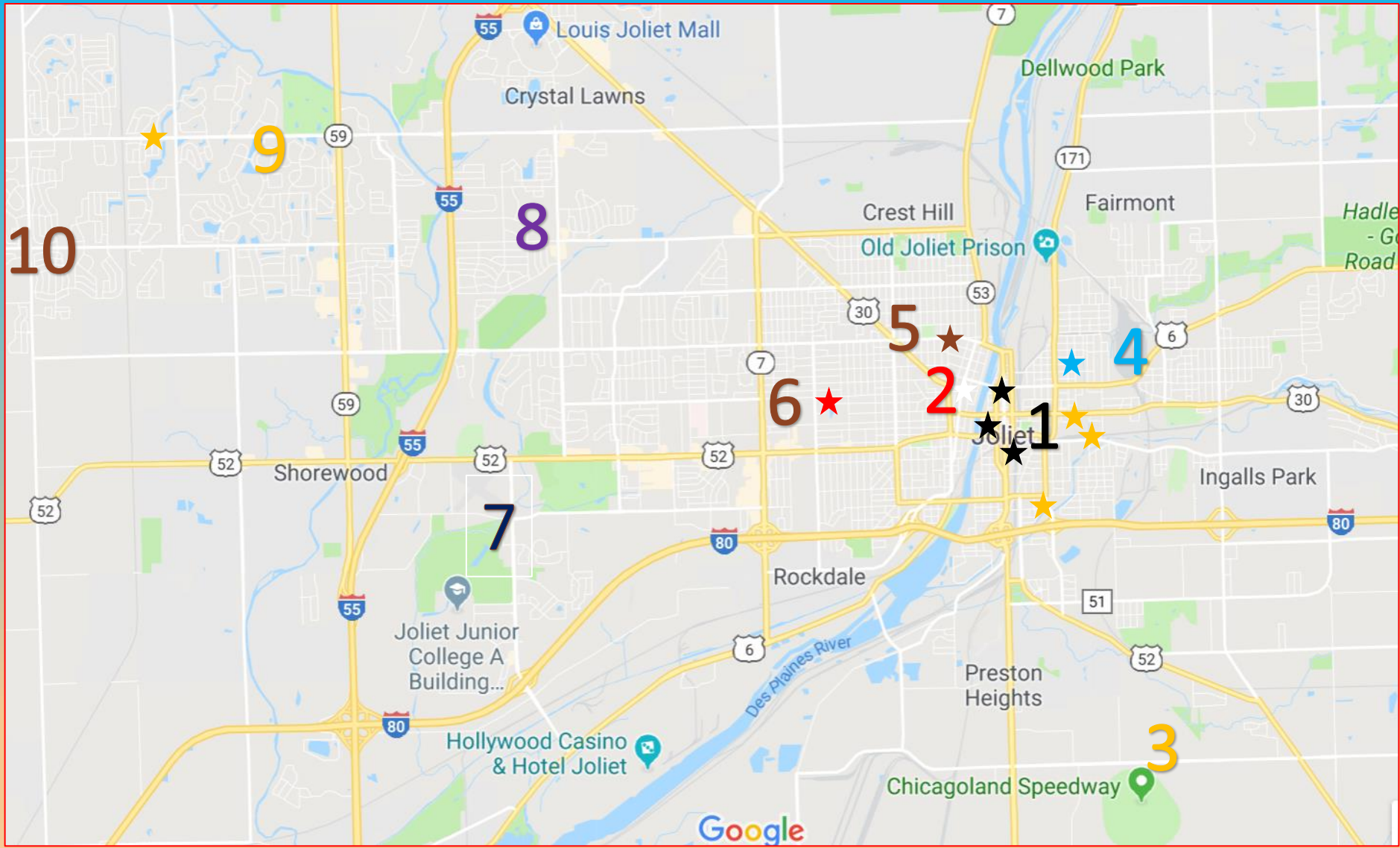




# Station 8

2293 Essington Rd.  
1977-Present







# Station 9

7196 Caton Farm Rd.

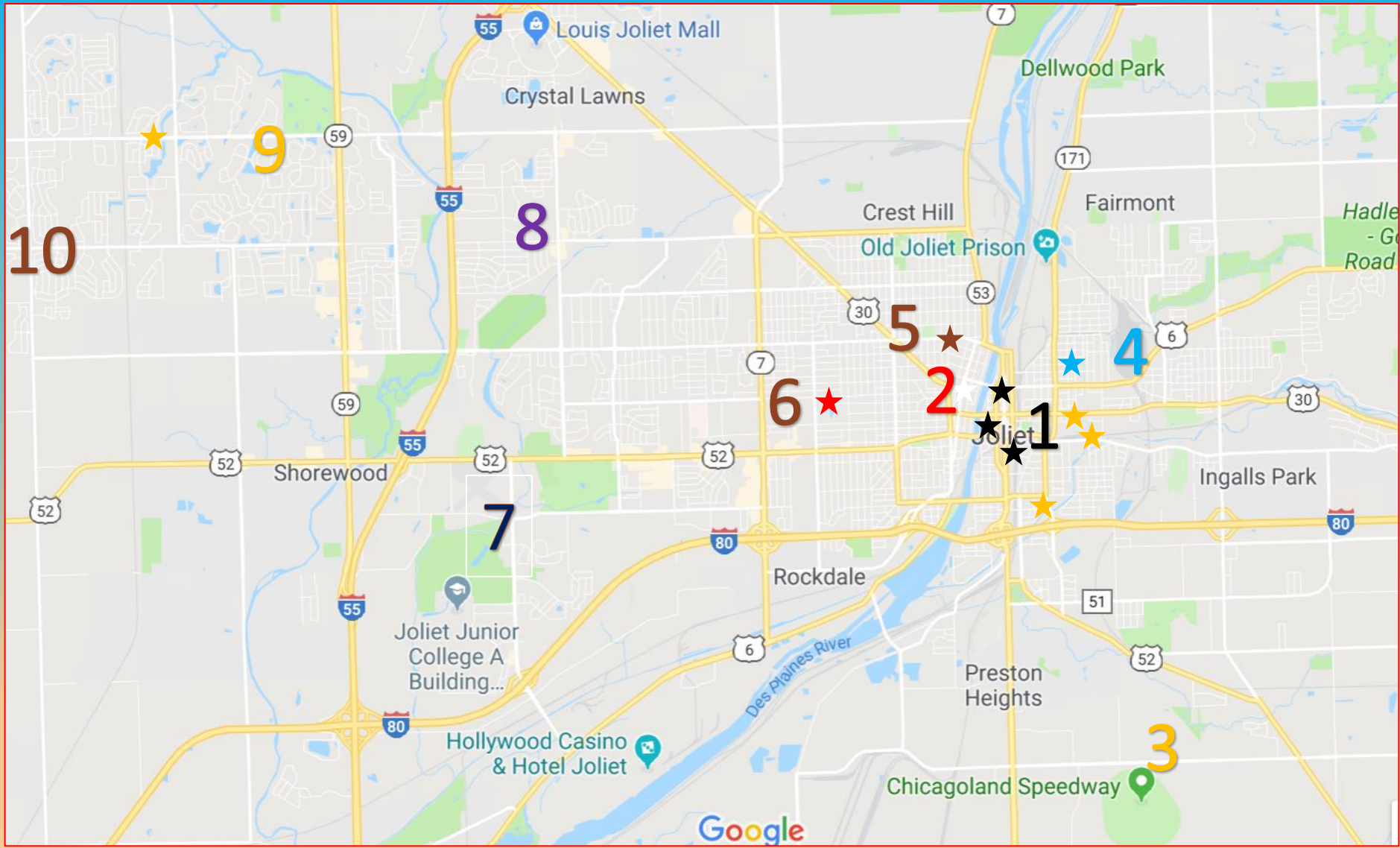
1996-2004

Police Substation

2300 Michas Dr.

2004-Present





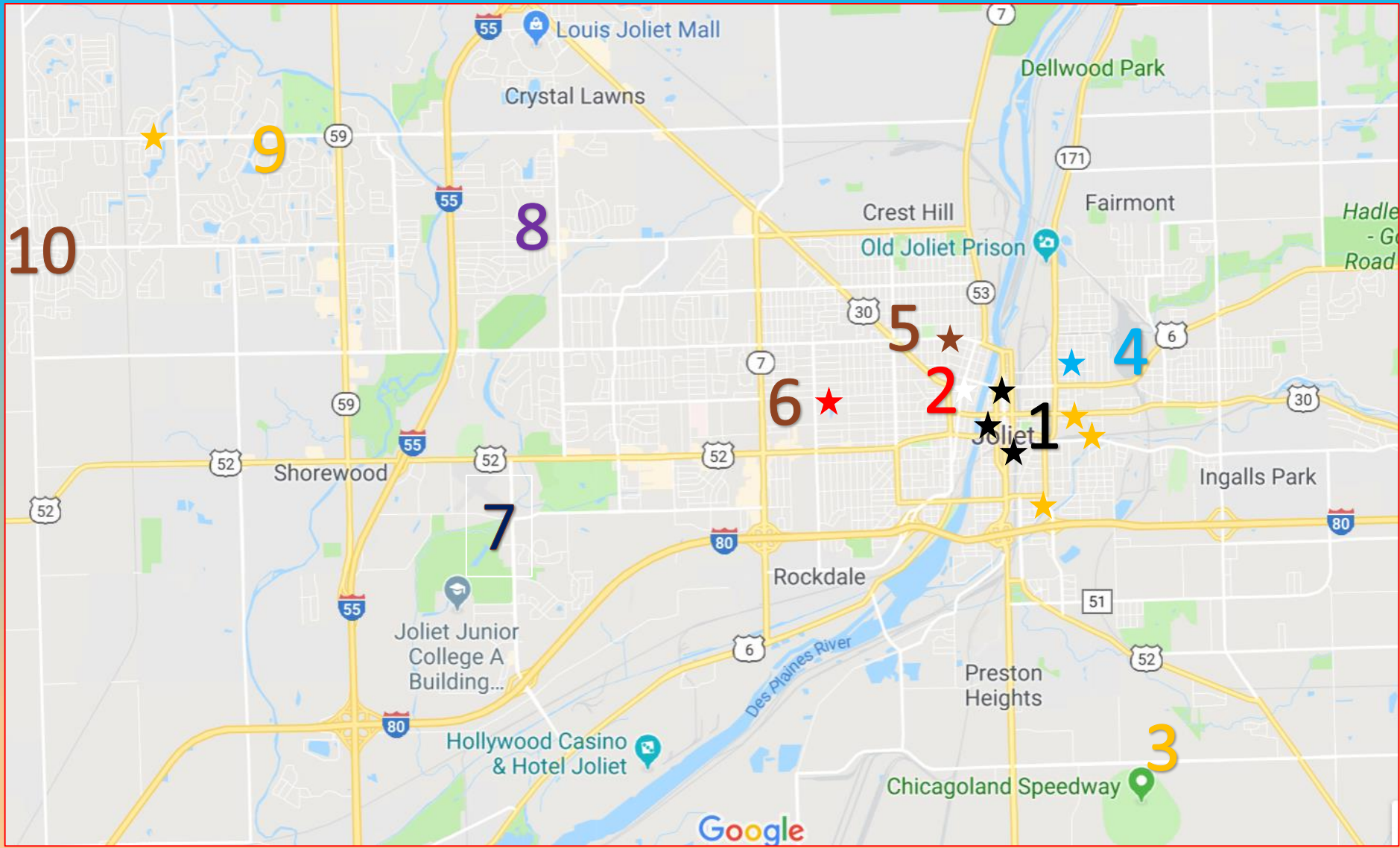


