

Haymarket of Chicago
First/Essential Responders' Intensive Mental Health & Wellness Trauma Retreat
General Program Information

Haymarket Center of Chicago is fully sponsoring this event as part of their mission to serve their community. Their belief is that a healthy community starts with taking care of and supporting their first responders and essential personnel. This is a mental health & wellness focused education and support event focusing on the specific types of traumas that responders experience across their career designed to help recognize, manage and mitigate the impact of critical incident related trauma responders experience. Group size is limited. All faculty/support teams are volunteers, familiar with first responder culture.

This is an educational supportive event focused on mental health and wellness related issues specific to the responder culture. This includes law enforcement, corrections, EMS, FF, critical care/emergency medicine, disaster responders, DMAT/DMORT, telecommunication, special assignment and death responders. Active and retired personnel are invited. Please call (630-517-0008) or email (info@kjuzwin.org) for screening and questions.

Registration begins at 11:30am Sunday. The program begins promptly Sunday at 12:00pm and concludes Wednesday at 2:00pm. The day begins at 8:00am and concludes after dinner. Please plan on remaining until 2:00pm on Wednesday.

All arrangements for your stay will be made for you. If you are flying in, please arrive at O'Hare, there is a hotel shuttle available (*hotel specifics provided at registration*). The program includes meals, program and intervention. It starts at 8:00am and runs through dinner. Specific details will be sent when registration is confirmed.

Related to specific components of the program:

1. There are large group educational training discussions which focus on specific issues related to mental health and wellness in first/essential personnel. Taught by professionals competent in MH/first responder population specialists and peer support. Topics include:
 - a. Traumatic Stress Spectrum (including critical incident stress)
 - b. Psychology of Responders & Cost of Responding Perspective
 - c. Eye Movement Reprocessing & Desensitization (EMDR) in UFR application
 - d. Suicide Recognition and Prevention
 - e. Stress Management and Health Coping
 - f. Health Over the Course of Your Career
 - g. Officer Wellness Initiatives & Resources
2. Small Group Discussions lead by MH/first responder population specialists, trained Peer Support and ICISF/CISM trained professionals
 - a. Trauma and Critical Incident Stress Discussion related to personal challenges and experience
3. Interventions/Education
 - a. Eye Movement Desensitization (EMD) (EMDR trained MH professional) (optional)
 - b. Stress Management Techniques (Mind/Body relaxation, tension reduction, progressive relaxation)
 - c. Apps & Tech

Please note: This is not designed to take the place of therapy, a therapy relationship or support group. There is no doctor/patient relationship. This is a peer driven, educational and support focused program.

<https://www.hcenter.org/retreat/>

	2024 Dates	Registration (Closes at 5pm)
1	February 18 - 21	1/23-2/13
2	April 14 - 17	3/28-4/10
3	June 23 - 26	5/30-6/14
4	August 11 - 14	7/22-8/9
5	October 20 - 23	9/30-10/11
6	December 15 - 18	11/18-12/6

