

# Cornerstone Retreat Center



2024 has been another year of significant growth and impact for Cornerstone Retreat Center (CRC). We have served 1st responders and their families with critical emotional and well-being services while helping them find healing and restorative support. Here are some of the highlights:



## In 2024 CRC has provided 188 wellness services and instruction to over 1,045 first responders, including:

- Individual peer support sessions to 98 people
- Group peer support sessions to 74 people
- Critical incident stress debriefs (CISDs) to 28 people
- 1st Responder Mental Health and Resiliency classes to 724 people.
- Peer Support Training (3-day) classes to 126 people

## What is "Peer Support"?

*Peer Support is a process of listening, encouraging, sharing knowledge and skills, and providing assistance to peers in order to help them effectively deal with the challenges of stress and trauma.*

## What Our 1st Responder Clients Are Saying

*"The instructors (Dan and Tammy Roach) were so amazing and did a wonderful job of showing how to carry out everything they taught. Also, they were so caring and compassionate to everyone. This has been my favorite training that I have attended in my career so far." Peer Support Training class attendee*

*"After your presentation- for the first time in 20 years- my husband has started talking to me about some of his struggles. He had an incident, very long ago, similar to one of your experiences." Wife of a police officer, Resiliency Presentation*

*"You came and spoke to us after the tragic shooting that occurred in {our town} a couple years ago. I felt the need to reach out to you and let you know how much you helped me get through that time. I know you also helped everyone in that room with your words and your work. You got us all going in the right direction. You may not always see the end results of your work but know you are very much appreciated by the ones that need you." Police Sergeant re: Critical Incident Debrief, Peer Support*

*"Thank you again for all your help. I mean this when I say I truly believe you saved one of my officer's lives. He told me it was you that helped him realize he had a purpose in his life, and that my friend, is truly doing God's work! May God bless you and your wife for what you do. We are forever grateful." Police Commander of a Sheriff's department re: Critical Incident Debrief, Peer Support*



## Significant CRC Accomplishments in 2024

- New pumphouse (combined shower house, bathrooms and utility room).
- Pond dam reconstruction & pond landscape upgrades
- More than 1,800 volunteer hours of work with a value of over \$57,000.
- Donations received of over \$75,000



The 40-acre CRC retreat property located in Orion, IL has undergone significant improvements to the landscape and structures, and is currently being used by 1st responder families for fishing, hiking, picnics and special events. In addition to regular property maintenance (e.g. landscaping, mowing, cutting, cleanup, etc.) we have been busy building a new pumphouse and performing major reconstruction on the main pond dam support wall.

## What's Next (Phase 2/2025)

In 2024, your donations have helped us to provide numerous services to 1st responders and spouses, as well as build the pumphouse and reconstruct the dam wall to the main pond.

In 2025, with your help, we will purchase several glamp tents and build our first park cabin(s). Meanwhile, we will continue to provide our emotional wellness services and instruction to 1st responders and their families, and have the retreat property open for fishing, hiking, picnicking, and special events.

## The Impact

Unfortunately, 1st responders, when compared to the citizen population, continue to experience much higher rates of depression, PTSD, and suicide. And this, in turn, has a negative impact on the well-being of their families as well.

By supporting CRC, you have directly contributed to the mental health and well-being of the brave men and women who risk their lives to protect us. Your continued generosity will create a space where they can heal from trauma, reconnect with family, and receive the wellness services they desperately need. 1st responders will no longer have to face their challenges alone - thanks to your help, they will find hope and healing at Cornerstone.

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## Moving Forward at CRC

We are developing the CRC property into a fully functioning retreat center dedicated to our 1st responders and their families. We will provide retreats, training and recovery in a welcoming and nurturing environment, where people can interact with nature as they heal.