# Station 10

---

1599 John D. Paige Dr.  
2006-Present



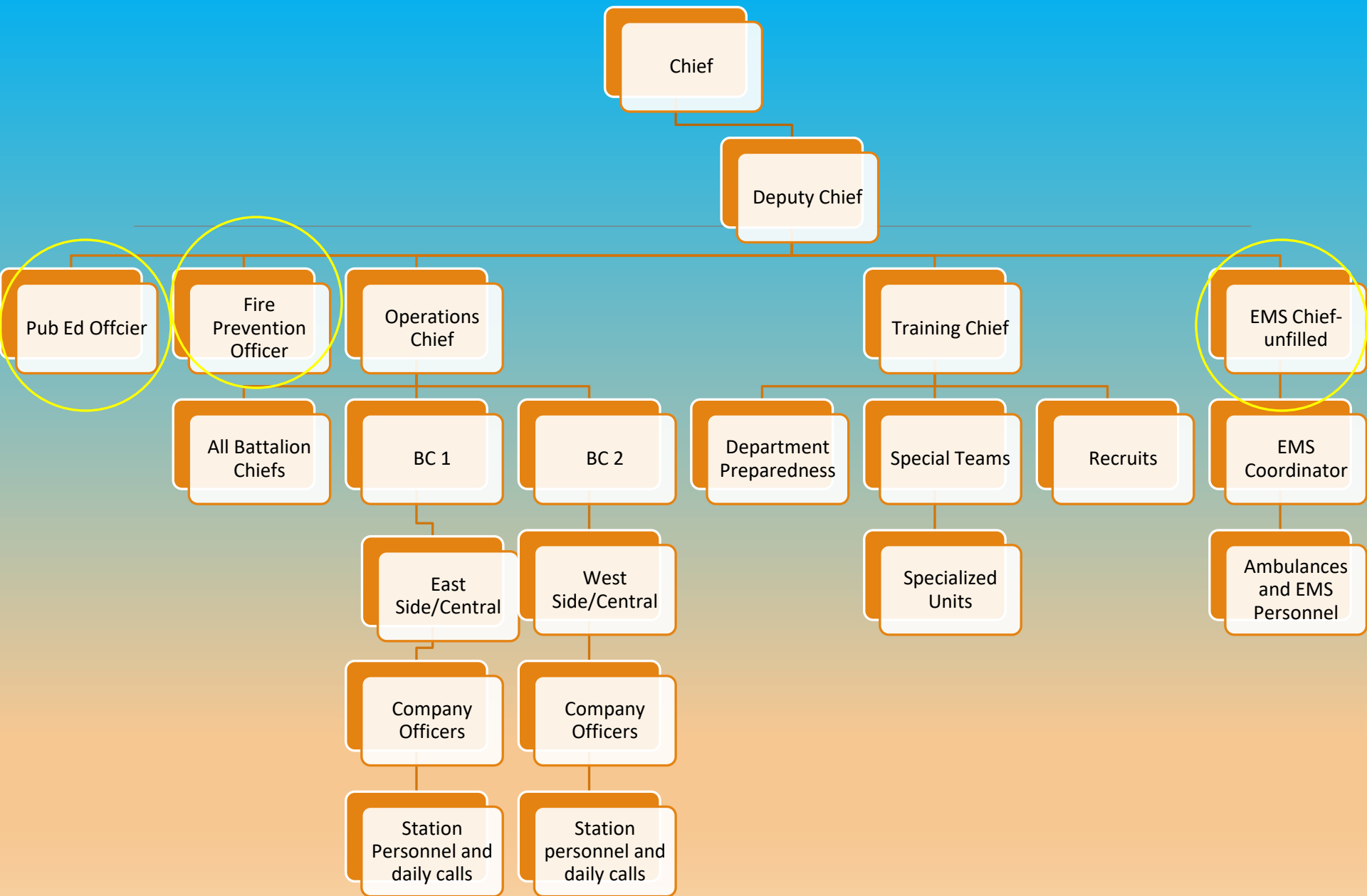


**The Joliet Fire Department, too  
has a history too rich to detail  
here.**

**The JPL (East) and FF Perona  
have copies of:**

**“The Joliet Fire Department:  
150 years of Dedicated Service”**

# JFD Organizational Structure



# Fire Service Symbols



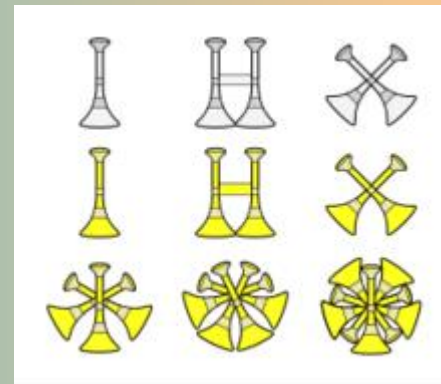
# Bugle

- Early days: Chief's bugle (speaking trumpet).
- Indicated who was in charge
- Now used as rank insignia.



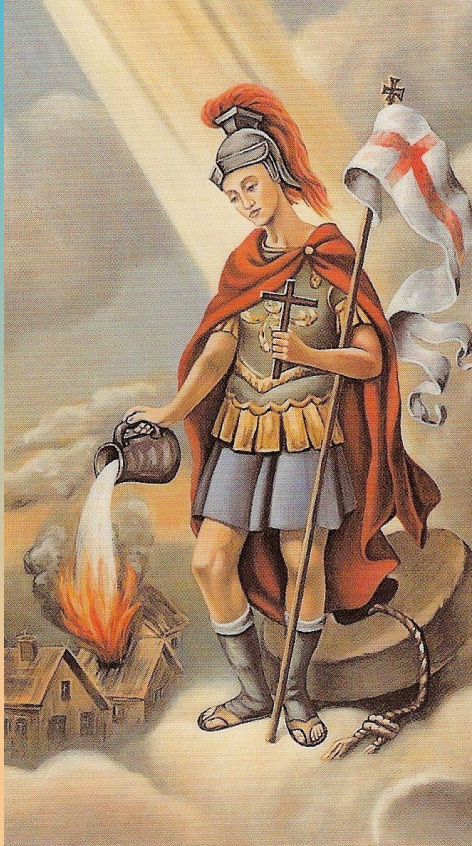
# Today's Bugles

Denote rank



# St. Florian

## Patron Saint of Firefighters



Roman Military Officer

Born 250 AD

Died 304 AD

Disobeyed the Emperor

- Diocletian
- Persecuting Christians

Was to be burned to death

Wound up being drowned

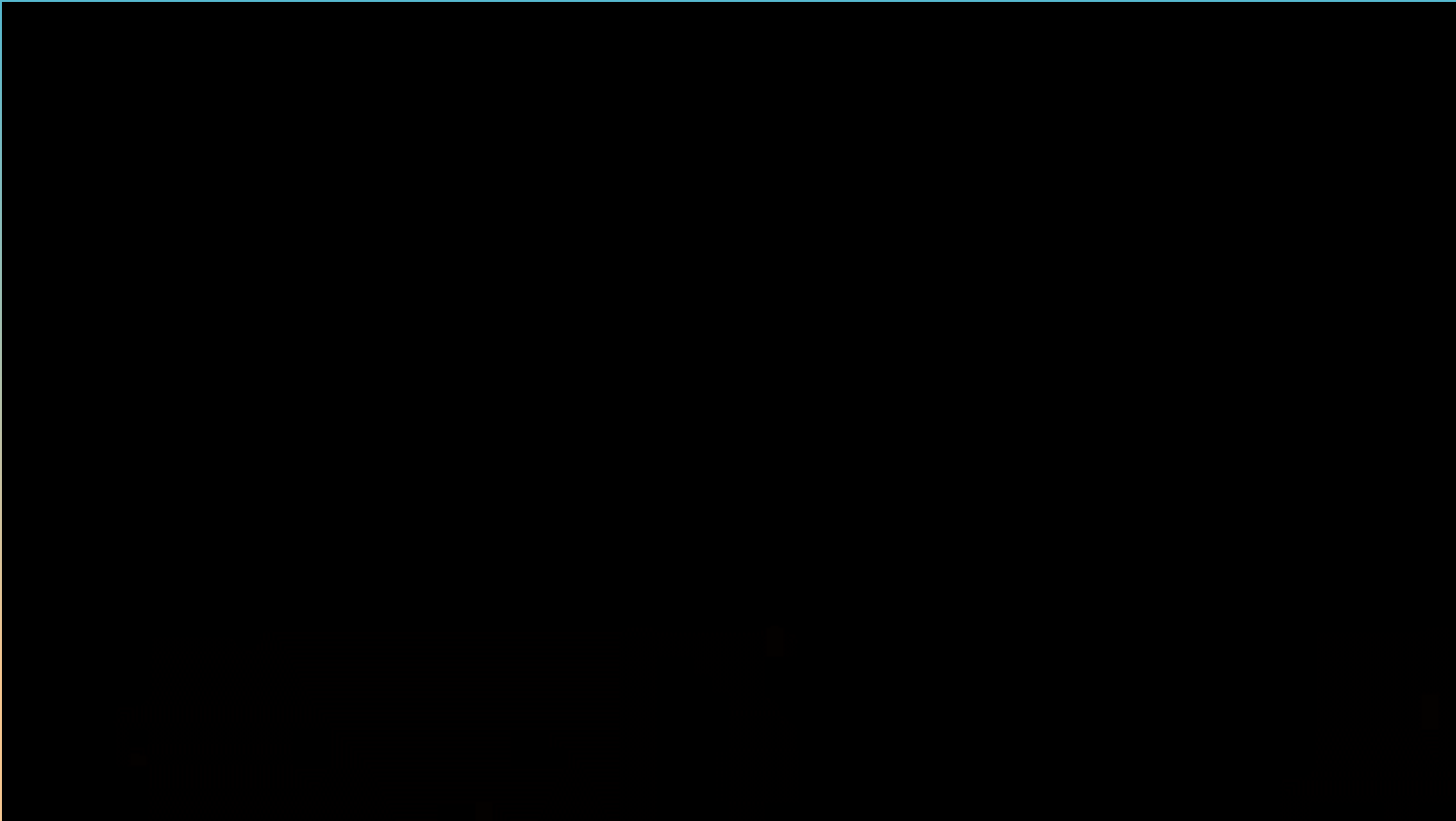
# Fire Service Symbols

## FIREFIGHTER SCRAMBLE



## MALTESE CROSS





Pretty cool, right?

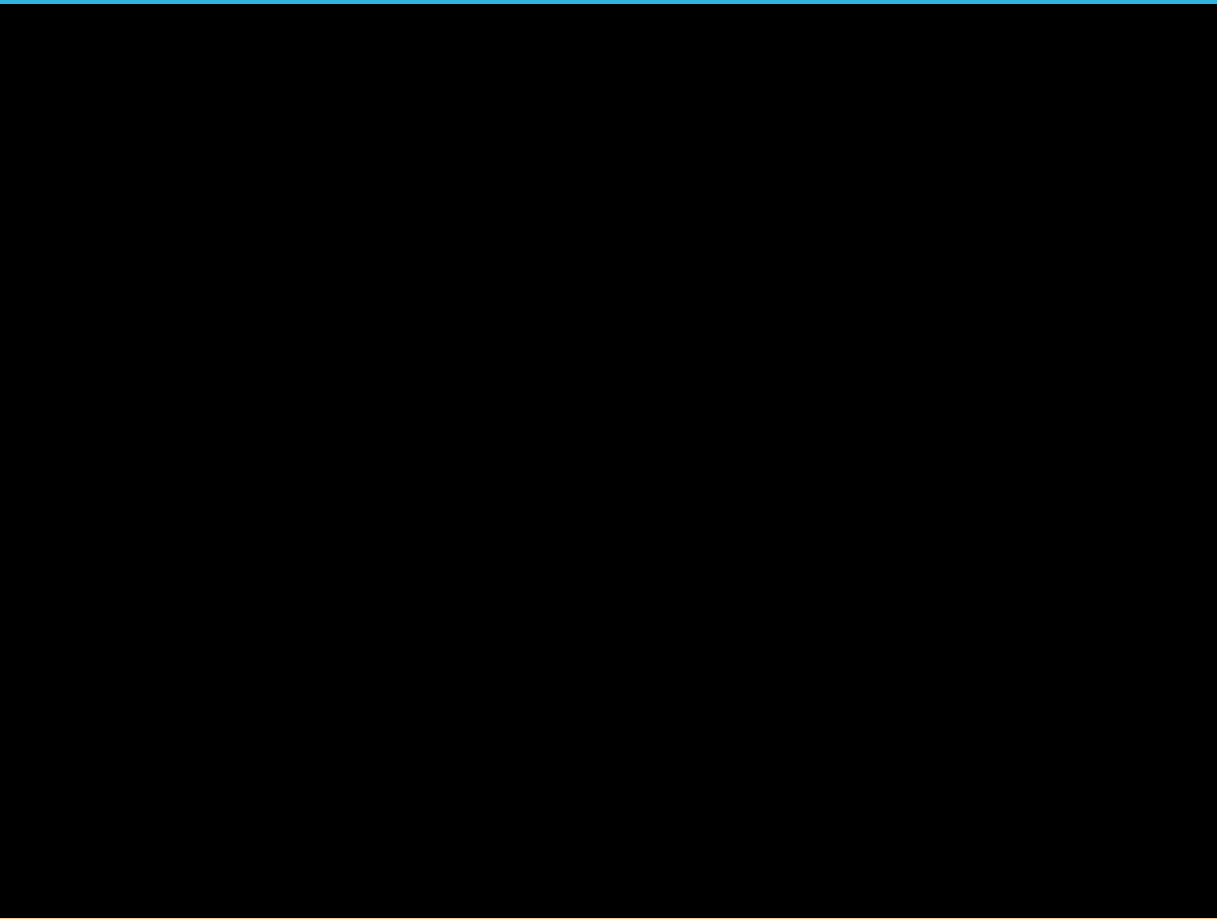
---

Ready to fight fires?

Now that we have that out of the way...

Why are you REALLY here?





That's right...

---



Remember those 21,000 calls  
for service?

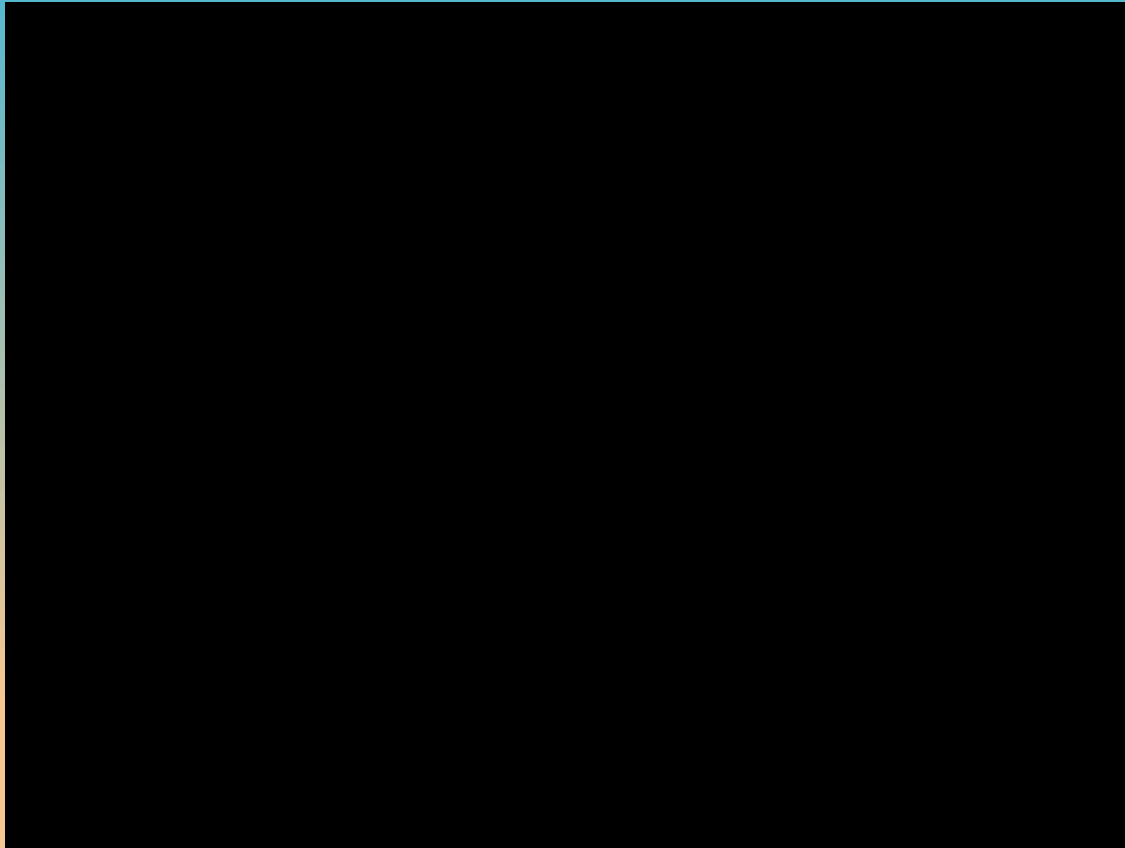
18,000 of them were EMS.

If you don't like EMS, you are  
in the wrong place.

You must become  
**GREAT** at EMS.



Our citizens and visitors  
have a right to  
expect **EXCEPTIONAL** care  
from us!





**Behavioral Health**

**Peer Support**

**Training**



**Part 2**

**Peer  
Support/  
Mental  
Health**



# August 16, 2014

The image is a screenshot of a news article from the Chicago Tribune. At the top, there is a dark blue navigation bar with the text "Aut" and "bro" on the left, "SECTIONS" and "SEARCH" in the middle, and "Chicago Tribune" on the right. Further right in the navigation bar are buttons for "SUBSCRIBE TODAY" and "LOG IN". Below the navigation bar, the article's byline reads "By ROSEMARY SOBOL, TRIBUNE REPORTER | AUG 17, 2014 | 2:56 PM". To the right of the byline are social media icons for Twitter, Facebook, and a share icon. Below the byline, there is a placeholder for an advertisement labeled "ADVERTISEMENT". The main text of the article begins with a lead sentence: "A 15-year-old Joliet boy trying to pull out of his driveway Saturday afternoon accidentally ran over his 2-year-old brother, authorities said." This is followed by a quote from Joliet Police Lt. Stephen Breen: "It's all around a very tragic, very upsetting situation," said Joliet Police Lt. Stephen Breen. The final sentence of the visible text is: "The incident occurred just after 3 p.m. in the driveway of the family".

Aut **SECTIONS** **SEARCH** Chicago Tribune **SUBSCRIBE TODAY** **LOG IN** r

bro

By **ROSEMARY SOBOL**  
TRIBUNE REPORTER | AUG 17, 2014 | 2:56 PM

ADVERTISEMENT

A 15-year-old Joliet boy trying to pull out of his driveway Saturday afternoon accidentally ran over his 2-year-old brother, authorities said.

"It's all around a very tragic, very upsetting situation," said Joliet Police Lt. Stephen Breen.

The incident occurred just after 3 p.m. in the driveway of the family

# Joliet Firefighters Peer Support Group

(855) JFD-PEER

**info@jfdpeersupport.com**

---

jfdpeersupport.com



# Welcome

---

**May be disturbing.**

- **Feel free to step outside**
- **A Peer Supporter will join you**



**Questions, call me 815-530-2196.**

**Please, keep an open mind... Some don't want to be here.**

**I was one of you for a long time.**

***How many Firefighters does it take to screw in a lightbulb?***

***0***

***We'd all rather sit in the dark and complain about it.***

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jfdpeersupport.com

# Firefighter Mental Health

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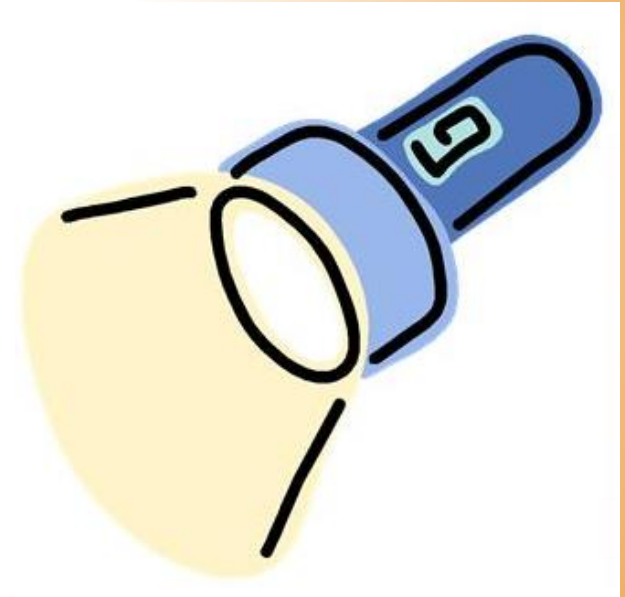
Been in the shadows for FAR TOO LONG!

Time to drag these issues into the light.

Can't deal with if in denial.

You may not have these issues...

Or *think* you don't.



# Problem in Firefighter Culture

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## History/culture

- Inconsistent support
- Negative stereotypes

## Major issue

- 1 in 5 will have some mental illness lifetime<sup>1</sup>

## Cultural impediments

- 92% see as weak<sup>1</sup>
- Prevents help seeking

Culture change needed!

Education now!



# The Problems

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Suicide

Substance abuse

Post-traumatic stress disorder (PTSD)

Divorce

Family Issues

Depression

Sleep disorders

- Everything revolves around sleep



# Suicide

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## More suicide than LODD<sup>2</sup>

- 2015 68 LODD/94 suicide
- 2016 69 LODD/99 suicide
- 2017 60 LODD/91 suicide
- 2018 48 LODD/119 suicide
- 2019 64 LODD/82 suicide

## EMS 12X national average<sup>3</sup>

## Ideation<sup>4</sup>

- 5-13% general population
- 21% fire service





# Suicide

---

## Plan<sup>4</sup>

- 5% public
- 7-12% fire service

## Suicides<sup>4</sup>

- 21/100,000 fire
- 13/100,000 general

90% show signs before<sup>4</sup>



# Basic Signs Exhibited by Suicidal People

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Expressing feeling that the world would be better off without them

Hopelessness/purposeless

Withdrawal

Giving away possessions

Anxious, reckless behavior

Extreme mood swings





# Resilience and Support

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## Resilience

- Healthy coping mechanisms

## Support

- Available interpersonal communication



**Both are critical!**





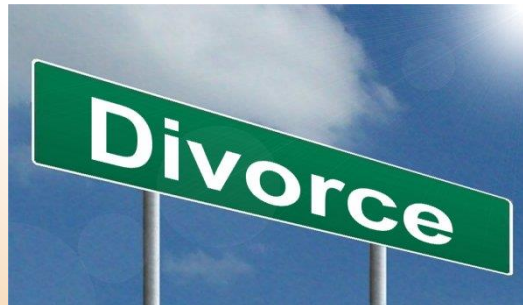
# Divorce

---

Divorce rate down to 39% nation wide<sup>15</sup>

Good news: Male firefighter no higher rate<sup>9</sup>

Bad news: Female firefighter 3x higher rate<sup>9</sup>





# Family

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Firefighter not only affected party

- Spouse/significant other/partner
- Kids
- Friends
- Parents



What happens at home is important

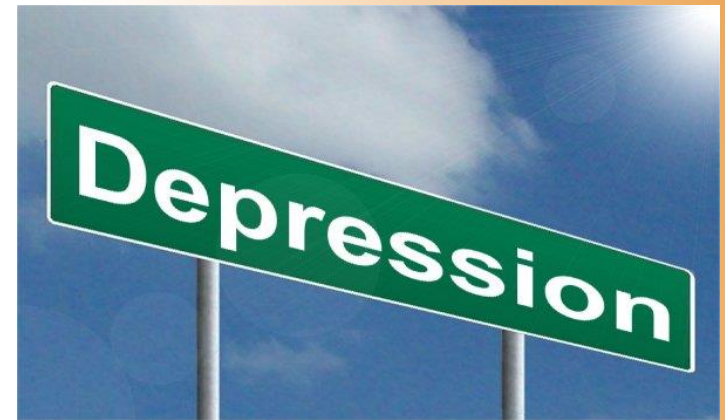
- First signs of stress often seen here<sup>3</sup>

# Depression

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## Depressive disorder

- 7% general population<sup>8</sup>
- 17% firefighter population<sup>10</sup>



# Sleep – Everything revolves around it...

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## Disorder

- 20% general public
- 37% firefighters<sup>10,11</sup>
- Cancer<sup>12</sup>
- Cardiovascular<sup>13</sup>
- Obesity<sup>13</sup>
- Diabetes<sup>13</sup>



# Critical Incident/Crisis/PTS

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Critical Incident

Crisis Response, PTS

- Overwhelms coping ability

Resilience – coping

Crisis intervention

Recovery <sup>3</sup>



# Critical Incident/Crisis/PTS Solutions

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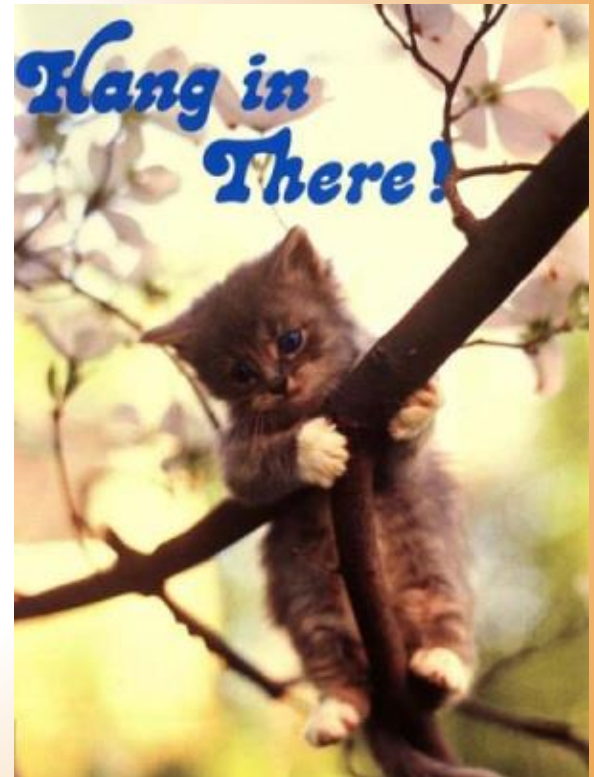
Crisis intervention

Best single solution is interpersonal support<sup>3</sup>

Coping strategies

- Before and after events

**SOLUTION**





# More Solutions

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## Awareness

- Recognize the signs

## Education

- Learn more about the issues
- Coping strategies

## Intervention

- Psychological first aid
- CISD

## Continued care<sup>4</sup>

- Clinician/Religious support

Employee Assistance Program (EAP)

Peer Support

Critical Incident Stress Management (CISM)

SOP 15



# Coping Strategies

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Whatever helps...

Meditate

Read

Art

Fishing...

Exercise / walk



# Psychological First Aid

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## Crisis intervention

### Psychological first aid (PFA) – Evidenced-based

- Early psychological intervention reduces need for more
  - Compare to physical injury and physical first aid
  - IAFF Peer Support ABC Model
  - ICISF SAFER-R Model
  - Johns Hopkins University
  - Firefighter Hero Learning Network
- 
- How long PFA lasts
    - Study 20 years later still benefits<sup>3</sup>



# The Joliet Employee Assistance Program

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## Lifeworks

- Still the City of Joliet Employee Assistance Plan
- 888-267-8126
- Username: Joliet
- Password: city
  
- They do offer the following help:
  - Family
  - Life
  - Health
  - Work

**If you do not  
want to use  
us for help...**

**PLEASE USE  
SOMEONE!!**

[jfdpeersupport.com](http://jfdpeersupport.com)

# The Joliet Firefighters Peer Support Group (JFPSG)



## Inaugural Joliet Firefighter Peer Support Class

September 2019



L to R: Front row: Danny Adams (Instructor), FF Jeremy Hoffman, AO Burke Schuster, FF Chris Bay, Lt. James Boyd, AO Stan Nowicki. 2<sup>nd</sup> row: Nancy Nelson (Clinician), Sr. Mary Frances Seeley, Councilwoman Jan Quillman, Courtney O'Brien (Clinician), Joe Casalino (Instructor), Capt. John Miller, AO Pat Wojewoda, Brother Ed Arambasich. 3<sup>rd</sup> Row: Mike Stromberg, Jim Larson, Lt. Mike Stapp, Lt. Floyd Woods, FF Justin Farrar, AO Matt Christensen. 4<sup>th</sup> row: FF Matt Pasteris, Mike Nurczyk, Capt. Aaron Kozlowski, Tom Douglas, FF Nate Kren, FF Dominick Perona, FF Chris O'Hara. Not Pictured: Dr. Terry Smith, Fr. Chris Groh, DC Greg

# JFPSG Vision and Mission

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## Vision

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

## Mission

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



# Our Partners



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

- **The Upper Room Crisis Hotline: (888) 808-8724**

- **The Franciscan Friars, Province of the Sacred Heart of Jesus**

- **Sage Bodywork & Wellness**

- **NI Critical Incident Stress Management Team**





# Group Member Categories

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## Active Firefighters

- Officers
- Apparatus Operators
- Firefighters

## Retirees

## Clinicians

- Counselors
- Social Workers

## Religious

## Suicidologist

## Other Stakeholders





ACTIVE

# Active Firefighters

---

James Boyd

Chris O'Hara

Matt Christensen

Matt Pasteris

Justin Farrar

Dominick Perona

Jeremy Hoffman

Burke Schuster

Aaron Kozlowski

Mike Stapp

Nate Kren

Pat Wojewoda

John Miller

Stan Nowicki

# Retirees

---

Chris Bay

Tom Douglas

Jim Larson

John Lukancic

Mike Nurczyk

Mike Stromberg

Floyd Woods



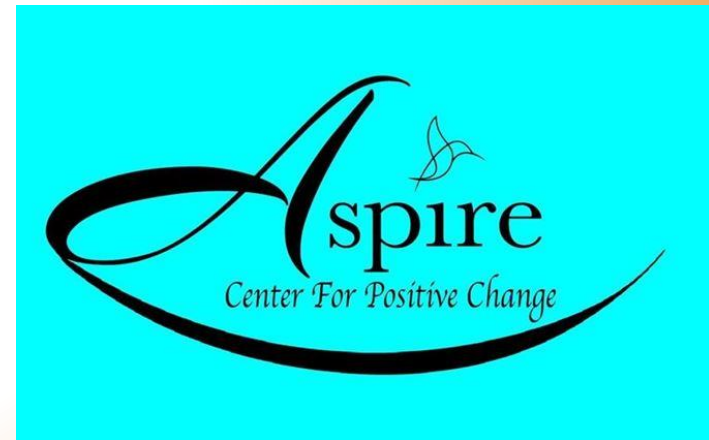
# Clinicians

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Aspire Center for Positive Change

Aspire-cpc.com

- (815) 353-3122
  
- Courtney Doyle-O'Brien, LPC
- Nancy Nelson, LCSW
- Carissa Silunas, MSW
- Aubrey Thornton, LCSW



# Suicidologists/Support

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The Upper Room Crisis Hotline

- **(888) 808-8724**

Mary Frances Seeley, OSF, Ph.D.

Terry Smith, PsyD



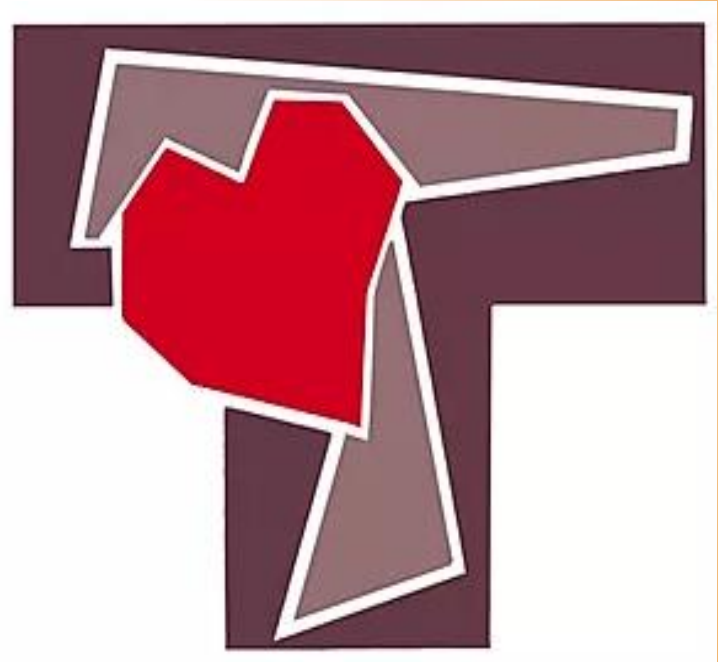
# Religious/Clergy

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Ed Arambasich, OFM

- 815--409--8705

Rev. Chris Groh



Safe Haven for Firefighters



# Sage Bodywork & Wellness

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Free yoga & meditation classes

Discounted massage therapy



# Stakeholders

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## Councilwoman Jan Quillman

- Elected official
- Spouse of retired first responder



# Initial Training

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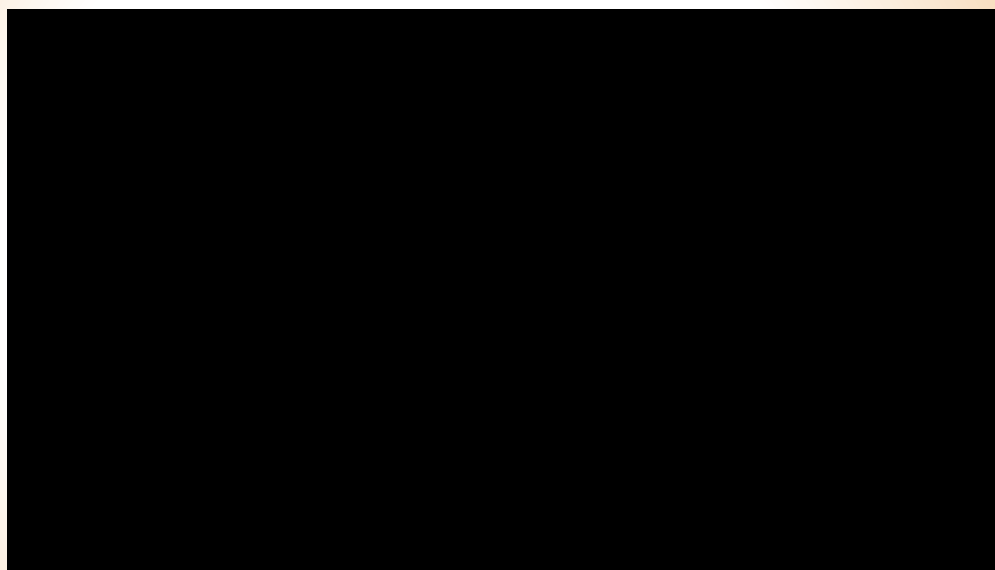
Master Instructors from the IAFF

The Joliet Foreign Fire Tax Board provided the funding  
Joliet Fire Station 1 on September 12 and 13, 2019.

Initial training and certification included:

- A 2-hour online Introduction to Peer Support training class;
- All local members can log on and take the class
- A 16-hour in-person classroom portion taught by instructors.
  - Crisis response
  - Active listening
  - Coping strategies





# Group Organization





# Monthly Meetings

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Online

Friary

- 404 N. Hickory
- Discuss usage and planning





# JFPSG Offerings

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Peer Support

Spiritual Support

Suicide Prevention

Individual Crisis Intervention

Spousal Support

Referral to Definitive Care

The word "SERVICE" is rendered in a bold, three-dimensional, gold-colored font. The letters are thick and have a slight shadow beneath them, giving them a 3D appearance. The text is centered within a white rectangular area that has a subtle gradient and a soft shadow on the orange background.

# Standard Operating Guidelines Operations Manual

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Approved by group

Attorney/Legal review

Posted website



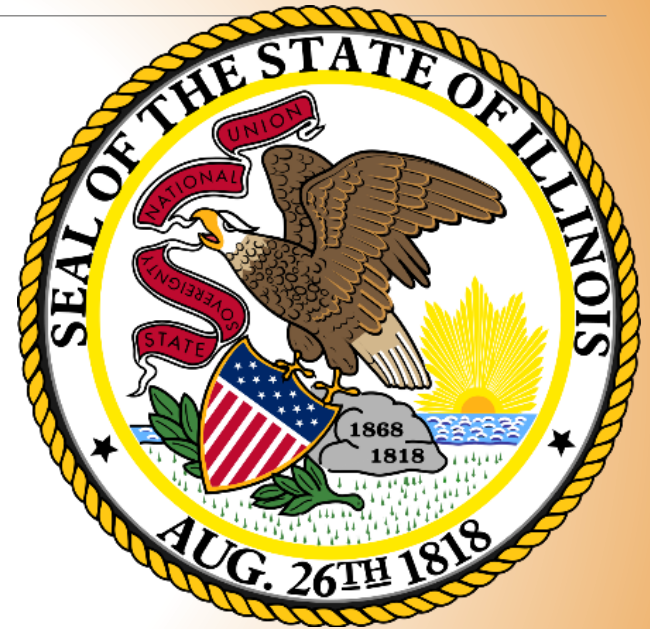
# 5 ILCS 840/1: First Responder Suicide Prevention Act

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Confidentiality

Mandated reporting

- Suicide
- Homicide
- Child abuse
- Elder abuse
- Admit to crime
- Will not preform job duties



# Ride Along

---

Ride along visits

Non-fire Peers



# Site Visits

---

Quarterly





# More Information

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## Website

- Please visit
- Links, videos
- Please inform spouse/significant other
- Something not there?

## Facebook

- Up to date information





# Please Call (855) JFD-PEER

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If you are injured on or off-duty, please call!

Please ask for help! Not everyone responds the same way to an event.

If not us, someone!

Encourage spouse/partner, friends and family to participate in our program to recognize signs of problems

# What to Expect: (855) JFD-PEER

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Brief welcome message – emergency dial 911

- Extensions
- 0 - Operator
- 1 - Lukancic
- 2 - Brother Ed

If you stay on the line, you will get the operator automatically

Call anytime

You do not have to identify yourself

If in crisis (suicidal, homicidal), we will try to send help

We will notify Clinician



Data sheet

# FYRE



# Joliet Firefighters Peer Support Group (855) JFD-PEER

info@jfdpeersupport.com



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Visit our website, [jfdpeersupport.com](http://jfdpeersupport.com)

# Joliet Firefighters Peer Support Group (855) JFD-PEER

info@jfdpeersupport.com

**There is help!  
Thank You**



Visit our website, <https://jfdpeersupport.com/>

# Final Tips...



**Listen more than you talk.**

**Learn as much as you can, never stop.**

**If you have a question, ASK!**

**Treat everyone you encounter like they were a member of your own family.**

**Don't get too comfortable. That's  
when you stop growing.**

**Stick with the hard workers, you will learn quickly who they are.**



**You must prove yourself before you  
will be accepted into the fold.**

**This job will beat you  
down if you let it.**

**Know your purpose.**

**Have that purpose in  
mind every day.**



**Over the last 165 years, without exception, the members of the Joliet Fire Department have been there to answer the call when needed.**

**The history of the Joliet Fire Department is the history of Joliet itself – we have been through the rough times with our citizens, trying to make their lives better during their most difficult times.**



**People invite us into their homes and lives, often  
on their worst day.**

**This is a privilege.**

**Treat is as such.**

# What do you want to be?

---



**Remember, this is a  
simple job...**



**Put the wet stuff on the red stuff.**

**Know the SMOs like the back of  
your hand.**

**Treat everyone with respect.**

**Someone's life will depend on  
you some day.**



**History WILL repeat itself.**

**Be a proud part of that history.**

**Strive to be the best you can be.**

**Ask for help if you need it.**

# **Welcome to the Joliet Fire Department**



